

EDUCATIONAL PROGRAMS

LEARN | EXPERIENCE | GROW



JUNE TO
SEPT. 2022

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YOUTH AND FAMILY PROGRAMS

LIL' SPROUTS

Lauritzen Gardens is a magical environment for children (pre-K, ages 3-5) and adults to explore and learn in together. In Lil' Sprouts, participants work together and engage their senses while learning about nature, shapes, colors, ABC's and 123's. Enjoy story time, hands-on activities, crafts, garden exploration and creative play as you discover the wonders of nature with your child or grandchild. Each registration is good for one child and one adult.

Members \$8, Non-members \$18

Fantastic Fungi

Join us for a class that's full of FUN-gus! Explore the mysterious world of mushrooms, learn about their parts, and get all of the dirt on these incredible decomposers.

Wednesday, August 3 at 10 a.m.

Thursday, August 4 at 1 p.m.

Spinning Spiders

Spiders are very busy, and helpful, creatures in the garden. This month, learn all about our eight-legged friends and how, and why, they spin their webs.

Wednesday, September 7 at 10 a.m.

Thursday, September 8 at 1 p.m.

Pumpkins

October means it is time for pumpkin investigation. This month, learn how pumpkins grow, about pumpkin anatomy, and dig into an actual pumpkin!

Wednesday, October 5 at 10 a.m.

Thursday, October 6 at 1 p.m.

Frogs and Toads

Our amphibian friends, the frog and the toad, eat three times their weight in garden pests. Learn about what insects they eat, where they live, and how they use their senses in this month's class!

Wednesday, November 2 at 10 a.m.

Thursday, November 3 at 1 p.m.

Erosion

Get all the dirt on erosion, a natural process that slowly breaks apart or changes the earth. This month, learn the types of erosion and explore the garden to discover the pros and cons of water in the landscape.

Wednesday, December 7 at 10 a.m.

Thursday, December 8 at 1 p.m.



FAMILY WORKSHOPS

Celebrate nature and art and create memories with these wonderful family activities! We provide you with everything you need to create your project, along with instruction and some inspiration.

Garden Fairy Pots

These unique fairy houses will add a whimsical touch to your patio, window sill, or anywhere you choose to put them! Using terracotta planters of all sizes, your family will create a fairy house out of small plants, moss, and all sorts of other fun items!

Members \$50, Non-members \$60

Saturday, September 10 at 10 a.m.

Mum-my Pots

What's more fall-like than mums? Ghosts, black cats, and monsters, of course! We will be combining these two things into your very own Mum-my Pot! Participants will receive all of the materials to complete this craft as a family, all we need is you!

Members \$40, Non-members \$50

Saturday, October 15 at 10 a.m.

Fall Turkeys and Pumpkins

This family workshop celebrates all things fall! You will be working on creating a fall/nature-themed turkey or pumpkin. The turkey or pumpkin will be created using fall leaves, dried grasses, various seeds, bark, etc.

Members \$30, Non-members \$40

Saturday, November 12 at 10 a.m.

Gingerbread House

Mandalas are geometric configurations of symbols. In this workshop, your family will be creating a mandala from a variety of natural materials! Once completed, your mandala will be placed in a frame for you to take home to enjoy!

Members \$30, Non-members \$40

Saturday, December 3 at 10 a.m.

Saturday, December 10 at 10 a.m.

Saturday, December 17 at 10 a.m.

Please note: One project will be provided per registration (up to 5 participants, as long as one adult is in attendance). Pre-registration is required one week in advance of the class.





SUMMER SOLSTICE LECTURE

“The Living Landscape” with Rick Darke
June 21 at 7 p.m.

Our garden is our home habitat. For most of us, it’s the landscape we spend the most time in and a place we turn to for solace, beauty and inspiration. If it’s designed to support a great variety of life it will be full of surprise, adding intrigue and interest to every day. Expanding on the subject of The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden, co-authored by Rick Darke and Doug Tallamy, the presentation will feature Rick’s own photos of gardens and designs that have proven to be practical, durable, conserving, and affordable and will discuss the aesthetics, growth characteristics, adaptability, and stewardship needs of a range of plants capable of enlivening and enriching Nebraska landscapes.

Members \$10, Non-members \$15
includes a dessert reception after the lecture

About the speaker:
Designer, author and photographer Rick Darke’s work is grounded in an observational ethic that blends ecology, horticulture and cultural geography in the design and stewardship of living landscapes. His projects include parks, post-industrial sites, botanic gardens and residential gardens.

Made possible by generous gifts from the Mae and Lawrence Youngman and Judy and Jim Wigton families



LOVELAND GARDEN CLUB LECTURE

“Learning From The Indigenous Roots of Sustainably Forestry in the U.S.A.: Promoting Sustainability, Community Healing, and Partnerships” with Michael Dockry, Ph.D.
November 3 at 7 p.m.

