

# ADULT EDUCATION

April - September 2016

Photo: Tania Clarke

# BOTANY & ECOLOGY

## Introduction to Bird Watching

From Anna's hummingbirds to bald eagles, the Garden is frequented by many species of birds. Join VanDusen's long-time birding guide, Jeremy Gordon, for the basics of bird watching. He will discuss best birding resources such as binoculars and field guides, share tips on how to identify birds, and highlight hot birding spots in Vancouver. Following the one-hour indoor presentation, he will take the class out for a walk through the Garden to look for birds and put newly-learned ID skills to use. Dress for the weather, bring binoculars and a field guide if you have them.

Sat. May 14, 10 am - 12:30 pm | Member: \$35 / Non-member: \$42

Instructor: Jeremy Gordon

## *New!* Biogeography - Plants Across the World

Approximately 200 million years ago, the supercontinent Pangaea began to split up and spread apart, eventually forming the continents as they are today. This continental drift and the passage of time has resulted in fascinating similarities and differences between plant species. This class will look at Rhododendrons, Magnolias, and more, taking you from China to Eastern North America and then to the Southern Hemisphere to explore biogeography in the Garden. Class will be indoors and out in the Garden.

Sat. May 28, 10 am - 12:30 pm | Member: \$35 / Non-member: \$42

Instructor: Egan Davis

## Native Tree ID for Beginners

Everyone should be able to identify at least 10 trees native to British Columbia. This workshop covers the basic plant characteristics needed for plant ID, how to use an identification key, and handy tips to help you remember our common native trees. Class will be indoors and out in the Garden among the trees, rain or shine.

Sat. June 4, 10 am - 12:30 pm | Member: \$35 / Non-member: \$42

Instructor: Samantha Sivertz

## Helping Bees in Urban Gardens

Encourage bumblebee, mason bee, and other native bee populations in your urban garden. This class will touch on bee ID, natural history of native bees, and basic gardening tips such as best flower choices, bee baths, and soil care strategies. The class will begin with a short walk in the Garden and will conclude with participants making simple bumblebee nests for their garden.

Sun June 12, 10 am - 12:30 pm | Member: \$35 / Non-member: \$42

Instructor: Brian Campbell

## **New!** Intermediate Native Tree ID – BC Conifers

Discover the conifers that are native to BC, and differentiate *Abies* from *Picea* with ease. This hands-on workshop is for those who already know a catkin from a cone, and are interested in learning more about the conifers found around the province. Class will be indoors and out in the Garden, rain or shine.

Sat. July 9, 10 am - 12:30 pm | Member: \$35 / Non-member: \$42

Instructor: Samantha Sivertz

## Know your Bees of BC

There are more than 450 species of bees in BC! Walk with renowned bee expert, Brian Campbell, and explore the differences between mason bees, bumblebees, honeybees and more. As you walk around the rich bee habitat of VanDusen, you will observe bee biology and natural history, such as foraging, nest types and locations, interactions with other bees, and pollination mechanisms.

Sun. July 17, 1:30 - 4 pm | Member: \$35 / Non-member: \$42

Instructor: Brian Campbell

# PLANTS & PEOPLE

## Bitters: From Snake Oil to Artisanal Cocktails

Originally used for medicinal purposes, bitters are now mostly used by bartenders to flavour cocktails. Made with infusions of roots, bark, fruit peels, seeds, and flowers, bitters can create a vast spectrum of flavours. Cole Benoit of The Apothecary Bitters Company will take you through the history of bitters, beginning as herbal remedies in the 17th century, into a multi-million dollar industry claiming to cure ailments of all kinds in the 19th century, through prohibition, and the re-emergence in modern cocktails. We will explore the botanicals commonly used as bittering agents, sample Apothecary's bitters and discuss current uses in artisanal cocktails that you can try at home.

Thurs. Apr 21, 7 - 8:30 pm | Member: \$25 / Non-member: \$35

Instructor: Cole Benoit

## **New!** Mixology and your Garden

With summer just around the corner, what better time to broaden your entertaining toolkit with some botanical cocktails! Cole will discuss botanicals you can grow in your home garden for cocktails, and ideas for using and preserving them for optimal flavour. We'll sample cocktails made with ingredients collected from the Garden and locally distilled spirits, and also discuss home bar basics such as tools and techniques to get started.

