



Enchanted Forest Sanctuary Management & Education Center



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*** All programs are free unless noted ***

Guided Walk - Every Saturday in August 10:00-10:45am

Enjoy a 45-minute guided hike. Please bring a hat, water and walking shoes. No reservation needed, unless you are a group of 5 or more.

Hridaya Hatha Yoga and Meditation - Sunday August 6th, 1:00-3:00pm

Certified teacher Dr. Adina Riposan-Taylor will be holding a free workshop focusing on traditional contemplative practice and a gentle meditative yoga style for deep relaxation! Registration required, please call 321-264-5185.




Yoga in Nature

FREE

at The Enchanted Forest Sanctuary
Second & Fourth Sunday of the Month
9:30am - 10:30am
July 9th & 23rd
August 13th & 27th
September 10th & 24th

Join yoga instructor *Katy Harvey* from *Inverted Elephant* for a yoga class on the porch!

Traditional class for all levels.

Wear loose fitting clothing and do not eat anything an hour before class. Bring water and a mat.

**Please REGISTER by calling
321.264.5185.**



444 Columbia Blvd., Titusville, FL 32780 www.eelbrevard.com

Yoga in Nature- Sunday, August 13th & 27th 9:30-10:30am

Join yoga instructor Katy Harvey from Inverted Elephant for a traditional class for all levels on the porch! Wear loose fitting clothing and do not eat anything an hour before class. Bring water and a mat. Registration required, please call 321-264-5185.



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**Integral Tai Chi & Qigong Class -
Sunday, August 6th & 27th, 3:30pm-
5:00pm**

Certified teacher Dr. Adina Riposan-Taylor will be holding free intro-level classes for all ages in the screen porch. Come learn about and experience these ancient meditative practices! Registration required, please call 321-264-5185.

**Volunteer Orientation - Saturday,
August 12th, 3:00-4:00pm Tuesday,
August 22nd, 10:00-11:00am**

The Enchanted Forest Sanctuary is looking for dynamic individuals with a passion for the environment! Come learn about our various volunteer opportunities. Registration required, please call 321-264-5185.

**Lunch with Nature: Lionfish -
Wednesday, August 16th, 12:00-
1:00pm**

Bring your lunch and come learn about the lionfish! Discover the impact this invasive species has on our water ecosystems! No registration required.

**Nature Journaling - Saturday, August
19th, 9:00-10:00am**

Join Enchanted Forest Volunteer and nature enthusiast Thea Gaudette for an exploratory morning at the sanctuary! Bring a notepad or sketchbook and your favorite kind of drawing tools to help capture the beauty around you on paper! No registration required.

**Forest Funday: - Sunday, August
20th, 2:00-4:00pm**

Visit the sanctuary on the third Sunday of the month in the afternoon and enjoy ongoing nature activities in the screen porch! No registration required.

**Summer Science: Flower Dissection -
Friday, August 25th, 3:00-4:00**

Become a botanist for the afternoon and join us for our Flower Dissection lab in the Discovery Room! Registration required, please call 321-264-5185.



The Enchanted Forest Sanctuary Management & Education Center was created and is managed under Brevard County's Environmentally Endangered Lands Program referendum. The referendum was established by voters in 1990 to protect and preserve the rich biological diversity of Brevard County for future generations.



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