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Yoga In The Gardens returns to Botanical Gardens



Beginning Sunday, January 14th, the popular “Yoga In The Gardens” will return to the Dothan Area Botanical Gardens with a workshop led by instructor Tori Lund. The workshop will last approx. 1.5hr and will be held in Ricketts Hall overlooking the garden grounds. A shorter one-hour class will be held each Tuesday beginning at 9:00am.

The Yoga workshop and classes will be led by Tori Lund RYT, a yoga instructor, musician, and singer-songwriter with over 20 years of experience using music and yoga to inspire and heal. After being diagnosed with scoliosis as a child, she began practicing Hatha Yoga to alleviate pain and stabilize her spine. In 2010 she earned her first teaching certification at Himalaya Yoga Valley Center in India and has since gone on to study Ayurveda, mindfulness meditation and Ashtanga and Lyengar Yoga. She also holds a Master of Music in Vocal Performance and is the co-founder of the national touring, country and roots band, Few Miles South. She currently lives in Blakely, Georgia with her partner and dogs.

This workshop will encourage deep healing physically, mentally and energetically, leaving you feeling peaceful and refreshed. Everyone and all skill levels are welcome.

Cost of workshop \$25 for the general public; \$22 for students and military; and \$20 for Garden Members. Complimentary tea will be provided. Cost of the weekly Tuesday sessions is \$15 for general public; \$12 for students and military; and \$10 for Garden Members. To register, contact Tori at itorilund@gmail.com or call at 310-869-0143.