Ages 19+ only with valid government-issued photo ID.

Thurs. June 16, 7 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Cole Benoit

## *New!* A Tour through Bulgaria's Strandzha Mountains

Join Egan Davis on an engaging account of his travels in Bulgaria during the summers of 2015 and 2016. He will focus on the fascinating biodiversity hotspot of the Strandzha Mountains, an area left uncovered by ice during the last glaciation, and the oldest undisturbed plant community in Europe. The mixed deciduous forest has a unique blend of European and western Asian plants with an unusual broadleaf evergreen understory. His stories will also weave in encounters with the preserved culture in old, undisturbed villages, and the social history of the country.

Thurs. Sept 22, 7:30 – 9 pm | Members: \$15 / Non-member: \$20

Instructor: Egan Davis



Photo: Egan Davis

## GARDENING & DESIGN

### Growing Veggies in Containers

Which vegetables, and specific varieties, grow best in containers and when should they be planted? What soil mix is best and how should you water your plants? Learn how to get the most out of your balcony or patio by using vertical space resourcefully, selecting appropriate plants and containers, and more.

Wed. Apr 20, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Janis Matson

### Growing Organic Food

Learn the basics of good organic garden practices to grow great tasting food in your garden or balcony. From patio pots to community garden plots, you can reduce your grocery bill and improve your health through a bountiful harvest of organic vegetables. This class provides an overview of plant selection, soils, watering practices, attracting beneficial insects, and preventing pest and disease problems.

Wed. Apr 27, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Claire Smith

## Soil Workshop for Gardeners

Get a practical understanding of your soil with this workshop that combines lecture and hands-on lab activities using soil from participants' gardens. Egan will lead the group through an analysis of the structure and texture of their soil, test the pH, and look for living soil organisms. Pooling the results to look for trends and connections, you will interpret the results, compare the different soils and discuss how it relates to healthy plants and gardens. Bring a small sample of your soil (approx. 2 cups) in a clear glass/plastic jar with a good lid. Bring your lunch. Limited to 15 students.

Sat. Apr 30, 10 am - 3 pm | Member: \$65 / Non-member: \$75

Instructor: Egan Davis

## *New!* Growing Plants without (much) Water

As the arid summer of 2015 showed us, changing climatic conditions can be a real challenge for gardeners. This class will clear up some facts on water use and plant needs, explain why plants in nature live without supplementary irrigation, and how to create a suitable urban soil profile. Egan will suggest the best plants to grow without irrigation, and how to maintain plants during the establishment period. He will also highlight some of the non-conventional planting techniques to ensure plant establishment that he has seen in his travels and tested in his work.

Thurs. May 5, 6:30 - 8:30 pm | Member: \$35 / Non-member: \$42

Instructor: Egan Davis

## Introduction to Permaculture

Permaculture is a philosophy of working with, rather than against nature, maximizing useful connections between components of the landscape and the resulting synergy of the final design. This overview will cover the definitions, concepts and principles of permaculture. Participants will learn through lecture, discussion, observation of the patterns and relationships already present in nature, and a basic zone planning and sector analysis activity.

Sat. May 7, 10 am - 12:30 pm | Member: \$30 / Non-member: \$37

Instructor: Justin Schneider

## *New!* Growing a Food Forest

Take a deeper look into the concepts of permaculture, and learn how to design and create a diverse garden that yields food and provides habitat. This course will explore the layers of a food forest (including trees, shrubs and perennials), and will cover urban-appropriate species, natural plant communities and plant guilds. A demonstration fruit tree guild will be installed in the Garden. Dress for the weather, bring gloves and a willingness to participate!

Sat. May 7, 1:30 - 4 pm | Member: \$30 / Non-member: \$37

Instructor: Justin Schneider

## **New!** Growing Superfoods in Small Spaces

Learn simple ways to grow superfoods in almost any small space - balconies, rooftop gardens, containers, or kitchen counters. While experts may disagree on the use of the term “superfood”, some foods do have an unusually high content of antioxidants, vitamins or other nutrients. Learn which nutritional powerhouses are easy to grow in the lower mainland and learn why growing them yourself can make them even more nutritious.

Wed. May 11, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Claire Smith

## Gardening for Birds

Welcome birds into your garden by providing them with the right mix of plants and amenities that they need for food, water or shelter. Janis will cover which flowers attract nectar-hungry hummingbirds, and what seeds and berries attract finches, jays, chickadees and others. Class will include a walk in the Garden.