Building upon a tradition of environmental stewardship, Indigenous people tell us that our common future depends upon incorporating their wisdom and perspectives into social, economic, and ecological decisions. Join Professor Michael Dockry as he details the Indigenous roots of sustainable forestry, starting with the Memominee Nation in Wisconsin, and how that history can inform contemporary forestry practices, ecological restoration efforts, and lead to community healing. Dockry will reflect on his decades long-work with Indigenous communities and provide practical partnership-building strategies for working with tribes to effectively combine Indigenous knowledge with western natural resource management science to solve 21st century challenges.

Members \$10, Non-members \$15
includes a dessert reception after the lecture

About the speaker:
Michael Dockry, Ph.D., is a professor of Tribal Natural Resource Management at the University of Minnesota and a member of the Citizen Potawatomi Nation. His academic focus is on incorporating Indigenous knowledge into forestry and natural resource management, supporting tribal sovereignty, and addressing tribal environmental issues.

Presented by the Loveland Garden Club



BOTANICAL ILLUSTRATION WORKSHOPS

Explore techniques for drawing in graphite and adding color, shading and blending using artist’s colored pencils or watercolor pencils. No prior drawing experience is necessary. Supply lists will be provided upon registration. Pre-registration is required one week in advance of the course.
Instructor: Camille Werther

Botanical Drawing for Beginners: Leaves | Three sessions: July 5, 12, and 13 | 6 to 7:30 p.m.
Join us as we investigate the incredible world of leaf forms with our pencils! Learn how to create an accurate leaf illustration in graphite using line techniques and measurements. Create a sketchbook page of different leaf forms to beautifully showcase the variety found in nature.
Members \$55, Non-members \$65

Drawing Flowers | Two sessions: August 2 and 3 | 6 to 8 p.m.
Are you interested in learning more about flowers? In this class, we will draw flowers and learn more about what makes floral families different from each other. We will use basic line drawing techniques and record our hands-on explorations in a sketchbook.
Members \$45, Non-members \$55

Drawing Flowers | Two sessions: August 9 and 10 | 6 to 8 p.m.
Are you interested in learning more about flowers? In this class, we will draw flowers and learn more about what makes floral families different from each other. We will use basic line drawing techniques and record our hands-on explorations in a sketchbook.
Members \$45, Non-members \$55

Botanical Sketchbooks | One session: September 7 or October 5 | 6 to 7:30 p.m.
Keeping a botanical sketchbook is a great way to preserve your memory of time in the garden and keep a record of when plants and flowering or fruiting each year. In this drawing class, we will explore one of the plants on Lauritzen Gardens’ plants of interest list. Each class will focus on a different plant. The drawing for beginners class on leaves is a suggested prerequisite.
Members \$35, Non-members \$45, per session

Botanical Drawing: Trees and Leaves | Two sessions: October 11 and 12 | 6 to 8 p.m.
Trees contribute so much to our lives. In this class, we will explore different forms of tree leaves, fruits, and overall growth pattern. Learn how trees are classified and how this applies to illustrating them. Explore ways of recording leaf structure through rubbings, tracings, and sketches. Learn strategies for sketching trees in the landscape. No prior drawing experience is necessary.
Members \$45, Non-members \$55

NATURAL DYEING AND TEXTILE ARTS



CROCHET: BLOCK BUILDER

Give new life to your yarn scraps as you learn to crochet two block motifs: the classic granny square and jazzy circle squares. You will learn how to assemble your blocks for various projects like pillows, baskets, blankets, scarves, and other wearables. You will learn how to chain, slip, stitch, plus how to single and double crochet. Bring a size G hook and worsted weight yarn. This is a great class for all levels.

Instructor: Cheryl Cambras

Members \$20, Non-members \$30

September 17 from noon to 3 p.m.



WEAVING ON A FRAME LOOM

Create a beautiful tapestry as you learn the ancient art of weaving. Bring some yarn you love and if you're feeling experimental, you can use almost anything flat and flexible as weft materials: fabric, paper, wire, twigs, grasses, etc. You will learn how to warp the loom and weave.

Instructor: Cheryl Cambras

Members \$20, Non-members \$30

October 22 from noon to 3 p.m.



ECO-PRINT UPCYCLE

It's time to use the yearly harvest to make something extra special to enter into the winter with. We'll be using the eco-print process to create exciting and energetic color designs on old fabrics that are as drab as the winter weather. Feel free to bring any natural material garment you would like, fabric yardage, or old linens for this process.

Instructor: Ashton Page

Members \$20, Non-members \$30

September 18 from 2 to 4 p.m.

NATURAL DYEING AND TEXTILE ARTS

INTRODUCTION TO NATURAL DYES

The first dyes that we used as humans were from natural materials. These came directly from the earth in the form of berries, flowers, bark, and sometimes bugs! Depending on water quality, the fibers used and the amount of heat applied, a whole rainbow of color can be achieved from things we find in our environment. This class will look at the history of natural dyes as well as an overview of some of the most well-known dye plants and insects. Participants will get to experience the process of dyeing cellulose fibers in the provided natural dye vats. This class is built for all levels of experience.

