

**FOR IMMEDIATE RELEASE**

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**SEPTEMBER: HIGHLIGHTS AT DENVER BOTANIC GARDENS**

**ALL PROGRAM PRICES INCLUDE ADMISSION TO THE GARDENS, EXCLUDING OFFSITE EVENTS**

Full calendar: [www.botanicgardens.org](http://www.botanicgardens.org)



**HOURS**

York St.: Through Sept. 6, 9 a.m. – 9 p.m., Sept. 7-25, 9 a.m. – 8 p.m., Starting Sept. 26, 9 a.m. – 5 p.m.

Chatfield Farms: 9 a.m.– 5 p.m.

Plains Conservation Center: 6:30 a.m.– 4 p.m.

**YORK ST: EVENTS**

**Denver Rose Society Show**

Sunday, September 11, 9 a.m. – 1 p.m.

Included with admission

Join us for this fun and educational Expo. Roses accepted from 6:30-10 a.m. Bring blooming roses from your garden to display without the formality of a judged rose show. Vases provided. Enjoy speakers and information panels from 1-3 p.m. Ask our experts about your roses, new roses for your garden and rose culture.

**Fall Plant & Bulb Sale**

Friday & Saturday, Sept. 30 & Oct. 1, 9 a.m. – 5 p.m.

Free admission, Reservations required

Get a jump--start on your spring garden at Fall Plant & Bulb Sale. The best spring gardens start during the fall! At this year's Fall Plant & Bulb Sale enjoy a wide variety of standard and specialty bulbs, seeds and plants grown right here at the Gardens. This sale will be located under the tent at the UMB Bank Amphitheater. Last entry is 4 p.m. The event ends at 5 p.m. Fall Plant & Bulb Sale reservations will be available in early September.

## **YORK ST: EXHIBITIONS**

### **[Ursula von Rydingsvard: The Contour of Feeling](#)**

Through September 11

Included with admission

An ambitious exhibition featuring large cedar sculptures by one of the most influential sculptors working today.

*Ursula von Rydingsvard: The Contour of Feeling* is an ambitious exhibition featuring large cedar sculptures by one of the most influential sculptors working today. von Rydingsvard is renowned for her towering cedar and bronze public outdoor sculptures; this exhibition provides a unique, indoor opportunity to experience a large collection of cedar sculptures and works on paper.

## **YORK ST: ADULT PROGRAMS**

### **[Sunrise Vinyasa Yoga at the Gardens](#)**

Tuesdays and Thursdays, 7:30-8:30 a.m.

\$12, \$10 member

Vinyasa yoga weaves flowing movement with challenging postures and cultivates a sense of peace and calm by the end of each class. Practicing vinyasa yoga on a daily basis can improve posture, flexibility and endurance. Beyond the physical benefits, yoga helps to bring a sense of clarity to challenging situations in life, reminds us to stay present and focused in an ever-changing environment, and can help us find contentment in our surroundings. The postures practiced in this all-levels class will promote alignment, flexibility, focus, endurance and help detoxify the body. Advanced registration is required. Please bring a mat, a towel and water.

### **[Chi Kung For High-Level Wellness](#)**

Tuesdays, 8:30-9:30 a.m.

\$12

This weekly class explores the purpose of Chi Kung, which is to generate, circulate and balance Qi (translated as vital energy or life force). Learn multiple forms of Chi Kung, including 18 Style, Mt. Hua 6 Healing Sounds, Seasonal Chi Kung and 8 Brocades. Chi Kung exercises may offer enriched relaxation, strength, balance, flexibility, pain reduction and improved mood. This course is suitable for people of all ages and fitness levels, and these forms can be practiced while standing or seated.

### **[A Walk Through Thyme Tour](#)**

Monday, September 5, 6-7 p.m.

\$16, \$12 member, \$10 student

Step back in time with plant stories that take you on a voyage from early life on the plains of North America to today. From common household herbs to grasses and favorite garden bulbs, plants are central to our lives and this is an opportunity to let them walk you through history. This is a one-hour tour led by docents. Prices include admission to the Gardens.

### **[Forest Bathing at the Gardens](#)**

Wednesday, September 7, 8-10 a.m.

