

NEWS RELEASE

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Adkins Arboretum Offers Outdoor Yoga Programs

Begin your day with revitalizing outdoor yoga when Adkins Arboretum offers All Levels Yoga beginning Thurs., May 9. Join instructor Julie Phillips-Turner to build strength and focus while surrounded by the Arboretum's 400 acres of natural beauty. Classes will focus on breath and meditation techniques as well as proper alignment, and variations of poses and movements so that each person feels steady and comfortable.



Phillips-Turner is the founder of Chesapeake Yoga & Wellness and is a strong believer in the power of yoga to heal the body and the mind. As a Usui Master Reiki practitioner, she enjoys incorporating energetic awareness in her practice through breath, movement and meditation.

Classes are offered from 9:30 to 11 a.m. on Thursdays, May 9–30 and Tuesdays June 4–25. The fee is \$15 per class or \$50 for the series for members, \$18 per class or \$60 for the series for the general public. Register at adkinsarboretum.org or by calling 410-634-2847, ext. 0.

Adkins Arboretum is a 400-acre native garden and preserve at the headwaters of the Tuckahoe Creek in Caroline County. Open year round, the Arboretum offers educational programs for all ages about nature and gardening. Through its [Campaign to Build a Green Legacy](#), it will build the [W. Flaccus and Ruth B. Stifel Center at Adkins Arboretum](#) and a "green" entranceway to broaden educational offerings and research initiatives promoting best practices in conservation and land stewardship. For additional information about Arboretum programs, visit www.adkinsarboretum.org or call 410-634-2847, ext. 0.

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