Wed. May 18, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Janis Matson



Photo: Tania Clarke



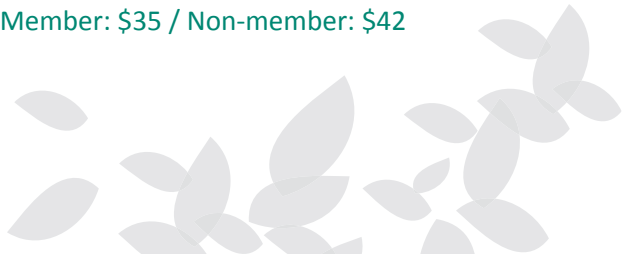
Photo: Gillian Drake

## Gorgeous Container Gardening

This course explores how to design show-stopping container plantings that use colours, textures, and plant combinations in unique ways. Janis will share examples of containers and plants, and explore diverse styles and strategies to show you how to create incredible planters that certainly will not look like your neighbours! Course includes a walk in the Garden.

Wed. May 25, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Janis Matson



## Designing and Growing with Herbs

Herbs can be incorporated into an existing vegetable or ornamental garden, or grown in a dedicated herb garden. Learn how to design with the interesting textures and colours of herbs, companion planting, and more. Know which are annuals and which are perennials, which need containment, and the effects of flowering on the taste and growth of some herbs. Class will begin indoors and move outside to VanDusen's herb garden.

Wed. June 8, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Janis Matson

## *New!* Herbs for Every Season

Enjoy your own home grown herbs all year. This class will focus on the best techniques to grow, harvest, use and store herbs to maximize flavour and nutritional value. Learn how to get the most out of herbs, whether you grow them for culinary flavour, medicinal benefits, or as everyday cleaning products around the home. Participants will make an herbal vinegar from herbs donated by Westham Island Herb Farm.

Wed. June 15, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Claire Smith

## *New!* Designing for Scent in the Garden

Few things are as powerful as smell for evoking memories and influencing mood. Learn how to incorporate fragrance from plants into your outdoor entertaining space, or entranceway. Discover the flowers and foliage from herbs and ornamentals that emit scent freely, when stepped on or brushed past.

Wed. June 22, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Janis Matson

## *New!* Drought Tolerant Gardening

Water is precious, and often very limited in the summer. This class explores how to maintain a beautiful garden under low water conditions. The class will be primarily outside in the Garden to observe plants and their responses to the climate and horticultural practices in action. Learn how to work with what you've got at your site, as well as great plant selections - from roses to herbs.

Wed. July 13, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Janis Matson

## Professional Development for Teachers

*Subsidized by the Vancouver Master Gardeners*

### School Garden Ecology Workshop

Thurs. Sept 1, 10 am - 3 pm

### Inspiring Environmental Awareness in your Students

Sat. Sept 24 & Sat. Oct 15, 1 - 5 pm

Instructor: Lea Elliott ([www.naturehood.ca](http://www.naturehood.ca))

Visit [www.vandusengarden.org](http://www.vandusengarden.org) for course details

## Eat from your Garden Year-round

If you want to grow food all year long, now is the time to plan and begin planting! Learn what to grow and when to sow your winter garden and how to prevent common problems that the winter garden faces. This course covers the best locations for your winter growing season, and strategies to increase yield and protect plants. Class takes place indoors and outside in VanDusen's herb garden to explore how herbs can be powerhouse additions to your garden and your diet.

Sat. July 16, 9:30 am -12:30 pm | Member: \$42 / Non-member: \$50

Instructor: Claire Smith

## All about Perennials

Spend the evening outside in the Perennial Garden and Black Garden with VanDusen gardener, Casey Werfl. Using living examples, Casey will discuss how to add perennials to established gardens to increase seasonal changes in colour, texture, and form. See which plants become stronger (= less staking) from being cut back early, and which can be convinced to bloom a second time. Class will also cover how to care for your perennials from spring through fall. Class is entirely outside, rain or shine.