Instructor: Ashton Page

Members \$20, Non-members \$30

June 26 from 2 to 4 p.m.



INTRODUCTION TO INDIGO

Indigo is the oldest recorded dye, having been found on mummies from Ancient Egypt. The need to produce that immaculate blue has created a long and tumultuous history. In this class we will look at the history of blue dyes in human culture as well as the methods of creating an indigo vat through a fermentation process- think sourdough, kefir, or kombucha.

We will also look at the Japanese mark making process called shibori to create our own pieces of unique cloth artwork. Fabric will be provided for this class. Participants are welcome to bring in one or two small natural fabric pieces from home to dye with the excess of the vat we create in class. This class is built for all levels of experience.

Instructor: Ashton Page

Members \$20, Non-members \$30

August 14 from 2 to 4 p.m.



BOTANICAL-INSPIRED ARTS AND CRAFTS



POLYMER CLAY BOTTLE OPENER

Just in time for Father’s Day, learn how to make the perfect gift for dad! In this class for beginners and beyond, participants will decorate one bottle opener with polymer clay.

Registration includes the supplies to create an original and artistic bottle opener, a blade to slice the clay, instructions and tips/tricks from the instructor, and directions on how to finish and bake creations in a home oven. Pre-registration is required a week prior to the course. Designed for ages 12 and up.

Instructor: Skyler Thomas Koehn

Members \$20, Non-members \$30

June 10 from 6 to 7 p.m.

POLYMER CLAY PENS

The perfect back to school project, in this beginner level class you’ll be decorating a trio of desk pens with polymer clay. Registration includes supplies, a blade to slice the clay, instructions and tips/tricks from the instructor, and directions on how to bake your creations in your home oven. Pre-registration is required a week prior to the course. Designed for ages 12 and up.

Instructor: Skyler Thomas Koehn

Members \$20, Non-members \$30

August 5 from 6 to 7 p.m.



BASKETWEAVING

Basket weaving is an ancient art form that uses botanical materials to create a variety of functional containers. In these workshops, students learn and practice traditional and contemporary weaving techniques while creating practical pieces that they can enjoy for years to come. Participants can expect to finish each class with a beautiful and sturdy basket, reflective of the month’s design. All supplies are provided. Pre-registration is required.

Instructor: Jeannie Sisson, Woven Keepsakes

Classes are held from noon to 5 p.m.

Members \$40, Non-members \$50

July 9 | Ocean Blue - SOLD OUT

August 20 | Tailgater

October 15 | Colors of the Season

December 3 | Flurries



BOTANICAL-INSPIRED ARTS AND CRAFTS



WORKSHOPS WITH LISA MUELLER

Express your creative side in this series of workshops with Lisa Mueller. Create original projects, from garden objects to fashion accessories that are inspired by the natural world. All supplies are included. Pre-registration is required one week prior to each class.

Instructor: Lisa Mueller

Classes are held from 1 to 3 p.m. on select Saturday afternoons.

June 4 | Fairy Doors - SOLD OUT

Welcome fairies into your home and garden by creating your own portal into their magical realm. We will be painting and putting a flourish of floral touches on fairy doors to take home and start your own fairy garden. *Members \$20, Non-members \$30*

June 25 | Painting Pool Totes

Make a splash by creating your own custom pool tote! Get inspired to create lush beach scenes or relaxing tropical plants using waterproof paint on canvas tote bags. Bring your friends and start the summer fun! *Members \$30, Non-members \$40*

July 16 | Wine Bottle Painting: Fireflies

Capture the magic of summer in a jar. Create your own scene of fireflies and flowers with paint on a wine bottle! We will fill them with fairy lights to create that perfect centerpiece for your home. *Members \$30, Non-members \$40*

August 13 | Sunflowers in Acrylic

Channel your inner Van Gogh and come paint “en plein air” with us. For the lovers of summer’s golden beauty, we will be painting with acrylic paint on canvas outside near the sunflowers. All experience levels are welcome! *Members \$30, Non-members \$40*

August 20 | Spa Focus

Tap into nature’s secrets and create your own day spa kit. Utilizing the soothing power of plants, make relaxing green tea eye masks, soothing epsom salt soaks, invigorating sugar scrubs and more. Then use them to help transition through the seasons in the tranquility of your own home spa! *Members \$30, Non-members \$40*

September 17 | Hanging Lantern

Create your own lantern! Perfect for a backyard garden party or to bring a lovely glow in your home. *Members \$30, Non-members \$40*

All supplies provided. Pre-registration is required one week in advance of each course.

