



Tour: Nature in Motion

Event Date:

Thu, Jan 26, 2017

Alexandra Torres, USBG Education Specialist, and Claire Alrich, Staff, National Fund for the U.S. Botanic Garden

Taking time to enjoy nature has been shown to reduce stress, increase productivity, and improve overall wellness. Join us on a guided nature walk of the USBG indoor gardens that explores our relationship with plants and the natural world. Throughout this tour we will intermittently stop to connect with our bodies through guided stretching and calming exercises. Themes will vary by class.

DATE: Thursday, January 26

TIME: 12:15 p.m. to 1 p.m.

LOCATION: Tour meets in the Conservatory Garden Court

FREE:Pre-registration required



Source URL: <https://www.usbg.gov/events/2016/12/19/tour-nature-motion-0>