Wed. July 20, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Casey Werfl

## Knee Deep in the Organic Veggie Garden

This course will take place entirely outside in VanDusen's vegetable garden, giving participants a living window of knowledge into a food garden. Claire will use garden examples to discuss: which pests and diseases are a concern and how they are dealt with organically, harvest techniques and timing, good companions in the garden, and which plants are doing double duty as a beneficial insect attractant, natural pest repellent, or soil improver. Learn great ideas, solutions, and how to implement them in your own garden. Class is entirely outside, rain or shine. Limited to 15 students.

Wed. Aug 10, 6:30 - 9 pm | Member: \$42 / Non-member: \$50

Instructor: Claire Smith



Photo: Jennifer Cooper



## *New!* Twilight Tour in the Garden

Experience the magic of VanDusen in the evening on this tour led by our Plant Documentation Technician, Samantha Sivertz. As you explore, enjoy engaging stories about the plants and animals that are active in the twilight. Breathe the sweet perfume of night-blooming flowers, including flowering tobacco and angel's trumpet. Keep your eyes open for sightings of bats, owls and coyotes. All outdoors, rain or shine, so dress appropriately and bring a flashlight. Limited to 15 students.

Thurs. Aug 25, 7:30 - 9:30 pm | Member: \$25 / Non-member: \$32

Instructor: Samantha Sivertz

## Creative Fall Balcony Gardening

A balcony doesn't have to limit your gardening enjoyment and can stay beautiful through the fall season. With an emphasis on fall plants, this course will focus on smaller balconies and how to use the space to its full potential as the peak growing season comes to a close. We will discuss container options and arrangements, and tips on the use of plants and artwork to make a fun, unique environment full of character and beauty.

Wed. Sept 14, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

Instructor: Janis Matson

## Small Trees for Urban Gardens

Discover the great variety of small trees available for west coast gardens with different growing conditions. Janis will cover low maintenance trees, flowering trees, conifers and other small trees for year-round form or bright seasonal colour. Class will be indoors and out in the Garden, rain or shine.

Wed. Sept 21, 6:30 - 9 pm | Member: \$35 / Non-member: \$42

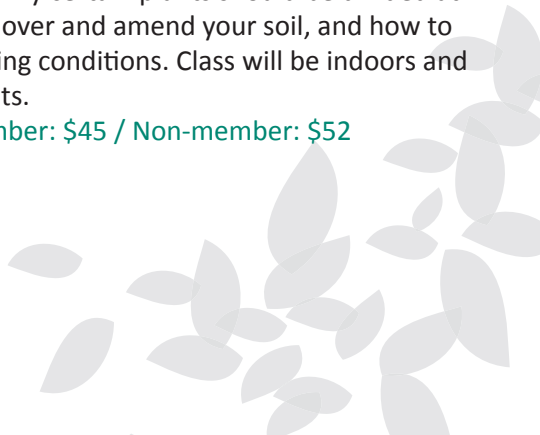
Instructor: Janis Matson

## *New!* Perennial Division and Winter Prep

As perennials start to die back, learn best practices for division and seasonal care. This class uses discussion and demonstrations to cover proper techniques and tools needed to divide perennials, why certain plants should be divided at different times of the year, how to turn over and amend your soil, and how to select appropriate plants for your growing conditions. Class will be indoors and out in the Garden. Limited to 15 students.

Sat. Sept 24, 9:30 am - 12:30 pm | Member: \$45 / Non-member: \$52

Instructor: Casey Werfl



# BOTANICAL ARTS

## Painting with Watercolour

Express the colours of the seasons through watercolour. Susan's group and individual instruction ensures that each participant can progress at their right pace as they develop techniques such as layering of colour, wet into wet, dry brush, splattering and using salt. Live plant material from the Garden will be provided or you may bring in your own. All levels are welcome. Supplies are not included - a supply list can be provided upon request. Limited to 15 students.

**Flower series:** Thurs. Apr 21, 28, May 5, 12 and 19 (5 classes), 10 am - 12:30 pm

**Summer series:** Thurs. June 2, 9, 16, 23 and 30 (5 classes), 10 am - 12:30 pm

**Fall series:** Thurs. Sept 15, 22, 29 Oct 6, and 13 (5 classes), 10 am - 12:30 pm

Cost per series: Member: \$180 / Non-member: \$195

Instructor: Susan Pearson

## *New!* Introduction to Chigiri-e Paper Art

Chigiri-e is a Japanese art form where the primary technique uses pieces of beautifully hand-dyed washi paper to create images. The result can resemble a watercolour painting with a delicate texture. During this 2-hour introduction to the technique, Leanne will guide you through the steps to create a small picture of a flower. Supplies are included. Limited to 10 students.