\$35, \$30 member

This class invites us to find new ways of relating to and interacting with nature in the Gardens. Forest bathing, inspired by the Japanese practice of shinrin yoku, is known for promoting overall wellness and inspiring a sense of awe in nature. By simply slowing down and carefully observing through our senses, we experience the incredible sights, sounds and smells that may have been eluding us. Escape the rapid pace of daily routines and relax into the unparalleled beauty all around. Each month the walk is led by a certified guide and takes place in a different area of the Gardens. It covers a short distance and is accessible to all ages and levels of physical fitness.

### [Vinyasa, Violins and Vino](#)

Thursday, September 8 and 22, 6:30-8:30 p.m.

\$24

Yoga with a twist. Enjoy vinyasa yoga, live violin music and a picnic! Relax in nature as Blake Burger, certified instructor and Gardens horticulturist, leads an hour-long class in the Gardens. Conclude the evening with a bring your own picnic and music performance. BYOB wine and beer is permitted.

### [Introduction to Water-Bath Canning](#)

Saturday, September 10, 9:30 a.m. – 12:30 p.m.

\$68, \$58 member

In this class we will be introducing the participants to water bath canning. We will make at least one pickled product and one fruit in syrup product. Basic techniques will be discussed. This is an introductory class to those who have little to no experience in preserving the harvest. We will discuss food safety, processing times, and where to find safe recipes. Students will leave with at least one jar of preserved goods.

### [Garden Guru Tour](#)

Thursday, September 15, 2-3 p.m.

\$19, \$15 member

Immerse yourself in the Gardens with a horticulturist as your guide. Gain insight into living museum collections and walk away with gardening tips from an expert. Please note that every tour has its own emphasis and is led by a different horticulturist. September's tour will feature Fall Garden Preparation with Mike Bone, associate director of horticulture and curator of steppe collection.

### [Singing Bowls at the Gardens](#)

Thursday, September 15, 5:30-7 p.m.

\$24, \$22 member

Calm the chaos. Mend the mind. Balance the body. Soothe the spirit. Intuitive sound artist, Ann Martin, presents harmonically beautiful meditative concerts with crystal and Himalayan singing bowls, to help people find deep relaxation and inner stillness. Experience first-hand how to stop the mind chatter and bring the brain and body to a place of uncommon peace. The event concludes with a full spectrum of healing frequencies from the 36" OM Gong, to vibrate and harmonize every cell. Bring centering, awakening, and blissful balance to your world!

### [Fall Foraging on the Wild Side](#)

Saturday, September 17, 9 a.m. – noon

\$68, \$62 member

Take a morning walk around the farm at Chatfield and discover all the tasty, nutritious, edible and medicinal plants that grow wild all around you. Learn the wide variety of wild plants that will provide nutrition, boost immunity, and help with seasonal maladies. We'll discover delicious purslane, high in Omega 3s for salads and stir fries, elderberries for immune boosting, rose hips for teas and syrups, and much more. We'll make a take-home elderberry/echinacea syrup for those winter nasties. Tastings of cactus salsa and chips, wild edible and herb salad, and iced rosehip/raspberry leaf tea. Handout with recipes included. Take a walk on the wild side!

### [Invitation to Ikebana: Traditional](#)

Saturday, September 17, 1-3 p.m.

\$44, \$39 member

Ikebana is an expression of our respect and appreciation towards nature. We observe life through the arrangement of plants. During each class, participants receive hands-on instruction to put together an arrangement to take home. Shoka (or Seika, depending on each Ikebana school) is today's name for original "Ikebana" style which started in Japan in the early 17th century. Shoka expresses the life and the beauty of plants in nature.

### **Nurturing the Skin You Live In: Skin Spa Day**

Tuesday, September 20, 4-7 p.m.

\$68, \$62 member

This class cultivates an understanding of the skin from a holistic approach. We explore skin conditions from acne to wounds and talk about our plant allies that soothe and deeply nourish the skin. Sample and create herbal remedies such as a fresh comfrey poultice, a lavender witch hazel liniment and a chamomile oat scrub. In the second part of class, students learn to effectively make affordable skin care products that are all natural, garden fresh and excellent for your skin. This class covers which plant oils are great for your skin. Students make and take home a skin serum, scrub, honey mask made with bentonite clay and fresh herbs from the garden.

### **Seven Principles of Water-Smart Gardening**

Thursday, September 22, 5:30-7:30 p.m.

