

wellness classes



Immerse yourself in the tranquility of our pastoral setting, reconnect with nature, and commit to being well this season. Enjoy the beauty of autumn with a series of scenic hikes throughout the property; explore the healing aspects of our gardens; or take a t'ai chi or yoga class and leave feeling renewed and restored.

Yoga

With Michael Fahey

Section A: Six Wednesdays, September 12 to October 17 (Rain Date: October 24)

5:15 – 6:15 pm

\$60

Increase your range of motion, core body strength, and flexibility through the practice of yoga in a lovely garden setting. Focus on stretching techniques that safely promote proper spinal position, balance, and joint health. No experience is necessary. Bring a yoga mat, towel, and wear comfortable clothing. (Ages 18 and over)

In the event of inclement weather, yoga will be held indoors.

T'ai Chi Chih®

With Jessica Lewis

Seven Thursdays, September 20 to November 8 (No class October 18)

7:30 – 8:30 am

\$70

Interested in a gentle moving meditation that helps dissolve tension, reduce chronic pain, and improve balance while increasing focus and joy? T'ai Chi Chih, an easy-to-learn set of movements, is based on the ancient Chinese principles of activation, balancing, and circulation of energy (chi). Comfortable clothing is recommended.

In the event of inclement weather, t'ai chi will be held indoors.

Nature's Pharmacy

With Susan Bara

Sunday, February 24

(Rain Date: Sunday, March 3)

1 – 3 pm

\$30

Staying healthy can be a challenge during cold and flu season, but gardens can give us an advantage! Many native plants and culinary herbs have been traditionally used to treat winter ailments. Learn how local fruits, leaves, flowers, and roots can help relieve respiratory illness, stomach upset, and joint pain. Sample a herbal tea and discuss plans for adding medicinal plants to your landscape this year.

Participants in any exercise program are encouraged to make sure exercise is approved by their physician. Wellness classes are presented for informational purposes only and are not intended for self-medication.