



FLOURISHING IN THE GARDEN

YOUTH GARDEN PROGRAM

Flourishing in the Garden is an integrative 7 week garden based youth program. FIG has a holistic approach to mind-body-land that incorporates permaculture principles, yoga principles (including yogic energetics through the chakra system), yoga shapes and breathwork, gardening/nutrition education and is informed by the flourishing index.

WHERE:

WHEN:

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