\$62, \$55 member

Gardening remains high and dry in the Rocky Mountain region! Water-Smart Gardening is an environmentally friendly way to create a beautiful home landscape that will thrive under low water conditions. Join this class to learn the principles of Water-Smart Gardening and some of the many plants that you can incorporate into your yard.

### **Building Your Home Apothecary Workshop**

Saturday, September 24, 9 a.m. – noon

\$68, \$62 member

Have you always wanted to know how to make your own home medicine chest stocked with effective homemade remedies for you and your family? In this class, discover how to use easy-to-find ingredients from the garden and grocery for everything from colds and flus to digestive upsets, headaches, and skin rashes. From the many uses of apple cider vinegar to tonics, herbal teas, and baths, empower yourself with natural therapies that help restore health and accelerate healing. Get ready for the winter nasties and learn the fascinating craft of the home apothecary. During this class make virus fighting elderflower/echinacea syrup and spicy fire cider, a tasty digestive tea, and a soothing herbal salve and lip balm with samples to take home. Class includes an extensive handout with recipes.

## **YORK ST: CHILDREN AND FAMILY PROGRAMS**

### **Seedlings: Fantastical Garden Creatures**

Ages 24-36 months: Thursday, September 1, 9:15 a.m. or 10:30 a.m.

Ages 18-24 months: Friday, September 2, 9:15 a.m. or 10:30 a.m.

\$10 nonmember toddler or preschooler, \$8 member toddler or preschooler; one adult per child is admitted free of charge

Seedlings classes offer a fun, hands-on way for young children to explore the plant world while developing an understanding and appreciation for plants and their importance. Seedlings programs are offered for three different age groups and are modified to fit the developmental needs of each group.

### **Summer Low Sensory Mornings**

Saturday, September 3, 8-9 a.m.

Free, registration required

Experience Denver Botanic Gardens without the crowds. This therapeutic horticulture program is intended to give individuals and families who prefer a quiet, less crowded environment a chance to experience the Gardens with limited attendance. Explore on your own and learn about other sensory-based programming that will inspire curiosity and awaken your senses, like our Sensory Processing and Autism Resource Kits.

## CHATFIELD FARMS

### Corn Maze

Fridays – Sundays, Sept. 16 – Oct. 30, 9 a.m. – 5 p.m.

\$15 Adults, \$13 Seniors (65+) and students, \$11 Children (ages 3-15), Free admission for children 2 and younger

Members: \$13 Adults, \$11 Seniors (65+), \$9 Children (ages 3-15)

Military: \$13 Adults, \$11 Seniors (65+), \$9 Children (ages 3-15)

Wind your way through seven acres of corn. The maze can be viewed from a 15-foot tall bridge. This year's maze promises a Dinomite exploration of prehistoric time. Visitors under the age of 10 can explore the corn mini-maze.

General Admission tickets are not available Friday – Sunday during Corn Maze. Events and our site close at 6 p.m.

Halloween masks and costumes are not permitted on the premises.

## PLAINS CONSERVATION CENTER

### Farm Animal Program: A Day in the Life of a Pioneer

Fridays, 5-6:30 p.m. and Sundays, 9-10:30 a.m.

\$10, children under 2 years old are free

Immerse yourself in the daily life of a pioneer in this interactive program. Participants can take a wagon ride to the 1880s homestead village, dress up like a prairie settler (optional), feed farm animals, tend to the heirloom garden and more! The City of Aurora's Parks, Recreation & Open Space department's mission is to encourage active lifestyles and create healthy environments for people, nature and community.

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#### About Denver Botanic Gardens

Green inside and out, Denver Botanic Gardens began in 1951 and is considered one of the top botanical gardens in the United States and a pioneer in water conservation. Accredited by the American Alliance of Museums, the Gardens' living collections encompass specimens from the tropics to the tundra, showcasing a plant palette chosen to thrive in Colorado's semi-arid climate. The Gardens is a dynamic, 24-acre urban oasis in the heart of the city, offering unforgettable opportunities to flourish with unique garden experiences for the whole family – as well as world-class education and plant conservation research programs. Additional sites extend this experience throughout the Front Range: Denver Botanic Gardens Chatfield Farms is a 700-acre native plant refuge with an active farm in Jefferson County; Mount Goliath is a high-altitude trail and interpretive site on the Mount Evans Scenic Byway. The Gardens also manages programming at Plains Conservation Center in Aurora. For more information, visit us online at [www.botanicgardens.org](http://www.botanicgardens.org).