



**Groundwork Denver** will be providing a multitude of workshops and free yoga classes at the Sister Gardens through our UrbiCulture program please come out and join us! If you are interested in attending any of these classes please contact [dele@groundworkcolorado.org](mailto:dele@groundworkcolorado.org)

### **Workshop Dates**

**All workshops are offered at a sliding scale rate ranging from \$10 to \$30 per class.**

#### **Saturday May 7th *Permaculture & Sheet Mulching 9:00am to 12:00pm***

Learn about permaculture and the benefits of sheet mulching with Linnea Bjorkman and Damien Thompson.

#### **Saturday June 11th *Beginning Beekeeping 9:00am to 12:00pm***

An introduction to beekeeping with Seneca Kristjonsdottir.

#### **Saturday July 9th *Trellising and Pruning 9:00am to 11:00am***

Learn to trellis and prune tomatoes along with July garden tips with Fatuma Emmad.

#### **Saturday July 23rd *Pesticide Free Pest Management in the Home Garden 9:00am to 11:00am***

Learn to manage pest in the garden without toxic chemicals with Fatuma Emmad.

#### **Saturday August 6th *Wild Crafting 9:00am to 11:00am***

Learn about wild crafting, or harvesting plants in their natural habitat for food and medicine with Kate Armstrong.

#### **Saturday August 20th *Medicinal Herbs 9:00am to 11:00am***

Learn about medical herbs with Jen Thompson.

#### **Saturday September 24th *Preserving the Harvest 9:00am to 12:00pm***

Learn to make salves, lotions and more from the garden with Jen Thompson.

#### **Saturday October 22nd *Seed Saving 9:00am to 12:00pm***

Save seeds for next year with Fatuma Emmad and Linnea Bjorkman.



## Yoga in the Garden Dates

All yoga classes will take place at Sister Gardens and are instructed by Linnea Bjorkman. These classes are for yogis of all levels and also bilingual!

**Saturday May 21st 9:00am to 10:00am**

**Thursday June 16th 6:30pm to 7:30pm**

**Thursday July 21st 6:30pm to 7:30pm**

**Saturday August 27th 9:00am to 10:00am**

**Thursday September 15th 6:30pm to 7:30pm**