Instructor: Chelsea Herman

Members \$25, Non-members \$35

WATERMARKS

Watermarks are designs set into a sheet of paper while the sheets are being formed. These hidden images are revealed when light shines through the thinner parts of the sheet. Learn techniques for creating watermarks and form your own watermarked sheets of paper to take home.

June 25 from 9 to 11 a.m.

PULP PAINTING

Paint with a colorful array of paper pulp. Pulp painting is the technique of adding pigmented pulp into a sheet of paper as the sheet is being formed. Explore painting with pigmented pulp, as well as the natural hues of plant fibers and create your own paintings to take home.

July 23 from 9 to 11 a.m.

LAMINATION

Lamination is the technique of sealing objects between two sheets of handmade paper while the paper is being formed. Create sheets embedded with gathered materials from the garden and beyond to take home.

August 27 from 9 to 11 a.m.

DYEING PAPER

Use gathered materials from the garden and beyond to dye handmade paper. Learn which plants make good dyes for paper, how to process the plants, and about the range of color that can be achieved from one plant.

September 24 from 9 to 11 a.m.

SCULPTURAL TECHNIQUES

Learn about a plethora of 3-d forms that artists have created using paper pulp and techniques such as wrapping, dipping, casting, and moulding. Using gathered materials from the garden and beyond, experiment with creating your own sculptural forms from handmade paper.

October 22 from 9 to 11 a.m.



WATERCOLOR BASICS

Explore the world of watercolor and learn basic techniques to create beautiful and colorful works of art. This course will focus on the fundamentals of watercolor painting, including techniques, materials, tools, color, value, and rendering in watercolor. Absolutely no experience is necessary! This course is a fun way to dip your toe (or brush) into a new medium without the financial expense, as all supplies are provided. Pre-registration is required one week in advance of the course.

Instructor: Sydney Sehi

Members \$40, Non-members \$50

July 7 | August 4 | September 8 | October 6 | all classes from 6 to 8:30 p.m.

WATERCOLOR SPECIALTY- EXPRESSIVE BOTANICALS

Learn to loosen up your paintings and create vibrant, expressive pieces in watercolor. Focusing on botanical subject matter, this course will explore the art of capturing the ethereal nature of blooms and foliage through the study of light, composition, and layered washes. All materials are provided, so you will have ample opportunity to experiment with quality materials and tools. Pre-registration is required one week in advance of the course.

Instructor: Sydney Sehi

Members \$40, Non-members \$50

June 16 | August 18 | October 20 | all classes from 6 to 8:30 p.m.

WATERCOLOR SPECIALTY- EXPLORING TEXTURE

Learn advanced techniques of applying pigments to create more texture in your work. Explore different kinds of pigments and media that be can used alongside watercolor for dynamic compositions that draw the eye to look more closely. This course will focus on textures found in the natural world and how to render them both, expressively and accurately. All materials are provided so participants will have ample opportunity to experiment with professional materials. Pre-registration is required one week in advance of the course.

Instructor: Sydney Sehi

Members \$40, Non-members \$50

July 21 | September 22 | all classes from 6 to 8:30 p.m.



PHOTOGRAPHY LEVEL 1

Advance beyond using the automatic settings on your digital SLR camera learning about aperture, shutter speed and lighting. Participants will understand in simple terms, the hows and whys of operating their camera. For beginner photographers. Participants must bring their own camera. Pre-registration is required. All classes are from 9 to 11 a.m. Instructor: Will Fields (June) Michele Zephier (July through October) Members \$20, Non-members \$25

June 11 | August 20
September 17 | October 15

PHOTOGRAPHY LEVEL 2

Participants will gain an understanding of what makes a great photo, learn the techniques required, and pick up some tips and tricks that professional photographers use. The instructor will provide clear instruction, guidance, and feedback throughout four field exercises, as participants begin to develop their own style within photography. For upper level beginner to intermediate photographers. Participants must bring their own camera. Pre-registration is required. All classes are from 1 to 3 p.m. Instructor: Will Fields (June) Michele Zephier (July through October) Members \$20, Non-members \$25

June 11 | August 20
September 17 | October 15

PHOTOGRAPHY LEVEL 3

Prerequisite: Photography Level 2 or submit 5 images for review by the instructor. Classes are from 3 to 5 p.m. Instructor: Will Fields (June) Michele Zephier (July through October) Members \$20, Non-members \$25

Mindfulness
Mindfulness is about becoming more aware of your entire viewfinder, use of positive negative space and paying attention to the background.

August 20

Point of View
More than 85% of all photos taken are created from a standing up, eye-level height. As we change our point of view, we change the perspective and the elements within the frame. This class is about exploring new points of view.

June 11 | October 15

Speaking in More Than One Tense
With the proliferation of modern zoom lenses, we've gotten into the habit of just zooming to fill the frame with our subject. But different focal lengths create very different effects. This class is about becoming aware of your focal length and using it to the advantage of the image you want to create. *Please note:* Use of a wide angle (10-24mm) and a medium telephoto (100-300mm) lens are required.

