



3rd Annual

Mountain Wellness Adventure

May 2-4, 2025

Cle Elum & Roslyn





Wild Rose
Y O G A

Cultivating Strength, Radiance & Unity
IN CLE ELUM



Individual & Group Private Classes Available

Scan to Book Your Next Class!



WildRoseYogi.com

425.280.3275

203 North Harris Ave, Cle Elum



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**ROSLYN
DOWNTOWN
ASSOCIATION**



**MANASTASH
MEDIA**

Welcome to your Mountain Wellness Adventure!

We are so excited that you are here for our annual wellness event in Cle Elum and Roslyn. As you enjoy the activities this weekend, please take time to breathe in the fresh air, enjoy the spectacular scenery, and feel the strength of the mountains that surround us. We love our little mountain towns and we hope you do too!

We'd like to take a moment to THANK OUR SPONSORS!
We couldn't put this event on without you!

Enjoy your wellness adventure ...

With gratitude, love & much inspiration,
Gayle Picken, Director

Questions?
Call/Text Gayle at 425-359-7974.





Friday

May
2

Warrior Rising w/Amanda

9 am to 10 am at **Wild Rose Yoga**
203 North Harris Ave, Cle Elum
\$20 - Register online

Roslyn Red House Pop Up

11 am to 4 pm at **Simple Wellness Co.**
101 West Montana Ave, Roslyn
Free Admission - open to the public

Forest Bathing Walk w/Dawn

1 pm to 3 pm at **Roslyn Coal Mines Trail**
Corner of Whitehead & Dakota in Roslyn
*\$25 - To Register, Email
hello@woodlandfindings.com*

Community Drum Circle

4:30 pm to 5:30 pm at **Roslyn Creative Center** 103 W Idaho Ave, Roslyn
Free Admission, open to the public

Connect to a Past Life - Group Regression w/Laurie

6 pm to 7:30 pm at **Roslyn Red House**
101 West Montana Ave, Roslyn
Cost: \$25 -To Register, Email
laurielindqhht@gmail.com

Low Flow Hammock with Partner

6:30 pm to 7:45 pm at **Elevate 47**
231 Lone Fir Lane, Cle Elum
*\$25/single or \$40 w/partner (2 spots)
Call 425-221-2052 to register*



Saturday

May
3

Vinyasa Flow w/Juliana

9 am to 10 am at **Wild Rose Yoga**

203 North Harris Ave, Cle Elum

Cost: \$20 - register online



NW Mind Body Spirit
Connection

Mountain Wellness Fair

10 am to 5 pm at

UKCSC Centennial Center

719 E 3rd St, Cle Elum

Free admission, open to the public

- **Vendor Market**
- **Speakers & Demos**
- **Readings and mini-sessions**
- **Sound Healing Journey**
- **Labyrinth**
- **Thousand Cranes art project**
- **Door Prizes and more!**

“Wellness Night Out”

in Historic Downtown Cle Elum

5:00 pm to 8:00 pm

Free Admission - Open to the public

Participating Shops include:

- Wild Rose Yoga -Art Show
- Jensen Farms Outpost
- Bright & Day
- Upsidedown Wines
- and more ...



Sunday

May
4

Vitality Yoga w/Claire

9 am to 10 am at **Wild Rose Yoga**

203 North Harris Ave, Cle Elum

Cost \$20, *Register online*

Wild Foods & Medicines Plant Walk w/Natalie

10 am to 12 pm at **Cle Elum Coal Mines Trailhead**

W. 2nd St & N Stafford Ave, Cle Elum

Cost: \$40 - *Register online*

Live Inspired Open House

10 am to 1 pm at **Cle Elum Wellness Center**

717 E 1st St, Cle Elum

Free Admission, open to the public

Walking Meditation w/Razzi

11 am - 12 pm at Kiwanis City Park

519 West Second Street, Cle Elum

Cost: \$15, *Register online*

Roslyn Red House Pop Up

11 am to 4 pm at **Simple Wellness Co**

101 West Montana Ave, Roslyn

Free Admission - open to the public

Mocktail Mixology w/Juliana

1 pm to 3 pm at **Roslyn Creative Center**

103 W Idaho Ave, Roslyn

\$35 - *Call/Text 702-604-5406 to register*

Forest Bathing Walk w/Dawn

2 pm - 4 pm, check-in **Teaway Country Store**, 10690

Teaway Rd, Cle Elum

\$25, *To Register, Email hello@woodlandfindings.com*

Healing Harmony Sound Bath

6:30 pm - 8:00 pm at **Wild Rose Yoga**

203 North Harris Ave, Cle Elum

\$50-\$60 *sliding scale, Register online*



Visit the RDA website for business listings, events and more....