Fri. Apr 22, 10:30 am - 12:30 pm | Member: \$40 / Non-member: \$50

Instructor: Leanne Hildebrand



Chigiri-e artwork by Leanne Hildebrand

## Flower Photography

Flowers possess more photographic possibilities than may initially meet the eye. This workshop will cover many of the technical and aesthetic aspects of flower photography and will greatly increase the satisfaction you derive from your own flower pictures. All skill levels welcome. Workshop combines lecture, taking photos outdoors in the Garden and a feedback session. Bring your camera with a blank memory card. Dress for the weather and bring a lunch.

Sat. Apr 30, 10 am - 3 pm | Member: \$70 / Non-member: \$82

Instructor: Ron Long

## *New!* Chigiri-e Paper Art: Inspired by the Season

Chigiri-e is a Japanese art form where the primary technique uses pieces of beautifully hand-dyed washi paper to create images. The result can resemble a watercolour painting with a delicate texture. Leanne will guide you through the steps to create a picture of a spring flower (May session) or an autumn leaf (September session). Supplies will be provided. Although not required, please consider taking our introductory class prior to this one. Limited to 10 students.

**Spring series:** Thurs. May 5, 12, 19 (3 classes), 1 - 3 pm

**Fall series:** Thurs. Sept 15, 22, 29 (3 classes), 1 - 3 pm

Cost per series: Member: \$120 / Non-member: \$150

Instructor: Leanne Hildebrand

## *New!* Botanical Illustration for Beginners

Learn how to draw plants from an aesthetic and scientific perspective while improving your observation and artistic skills. This six-session course is ideal for anyone wishing to learn a range of skills relating to botanical drawing. Students will be given step-by-step instructions on how to progress through botanical drawing projects using graphite/pencil, pen and coloured pencils. Katharine will discuss the drawing process when choosing botanical subjects and guide students through exercises on gesture, contour drawing, blending, burnishing and pen techniques. Limited to 15 students.

Fri. May 6, 13, 20, 27, June 3 and 10 (6 classes), 10 am - 12:30 pm

Member: \$210 / Non-member: \$230

Instructor: Katharine Dickinson

## *New!* Introduction to Drawing Birds

Making simple sketches can help you to identify birds. Learn where and how to begin drawing a bird to capture its basic form and some essential features so that you can refer back to it. Start in the classroom drawing simple shapes and expressive lines with quick sketching techniques, then move out into the Garden to practice while observing real birds in their environment.

Sat. May 14, 1:30 – 5 pm | Member: \$50 / Non-member: \$60

Instructor: Katharine Dickinson

## Bokeh Photography Basics

See the world from a new perspective through the lens of your camera. The term bokeh comes from the Japanese word boke, meaning “blur” or “haze”. Using the lively spring Garden, Jenni will teach you how to take photos with enchanting blurred backgrounds. Learn how to get your focus, aperture and lighting just right to make light dance in your photos and your subjects pop. Practice course concepts in the Garden, then return to the classroom for shared feedback. Bring a camera, blank memory card and lunch. It is recommended that students have a DSLR camera and a lens with a low F-stop of at least f/2.8.

Sat. May 21, 10 am - 2 pm | Member: \$60 / Non-member: \$70

Instructor: Jenni Rempel



Photo: Tania Clarke

## *New!* iPhoneography in the Spring Garden

Improve your digital photography skills using your iPhone or iPad. Class will begin with photography composition principles and techniques, hands-on practice using your device, and constructive instructor feedback. Practice course concepts in the Garden, then return to the classroom for shared feedback. Using the free app, Pixlr, we will learn editing techniques to enhance and improve your images. We will also discuss editing for different publishing options (blogs, printing, Instagram), colour correction, filters and more. Bring your fully charged device and install the free Pixlr app ([pixlr.com/mobile](http://pixlr.com/mobile)) before class.

Sat. June 11, 10 am - 3 pm | Member: \$70 / Non-member: \$82

Instructor: Jenni Rempel

## *New!* Drawing Nature

This workshop is for everyone who finds inspiration in nature, and wants to improve their ability to capture the beauty or the detail through drawing. Learn through fun exercises with different drawing techniques using pencil, pen and ink. The day will be spent both in the glasshouse by the herb garden, and outside in the Garden.