September 17

BOTANICAL DESIGN

Make beautiful floral designs to display at home or provide as a gift. Each workshop has its own unique theme which allows you to enjoy a new experience each time you participate. Participants will learn basic floral design skills that can be used to create all types of arrangements. No floral design knowledge or experience is necessary. All supplies are included. To ensure the freshest, longest-lasting arrangements, our designers select flowers from the warehouse the week of class to fit the class theme. Pre-registration is required one week prior to each class. Instructor: Karen Vice of Fancy Plants Flowers and Design, LLC Classes are held from 6 to 7:30 p.m. on select Monday evenings. Members \$45, Non-members \$55

June 6 | Hanging Succulent Garden - SOLD OUT
Using an adorable hanging vessel, participants will design a trendy succulent garden to add extra flair, and a bit of green, to their home.

August 29 | Sunset on Summer
Learn basic vase design skills in this class, with a selection of regional, late summer blooms.

September 19 | Accessorize with Blooms
Love flowers? Then why not wear them? Spend the evening creating your own jewelry pieces with beautiful florals.

October 24 | Flowers of Fright
Get into the Halloween "spirit" with this spooky themed BOOtanical design class.

NATURE EXPERIENCES

All guided tours require advance registration.
Members \$10, Non-members \$20

WILDFLOWER WALK

Nebraska Wildflower Week is a celebration of wildflowers and native plants in the wild and in the landscape. Join Director of Conservation, Jim Locklear, on a walking tour of the wildflowers in the garden.

June 10 from 5:30 to 7 p.m.
June 12 from 2 to 3:30 p.m.

ROSE GARDEN GUIDED TOUR

Enjoy a tram ride out to the Robert H. Storz Family Rose Garden at twilight followed by a tour of the garden from Don Swanson of the Omaha Rose Society.

June 17 from 5:30 to 7 p.m.

BUTTERFLY WALK

With a wealth of garden plantings, landscape features, and natural areas, Lauritzen Gardens provides habitat for a variety of wildlife, including more than 50 species of butterflies. Join a docent to learn which butterflies visit throughout the season, how to attract them to your garden areas, and how to keep them coming back year after year as you sight butterflies and find butterfly “hot spots” in the garden on a guided walk.

June 25 from 10 to 11:30 a.m.
July 23 from 10 to 11:30 a.m.

CONSERVATION DISCOVERY GARDEN TWILIGHT TOUR

Join Jim Locklear, our Director of Conservation, as we celebrate the native plants in the conservation discovery garden. We will ride the tram out to the garden to see part of our collection of native plant specimens and learn about what we are doing to study and conserve native and rare plants at Lauritzen Gardens.

September 23 from 5:30 to 7 p.m.



NATURE EXPERIENCES



SINGING INSECTS TWILIGHT TOUR

Join Dr. Ted Burk on a guided tour of the garden at twilight, when the chorus of singing insects is at its peak. Learn to identify different insects by their song and other characteristics. This tour includes a tram ride, but does require some walking through the garden.

August 26 from 8 to 9:30 p.m.

FALL COLOR IN THE ARBORETUM TWILIGHT TOUR

Dusk and sunset are some of the most magnificent times to be in the Arboretum and Oberman Bird Sanctuary, especially during the fall. Come learn what trees produce the most vibrant and varied foliage colors and experience the arboretum in its colorful fall glory. This is a walking tour that includes a tram ride to and from the arboretum.

October 21 from 5 to 6:30 p.m.



NIGHT SKY AT LAURITZEN GARDENS

Join the Omaha Astronomical Society in viewing the night skies at Lauritzen Gardens. This program includes a tram ride to the rose garden and a viewing of the gorgeous night sky using the Omaha Astronomical Society’s telescopes. Pre-registration is required. Viewings are from 9:30 to 11 p.m.

Members \$10, Non-members \$20

June 4 | Crescent Moon and Stars - SOLD OUT
July 9 | Quarter Moon and Stars - SOLD OUT



QIGONG

Qigong (CHEE - GONG) is a practice of coordinated movements and breathing done in repetition for clearing, cultivating, and balancing energy within the body while also building strength and stability. It is a gentle form of exercise that can be thought of as a moving meditation.

This method of coordinating breath with body movements helps bring awareness within, reduce stress, anxiety and tension, and also promotes restful sleep. The movements are slow and are conducted in a circular and flowing motion while either standing or seated. Classes are held outdoors when weather permits and social distancing is practiced whenever possible. Pre-registration is required.

All classes are held from 8 to 9 a.m.

