

## **Workshop Descriptions**

### **Herbalism: Herbal Teas for Health**

Learn the basics of herbalism to use to support your health. You'll learn three ways to brew herbal. Learn the basics of using herbal teas to support your health. You'll learn three ways to brew herbal tea and then taste each one. You'll also learn basic herbal safety, how to select teas, and how to brew teas for best potency and flavor. Led by Amanda Crooke.

### **Tai Chi**

This workshop promotes overall wellness through the practice of Yang Style Tai Chi, an ancient Chinese art that blends exercise with stress reduction. Join staff from veteran-owned Dao Concepts and keep that drive to maintain a healthy and active lifestyle.

### **Yoga**

This workshop is designed to help you explore how your body moves. You will be provided with tools that give optimal movement through the practice of yoga. Enjoy using your breath as you work through the various asanas, or poses, that will give you a connection between mind and body. This class will have modifications for all levels; note that there will be transitions from the floor to standing. Join us as we discover an even deeper relationship with our own bodies. Led by Anjali Goswami.

### **Meditation – more details to come**

### **Drawing in Nature**

Enhance skills in visual memory through observation and rendering of the landscape and nature using graphite, charcoal, pen, ink, and watercolor. Drawing pad and material provided. Led by Shawn Allen- Dela Rosa.

### **Creative Rest and Reset**

A mindful creative session for reflection, calm, and emotional ease. In this welcoming experience, participants step away from perfection, performance, and productivity—and instead explore creativity as a softer practice of rest, curiosity, and self-connection. Using soothing visual art techniques/fundamentals participants are guided to notice, express, and create without judgment—focusing on process, not product. Honor the importance of community when creating by making space for quiet connection, shared presence, and gentle creative exchange. Led by Dezire Jordyn.

### **Forest Bathing**

Forest Therapy, or forest bathing, provides participants with the opportunity to explore their senses in a serene part of the sculpture park by relaxing and noticing nature. A sharing circle will provide the chance to share observations with others in the group. Being in nature on a guided walk can lead to less stress, a sense of peacefulness, and a lightening of the spirit. Taking the time to observe the hidden beauty that is all around us is a skill that

can be taught and recreated in people's lives with their own "sit spot" near home. Led by Sharon Lohse.

### **Horticulture Tour**

Come discover the hidden treasures that appear as the seasons change. Gaze in wonder as the gardens transition from winter into spring with a walk through our beautiful grounds. Led by Staff from the GFS Horticulture Team

### **Wellness Walk**

Enjoy a morning walk; it's a great way to boost your energy and connect with others. Select from three differently paced walking groups—fast, medium and leisurely—to explore the sculpture park. Led by Grounds For Sculpture volunteers.

### **Sound Bath**

During this final community session, you'll find sensory relaxation, focus, clarity of mind, and an elevation of awareness as the sound bath experience eliminates disorder in the mind and body. The physiological benefits of sound therapy include decreased blood pressure, a boosted immune system, improved sleep patterns, and decreased anxiety. Sound baths offer opportunities to connect with oneself in a powerfully healing way by tuning the internal rhythms and resets the mind-body balance. Led by Eunmi Chang.