Sat. June 25, 10 am - 3 pm | Member: \$60 / Non-member: \$72

Instructor: Katharine Dickinson

# HEALTH & WELLNESS

## Yin Yoga & Meditation

Yin yoga is a slow-paced style of yoga that focuses on stimulating the connective tissues of the body with the intention of increasing circulation in the joints and improving flexibility. The slow, mindful nature of yin yoga blends perfectly with a meditation practice. Bring a yoga mat, any props you may wish to use, and a light blanket or towel. Class takes place indoors and may go out in the Garden when the weather permits.

**Series 1:** Mondays, Apr 11 - June 6 (8 classes), 10:15 - 11:30 am

Member: \$105 / Non-member: \$140

**Series 2:** Mondays, Sept 19 - Oct 31 (6 classes, no class Oct 10), 10:15 - 11:30 am

Member: \$80 / Non-member: \$105

Single class drop-in rate: Members: \$15 / Non-members: \$20

Instructor: Cristina Friere

## Gentle Morning Yoga

This easy-going yoga practice is designed to relax your mind and gently stretch and relieve tension in your body. Use with breath work to stimulate the body and focus the mind, then move slowly through a series of movements and gentle postures to lubricate joints and warm up your body gradually. Suitable for beginners or students looking for a gentle practice. Class takes place indoors and may go out in the Garden when the weather permits.

**Series 1:** Tuesdays, Apr 12 - May 31 (8 classes), 9 - 10:15 am

Members \$105 / Non-members \$140

**Series 2:** Tuesdays, Sept 20 - Oct 25 (6 classes), 9 - 10:15 am

Members \$80 / Non-members \$105

Single-class drop-in rate: Members \$15 / Non-members \$20

Instructor: Tania Clarke

## The Brain & Body Workout for Seniors

This class, designed by Kinesiologists and Occupational Therapists, is an evidence-based program to improve both physical and brain conditioning by combining physical movement and exertion with coordination, rhythm, strategy, creativity, and dual task/executive function exercises. Bring a mat, wear comfortable clothing, and arrive 10 minutes early.

**Series 1:** Tuesdays, Apr 12 - May 31 (8 classes), 10:30 - 11:30 am

**Series 2:** Tuesdays, June 7 - July 26 (8 classes), 10:30 - 11:30 am

Cost for Series 1 or 2: Members: \$98 / Non-members: \$133

**Series 3:** Tuesdays, Sept 20 - Oct 25 (6 classes), 10:30 - 11:30 am

Members: \$75 / Non-members: \$100

Single class drop-in rate: Members: \$14 / Non-members: \$19

Instructor: Love Your Age Fitness

## Better Balance Workout for Seniors

This is a gentle class for all levels, focused on balance and mobility for fitness and for preventing falls. Exercises can be done seated or standing, and participants will increase their functional strength and mobility, core stability, lower body strength, and improve their balance. Bring a mat, wear comfortable clothing, and arrive 10 minutes early.

**Series 1:** Wednesdays, Apr 13 - June 1 (8 classes), 1 - 1:45 pm

**Series 2:** Wednesdays, June 8 - July 27 (8 classes), 1 - 1:45 pm

Cost for Series 1 or 2: Members: \$98 / Non-members: \$133

**Series 3:** Wednesdays, Sept 21 - Nov 2 (6 classes), 1 - 1:45 pm

Members: \$75 / Non-members: \$100

**Single class drop-in rate:** Members: \$14 / Non-members: \$19

Instructor: Love Your Age Fitness



## Yoga in the Garden

Enjoy yoga under the trees practicing foundational yoga postures and breathing techniques. Through longer holds, students have time to move deeply into postures to build strength and flexibility. Suitable for beginners or students seeking a slower Hatha style flow. Bring a yoga mat, any props you may like to use, and extra layers for cooler weather. In case of rain, class will take place under cover. Meet in the Entrance Hall of the Visitor Centre 10 minutes early.