Instructor: Julie Wolter Jenowe

Members \$10, Non-members \$15

June 4 | Opening to Our Energy Being

June 18 | Pathway to the Heart
Qigong for the Cardiovascular System

Health and wellness programs are sponsored by:



FOREST IMMERSION

Also known as “forest bathing” or shinrin-yoku, this is a type of nature therapy that immerses your senses, slows down your mind and body, and helps you feel connected with the forest life around you. This hour-long guided session in the woodland trail will allow you to unplug from technology and bring you into the present moment. Take this time to unwind from your work week and feel refreshed and relaxed by deepening your relationship with nature. Pre-registration is required. Guide: Jenelle Emory, Energy Healing Omaha.

Please note: This class will take place along the woodland trail, an unpaved trail that has a considerable incline and some uneven ground.

Members \$10, Non-members \$15

June 13 from 6 to 7 p.m.
June 27 from 6 to 7 p.m.
July 25 from 6 to 7 p.m.
August 22 from 6 to 7 p.m.
September 26 from 6 to 7 p.m.

ABOUT THE INSTRUCTOR

Jenelle Emory is a 2nd degree Reiki Practitioner trained in traditional Usui Reiki. She received her training from the Center for Excellence, where she also became certified as a Meditation Instructor and studied Mindfulness-based Stress Reduction.

Her mission is to touch as many lives as possible and to make a positive image on her community by spreading messages of peace, love, and hope.



RESONANT SOUNDS

Join us for an immersive, meditative experience where those in attendance are “bathed” in sound waves from crystal singing bowls and various instruments. This is an intentional space that uses sound to help relax the mind, leading the mind from an active state to a more calmed state.

We begin the class with a light stretch, set our intention, then move to the mat where one can lay down or be in a comfortable seated position. We offer aromatherapy weighted eye masks, and begin a guided meditation, leading to the sound bath. Once the participants are comfortable, the sound bath begins. We utilize crystal singing bowls, wind chimes, gongs, pan drums, and other instruments to lead the class to a relaxed meditative state. The overall goal is to promote tranquility and to leave feeling better than when you arrived. Pre-registration is required. Participants should wear comfortable clothing and bring a yoga mat.

This is an inclusive class for any body, and everybody. All classes are held from 6 to 7:30 p.m.

Members \$10, Non-members \$15

June 9 | June 23 | July 7 | July 21 | August 4 | August 18 | September 1
September 15 | September 29 | October 13 | October 27



GUIDED MEDITATION

Mondays can be one of the most stressful days of the week! Counter that stress with an easy-to-follow, rejuvenating experience that helps participants reach a meditative state. Each session will focus on different techniques so you can find out which type of meditation works for you! Please bring a yoga mat or pillow to sit on. Pre-registration is required.

Classes are held from 6 to 7 p.m.
Instructor: Jenelle Emory, Energy Healing Omaha

Members \$10, Non-members \$15

July 11 | August 8 | September 12
October 10 | October 24

HEALTH AND WELLNESS



FLOW/VINYASA

Practice vinyasa yoga in Omaha’s most spectacular and tranquil setting, Lauritzen Gardens! Participants will be guided through gentle, sequenced movement and classic postures that are designed to built strength and deepen their connection to their breath. All skill levels are welcome. Class will be held outdoors if weather permits. Pre-registration is required. Participants should bring their own mat or towel and any desired props. Classes are held from 6 to 7:15 p.m.

Instructor: Theresa Cassaday

Members \$10, Non-members \$15

June 1 | June 15 | June 29 | July 13 | July 27 | August 10
August 24 | September 7 | September 21 | October 5 | October 19

HATHA YOGA

Stretch, strengthen, and relax while surrounded by the unmatched beauty of the garden. Participants will be guided through traditional, sustained postures with attention to flexibility and basic alignment. All skill levels are welcome. Class will be held outdoors if weather permits. Pre-registration is required. Participants should bring their own mat or towel and any desired props. Classes are held from 6 to 7:15 p.m.

Instructor: Theresa Cassaday

Members \$10, Non-members \$15

June 8 | June 22 | July 6 | July 20 | August 3 | August 17 | August 31
September 14 | September 28 | October 12 | October 26

ABOUT THE INSTRUCTOR

Theresa Cassaday fell madly for yoga in 1985, when she moved from San Diego, Calif. to Omaha, Neb. and was introduced to sun-salutations by long-time teacher and friend, Judy Vann. Still a daily practitioner, Theresa has been sharing the gift of yoga with students at area studios for nearly 20 years. She credits yoga with making everything in her life run just a little more smoothly. Off the mat, she spends her days on the mortgage marketing team at First National Bank of Omaha (FNBO) and every other spare moment in her kitchen. You may recognize Theresa from her time on camera in the ‘90s as the hostess of the FOX 42 Kids Club.

OTHER PROGRAMS



BONSAI WORKSHOPS

If you are new to bonsai or want to get started, this workshop is for you. Each participant will receive a plant specimen, a suitable pot with soil, and a two-hour workshop, led by recognized bonsai artist Max Miller, designed to give you the basic skills needed to create and care for your own bonsai.