Support Roslyn's Businesses
They put something wonderful into the community...



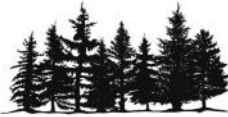
Photo Courtesy: Myles Basterrechea

ROSLYN

A Place Called Home

Founded in 1886 as a coal mining town, nestled in the mountains, Roslyn's rustic area is a destination for all-season outdoor recreation, scenic historic sites, delicious local dining, excellent shopping, dreamy places to stay, outstanding entertainment, and fabulous event venues; there is something for everyone and a history that fills our small-town streets.

Explore
Enjoy



**Cle Elum - Roslyn High School
Mental Health Club**



Wellness Fair

Saturday, May 3, 2025

10 am to 5 pm

UKCSC Centennial Center

719 E. 3rd St, Cle Elum

Speakers & Classes

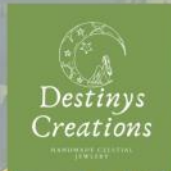
**FREE
Admission!**

	Classroom	Library	Diner
10:30	Sound Healing mini-session by Heather Mullin	Breathwork for Peace and Calm by Diedra Petrina	The Art of Forest Bathing by Dawn Ambrose
11:00	Dance Fit Demonstration on the MAIN STAGE		
11:30	Local Wild Edible Plants	Using Divination Tools	Yoga Sparks: Harmonize Mind, Body and Spirit

	by Natalie Hammerquist	by Laura White	by Jenn Nielsen
12:30	Yoga Nidra by Karli Lindor	A Brief Yet In Depth History of Candle Magic by Sarah Syverson	Lower Your Risk, Optimize Your Health by Brandy Lindeman
1:00	Group Labyrinth Walk & Drumming on the MAIN STAGE		
2:00	Sun Salutations by Amy Vetter	Your Eyes Really Are Windows of Your Soul by Claire Morency	Whole-Person Care for your Chronic Symptoms by Kristen Brown
3:00	Breath and Your Pelvic Floor by Corey Williams	An End of Life Doula on Living in the Here and Now by Razzi Lentz	Soberish by Juliana Thomsen
4:00	Sound Healing Journey One Hour Session by Shay & Raychel	Intro to Spiritual Healing Qualities of Akashic Records by Kelly Williams	Intuitive Collage One Hour Session by Mona Williams

*Speakers - vendors - Readings Samples & Demos
Labyrinth, Community Crane Project And more!*

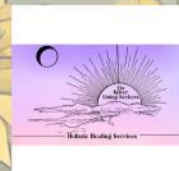
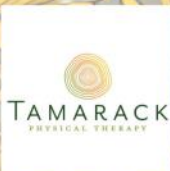
Vendors



Vendor Contact Info:



Vendors

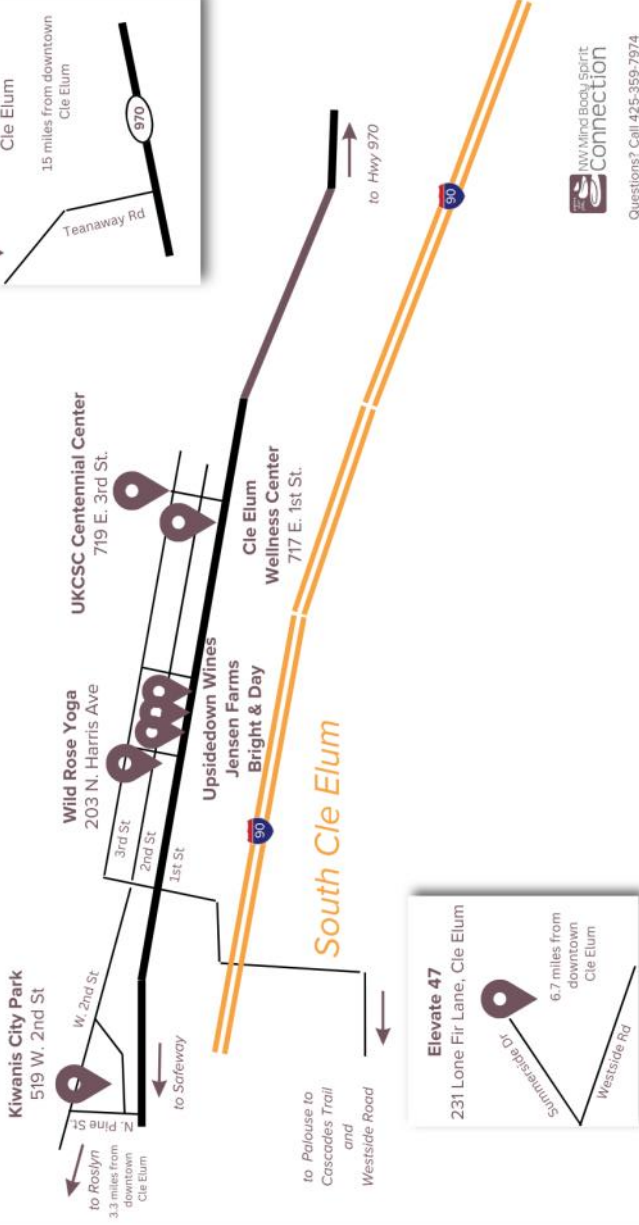


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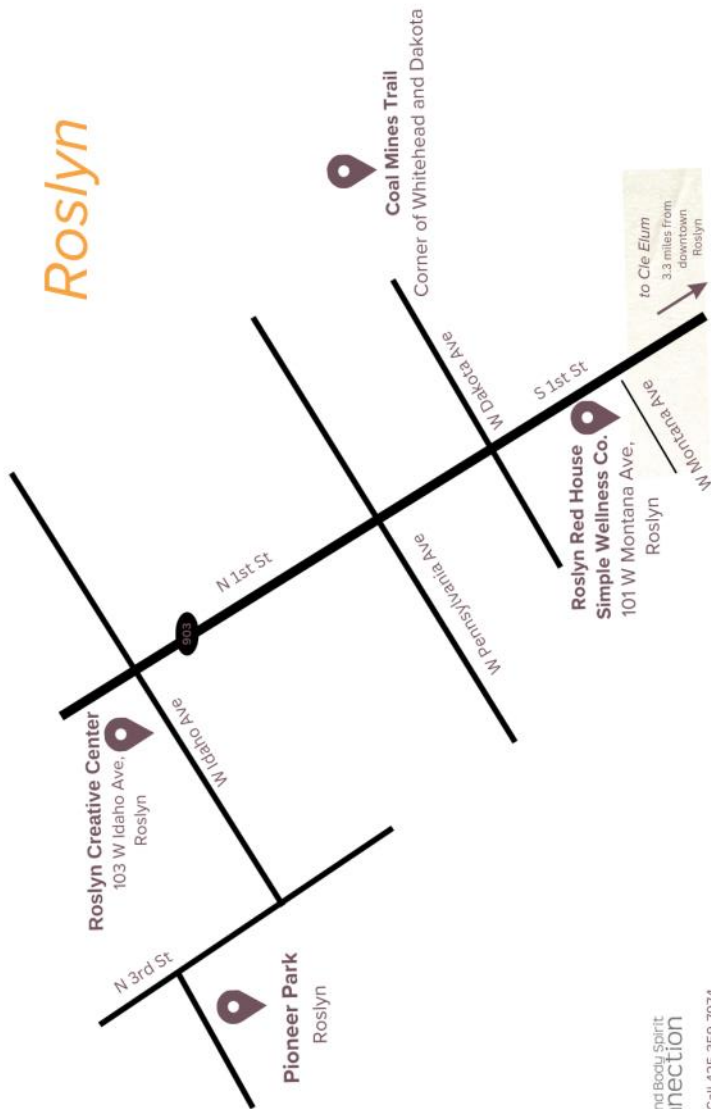
Maps

Cle Elum



Questions? Call 425-359-7974

Roslyn



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BODYWORK & SKINCARE

Booking & more info



Need some time to *Relax?*
Schedule a spa date at our quiet Roslyn studio.

Hosting a Girlfriend Getaway
or Bridesmaids Weekend?
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spa sessions!



Nic Armitstead
Massage Therapist & Esthetician
www.simpleindulgencewellness.com
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NW Mind Body Spirit
Connection



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NWMindBodySpirit.com/Cle-Elum

