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For Immediate Release:

Yoga & Meditation Open House at The Gardens *Classes Encourage Relaxation at Boerner Botanical Gardens*

Milwaukee (March 27, 2014) – A free open house and demonstration will introduce upcoming yoga and meditation classes at Boerner Botanical Gardens, Wednesday, April 9, from 6:30–7:30 p.m. Instructors from Himalayan Yoga & Meditation Center will present the basics of the 6-week indoor classes and answer questions after the presentation. The Botanical Gardens are located in Whitnall Park at 9400 Boerner Drive, Hales Corners.

Both classes, offered through Friends of Boerner Botanical Gardens, meet Wednesday evenings from 6:30-7:45 p.m. “Yoga at The Gardens” will be offered April 23-May 28, and “Meditation: Inner Gardening for the Soul” will be offered June 14-July 16 (no class July 9). Participants are invited to explore the Botanical Gardens after class.

Lata Massa will lead both classes. The yoga class will feature gentle beginning yoga poses in the Prana Vidya style, designed for adults of all flexibility levels. The meditation class will feature gentle stretches, breathing, progressive relaxation, and a mantra to guide the mind to a quieting inward experience.

Massa’s initial training as a yoga teacher began in 1995 and included study in India. She has presented classes at workshops at the Yoga Society since 2008.

Founded in 1984, the Friends of Boerner Botanical Gardens’ mission is to provide a garden setting for learning that nurtures understanding, enjoyment and stewardship of our natural world, while nourishing and preserving the gardens for future generations.

For more information, contact Friends of Boerner Botanical Gardens Education Department at (414) 525-5653 or visit boernerbotanicalgardens.org.

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