Instructor: Max Miller
Presented by the Nebraska Bonsai Society

Members \$75, Non-members, \$85

October 8 | 10 a.m. to 12:30 p.m. - SOLD OUT
October 9 | 12:30 to 3 p.m.



SUMMER ADVENTURE CAMP

Lauritzen Gardens is a giant outdoor learning lab, where hands-on experiences with the natural world abound. Garden exploration and other outdoor activities are supplemented with crafts, games, and in-class lessons. Choose from a variety of camps with fun themes that connect children to nature, build life skills, and foster an appreciation for the environment.

Limited sessions remain. Weeks start at \$215.

For details on camp themes or to register, visit lauritzengardens.org/learn



MEMBERS ONLY WALKING CLUB

Tuesday mornings | 8:30 a.m.
April 5 through October 25

Walk your way to good health on Tuesday mornings by exploring more than 1.5 miles of trails. Walking club will help you fight stress, strengthen your mind and body and feel rejuvenated.

Members Only - no reservations or timed tickets required. Bring your membership card and photo ID.

SPECIAL EVENTS



GARDEN TWILIGHT

Monday and Tuesday evenings | 5 to 8 p.m. through September 20

Enjoy nature and unwind from the day with an evening stroll through the garden. Extended hours on Monday and Tuesday nights give guests more time to take advantage of the sights, sounds, and serenity of the garden.

Regular admission applies, FREE for garden members.

GREAT GNOME ESCAPE

Scavenger hunt runs through September 5

With their tiny stature, pointy hats, and long beards, garden gnomes have become staples in gardens worldwide. At Lauritzen Gardens, the little fellas have broken loose and taken up residency in the garden- and it is up to guests to find them! Can you explore the trail and discover them all? This summer, you can choose your own gnome adventure

ART EXHIBIT

Spring Brings New Life by

Metro Senior Watercolorists

On display through June 26

This group of senior artists comes from all walks of life and experiences. They have been painting together for between 15 and 20 years. The core group of 35 painters has had continuous participation due to their love of art and a need to express their talent. Their life experiences are often the source of the inspiration for their compositions. Botanical themes are often incorporated in their work. The classes also provide a social aspect to all members. Enjoy this collection of their nature-inspired works.

LEASHES AT LAURITZEN

June 6 and 13, July 4 and 11, August 1 and 8, September 5 and 12, and October 3 and 10 5 to 8 p.m.

Dogs love going on an adventure. This year, plan a night out with your furry friend during Leashes at Lauritzen. These events are enjoyable nights for dogs to walk the trails, meet other dogs, take photos among the flowers and foliage, sniff all the things, and meet other dog lovers. Water will be available at stations throughout the garden. Don't miss these tail wagging good times!

Included with paid garden admission, FREE for garden members.

TEMPO OF TWILIGHT

June 2, 7, 14, 16, 22, 28, and 30

6 to 8 p.m.

We can't think of a better way to spend a summer evening than listening to live music in the garden. That's why we are SO EXCITED to bring back Tempo of Twilight, with seven shows in June from talented local bands.

This year's lineup!:

June 2- Stan and the Chain Gang

June 7- The Persuaders

June 14- DAYBREAK

June 16- Lemon Fresh Day

June 22- Joystick

June 28- The Brits

June 30- R Style

Make plans to join us for a harmonious blend of music and nature.

ART EXHIBIT

Herbarium by Camille Werther

June 29 through August 14

Camille Werther is a freelance writer, artist, and educator. Originally from the garden paradise of New Orleans, she now lives near Omaha, Neb., where she enjoys learning about the Great Plains prairie ecosystem. Her educational background includes a B.S. and an M.S. in horticulture. She teaches field sketching and botanical drawing (see her classes at Lauritzen Gardens on page 5), and is a member of the ASBA, GNSI, and CPSA.

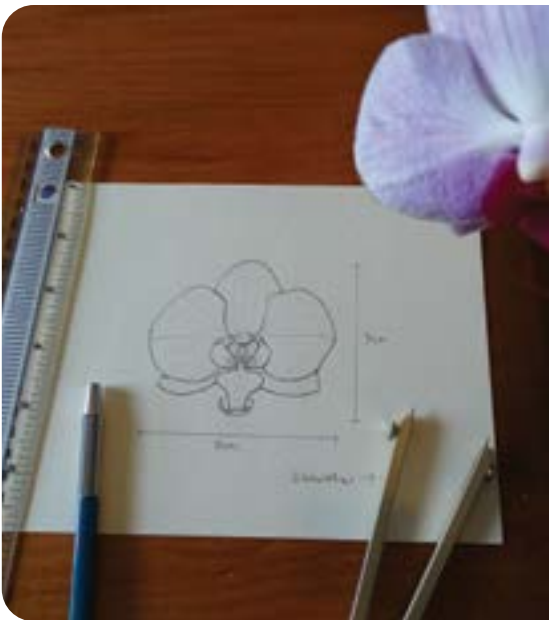
ART EXHIBIT

Conservation Conversations by

Shelby Prindaville

August 17 through September 24

Shelby Prindaville is the Art Department Chair, Director of the Helen Levitt and Eppley Art Galleries, and Associate Professor of Art at Morningside University in Sioux City, Iowa. She is also President of the Board of Trustees for the Sioux City Art Center. She is interested in the human role in shaping an ecological balance and creates pieces centered on the beautiful fragility and resilience of the natural world. An interdisciplinary artist, her studio practice combines her interests in the sciences and art.



