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For Immediate Release:

Yoga at the Gardens

11-week introduction offered at Boerner Botanical Gardens

Milwaukee (March 5, 2015) – An 11-week indoor yoga class will be offered at Boerner Botanical Gardens, Wednesday evenings, March 18–May 27, from 6–8:30 p.m. Lata Massa of the Himalayan Yoga & Meditation Center will lead the class, “Beginning Yoga: A Gentle Introduction.” The Botanical Gardens are located in Whitnall Park at 9400 Boerner Drive, Hales Corners.

The series, facilitated by the Friends of Boerner Botanical Gardens, will help participants discover the benefits of Raja Yoga, a meditative style of yoga developed from an ancient Himalayan tradition. Principles will be introduced for guiding the mind in daily life and for limbering and strengthening the body through various poses. Restorative breathing practices along with meditation will be developed throughout the series to help deepen the sense of inner peace. No experience is needed.

Participants are invited to explore the Botanical Gardens after classes.

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 the natural world, while nourishing and preserving the gardens for future generations.

The class is offered as a series only. The cost of the 11-week session is \$132.

For more information, contact Friends of Boerner Botanical Gardens Education Department at (414) 525-5659 or visit boernerbotanicalgardens.org.

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