**Thursdays, June 2 - July 21 (8 classes), 5:45 - 7 pm**

Member: \$105 / Non-member: \$140

**Single Class Drop-in rate:** Member: \$15 / Non-member: \$20

Instructor: Tania Clarke

## Yoga in the Garden - for Seniors

In the relaxing shade of the trees on the Great Lawn, this class explores elements of a basic yoga practice at a slower pace. Focus on breathing practices, connecting to and strengthening your core, and bringing mobility back to the joints. Suitable for all abilities. Please bring a yoga mat, any props you may like to use, and extra layers for cooler weather. In case of rain, class will take place under cover. Meet in the Entrance Hall of the Visitor Centre 10 minutes early.

**Tuesdays, June 7 - July 26 (8 classes), 5 - 6:15 pm**

Member \$105 / Non-member: \$140

**Single Class Drop-in rate:** Member \$15 / Non-member: \$20

Instructor: Cristina Friere



We also offer day camps, family activities, and monthly bird walks.

Want to stay up to date on our activities? Sign up for our monthly **Education Update**.

Visit [www.vandusengarden.org](http://www.vandusengarden.org) for more information

## REGISTRATION

### Advance Registration is required for all programs

- **Option 1:** Go online at [www.vandusengarden.org](http://www.vandusengarden.org) to LEARN> Courses
- **Option 2:** Call 604-718-5898 between Tues. - Fri. 10 a.m. - 4 p.m. and have your credit card ready.

### Cancellation and Refund Policy

- **Two weeks notice:** receive a refund, less a \$15 administration fee.
- **One week notice:** no refunds, but will receive a credit towards a future course, less a \$10 administration fee.
- **Less than one week:** no refunds or credit will be given.
- **Transferring to another course** is subject to a \$10 administration fee.

*Read about our instructors at [vandusengarden.org/learn/adult-education](http://vandusengarden.org/learn/adult-education)*



# CALENDAR

## April

- 11 Yin Yoga & Meditation
- 12 Gentle Morning Yoga
- 12 Brain & Body Workout for Seniors
- 13 Better Balance Workout for Seniors
- 20 Growing Veggies in Containers
- 21 Painting with Watercolour
- 21 Bitters: From Snake Oil to Artisanal Cocktails
- 22 Introduction to Chigiri-e Paper Art
- 27 Growing Organic Food
- 30 Soil Workshop for Gardeners
- 30 Flower Photography

## May

- 5 Growing Plants without (much) Water
- 5 Chigiri-e Paper Art: Inspired by Spring
- 6 Botanical Illustration for Beginners
- 7 Introduction to Permaculture
- 7 Growing a Food Forest
- 11 Growing Superfoods in Small Spaces
- 14 Introduction to Bird Watching
- 14 Introduction to Drawing Birds
- 18 Gardening for Birds
- 21 Bokeh Photography Basics
- 25 Gorgeous Container Gardening
- 28 Biogeography - Plants Across the World

## June

- 2 Painting with Watercolour
- 2 Yoga in the Garden
- 4 Native Tree ID for Beginners
- 7 Brain & Body Workout for Seniors
- 7 Yoga in the Garden - for Seniors
- 8 Better Balance Workout for Seniors
- 8 Designing and Growing with Herbs
- 11 iPhoneography in the Spring Garden
- 12 Helping Bees in Urban Gardens
- 15 Herbs for Every Season
- 16 Mixology and your Garden
- 22 Designing for the Scent in the Garden
- 25 Drawing Nature

## July

- 9 Intermediate Native Tree ID – BC Conifers
- 13 Drought Tolerant Gardening
- 16 Eat from your Garden Year Round
- 17 Know your Bees of BC
- 20 All about Perennials

## August

- 10 Knee Deep in the Organic Veggie Garden
- 25 Twilight Tour in the Garden

## September

- 1 School Garden Ecology Workshop
- 14 Creative Fall Balcony Gardening
- 15 Chigiri-e Paper Art: Inspired by Autumn
- 15 Painting with Watercolour
- 19 Yin Yoga & Meditation
- 20 Gentle Morning Yoga
- 20 Brain & Body Workout for Seniors
- 21 Better Balance Workout for Seniors
- 21 Small Trees for Urban Gardens
- 22 Painting Fall with Watercolour
- 22 A Tour through Bulgaria's Strandzha Mountains
- 24 Perennial Division and Winter Prep
- 24 Inspiring Environmental Awareness in your Students

K - 12 Teachers may be eligible for free Botany and Gardening classes. Call 604-718-5898.

  
VanDusen Botanical Garden Association  
Bloedel Conservatory  
[www.vandusengarden.org](http://www.vandusengarden.org)