SPECIAL EVENTS



ALL EUROPEAN SHOW AND SHINE

September 11 | Noon to 3 p.m.

See fine European cars and motorcycles staged against a lush background.

LAURITZEN GARDENS ANTIQUES SHOW

September 29 through October 2

Join us for a captivating weekend, full of unexpected discoveries in the booths of our distinguished antiques exhibitors and splendid treasures found in the curated collections of Lauritzen Gardens. Experience delightful chance meetings with friends and witness magnificent presentations from our acclaimed speakers, all to benefit our beautiful public garden.

Stay up-to-date with the show at omahaantiqueshow.org.

ART EXHIBIT

The Wonderful Works of Mother Nature by
The Photographer's Club

October 7 through November 13

WICKED PLANTS DISPLAY

October 8 through 31

This spooky display features some of the most dangerous and notorious members of the plant kingdom.

JAPANESE AMBIENCE FESTIVAL

October 8 and 9

For an entire weekend, the garden grounds are alive with merriment as guests celebrate the joys of autumn and experience the Japanese culture first-hand.

GHOULISH GARDEN ADVENTURE

October 30 | Noon to 4 p.m.

Get in the spirit of the season and learn about the things in nature that make the fall so festive! Ghoulish Garden Adventure is an event full of spooky stories, creepy creatures, fun activities and trick-or-treat stations. Come in costume or come as you are, just come ready for a wicked good time in the garden!

PERK UP YOUR VISIT AT J'S COFFEE

Open daily from 9 a.m. to 2 p.m.

Perk up your next garden visit with a beverage from J's Coffee & Donuts, now open daily in the Cindy and Mogens Bay Gallery. Enjoy hot or iced coffee creations, as well as lemonade, smoothies and frappes, and their signature pink drink. We're so pleased to have a coffee shop at the garden and hope you will be too!

PRIVATE GOLF CART TOURS

Private, 1.5 hour golf cart tours (for 2-5 people) are full of facts and stories about the garden. Hosted by senior garden staff, tours are offered Monday through Thursday at 9 a.m., 10:30 a.m., noon, 1:30 p.m. and 3 p.m. from May through October. Tour rate is \$60 per person, \$45 per person for members. Bookings are required one week in advance. Call Christine at (402) 346-4002, ext. 212 to book your tour or to purchase a gift certificate for a recipient to redeem on a date of their choosing. A great gift idea!

MEMBERS MAKE OUR MISSION POSSIBLE

Membership is an easy and meaningful way to impact our community, provide opportunities for nature-based inspiration and education, and share the joys of the garden year-round. Levels start at \$45 per year.

Members receive free general garden admission, reduced registration for educational programs and workshops, as well as many other benefits throughout the year.

More information can be provided by visiting lauritzengardens.org/JOIN or by contacting the membership department at (402) 346-4002, ext. 214/216 or email membership@omahabotanicalgardens.org





LAURITZEN
GARDENS

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REGISTRATION

All classes, workshops and other educational offerings listed in this brochure require advance registration with payment due upon registration.

MEMBERS: If you haven't registered your account, please do so by using the link in the upper right-hand corner on the program registration page. Then sign-in to complete your program registration (your email should appear there if you are properly signed in). Member discounts are applied after classes are added to the cart. Please note that member discounts for events and programs apply only to those covered under membership terms.

REFUNDS AND CANCELLATIONS

If a registration for a program must be canceled, registration fees will be refunded if notice is received at least one week before the program date. Refunds will not be provided for cancellations within one week of the start of the program or for participants that are late or do not show for a program.

Please note that programs with insufficient registrations may be canceled. If Lauritzen Gardens cancels a program, phone or email notification will be made as early as possible and full refunds will be given. In case of severe weather, please call (402) 346-4002, ext. 201 or, on the weekends, (402) 346-4002, ext. 250 to check the status of the program.

For more information visit
lauritzengardens.org
and click on "learn" or call
(402) 346-4002, ext. 212

**GENERAL GARDEN
INFORMATION**
(402) 346-4002
lauritzengardens.org

FOLLOW US

Follow us to get the latest dirt on garden programs and events



LAURITZEN
GARDENS

Open daily 9 a.m. to 5 p.m.
Open Monday and Tuesday
evenings until 8 p.m. until September 20
100 Bancroft Street, Omaha, NE
lauritzengardens.org