

# Programs & Events

GREEN SPRING GARDENS

SUMMER 2026



## Swallowtail Soirée



Saturday, June 6



### PROGRAMS BY CATEGORY:

- Swallowtail Soirée 1
- Youth & Family Programs 2
- Garden Programs 3
- Fine Arts 4-5
- Historic Green Spring Programs 6-7
- Fitness & Wellness 8

6 - 8 p.m. (Adults) Join us after-hours in the Horticulture Center. View the glasshouse tropicals in the light of the setting sun and peruse the art exhibit while enjoying a refreshing mocktail made with herbs grown at Green Spring Gardens before participating in a fun workshop. **Must be registered for a Swallowtail Soiree Workshop for entry.** Workshop prices include entry, mocktail, garden tour and all supplies. See workshop details below:

### Mini Butterfly Garden Workshop

Create a butterfly-friendly garden in this hands-on mini potting workshop. Learn about how to support our local butterfly species by providing nectar and host plants before planting your own mini butterfly garden to take home. \$28 per person.

Sessions:  
 6 - 6:30 p.m. Code: XSO.B9HZ  
 6:45 - 7:15 p.m. Code: XSO.6QH6  
 7:30 - 8 p.m. Code: XSO.X5YK

### Butterfly Bath Salts Workshop

Learn about the calming and restorative properties of plants and how to blend them into a relaxing bath soak, using scents and dried flowers that mimic the colors and fragrances butterflies love. Leave with a custom blend of botanical bath salts. \$28 per person.

Sessions:  
 6 - 6:30 p.m. Code: 106.Ø3VF  
 6:45 - 7:15 p.m. Code: 106.C8SJ  
 7:30 - 8 p.m. Code: 106.505J

### Watercolor Butterfly Workshop

Paint your own small butterfly using watercolors. Green Spring staff will walk you through creating your own watercolor masterpiece, modelling off of local butterfly species. \$21 per person.

Sessions:  
 6 - 6:30 p.m. Code: 8I6.IQCG  
 6:45 - 7:15 p.m. Code: 8I6.WPF6  
 7:30 - 8 p.m. Code: 8I6.2X8M

### Garden Tours

In between workshops enjoy a docent-led tour of the upper gardens around the Horticulture Center. Sip on a mocktail as you appreciate the vivid summer blooms at golden hour. Included in workshop cost.

Sessions:  
 6 - 6:30 p.m. | 6:45 - 7:15 p.m. | 7:30 - 8 p.m.

Register at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) using the program code or by calling 703-642-5173



Become a Friend of Green Spring!  
 Join at [www.friendsofgreenspring.org](http://www.friendsofgreenspring.org) or call 703-642-5173

4603 Green Spring Road, Alexandria, Va. 22312 . 703-642-5173  
 TTY Va. Relay 711 . [www.fairfaxcounty.gov/parks/green-spring](http://www.fairfaxcounty.gov/parks/green-spring)

# Youth and Family Programs

## Garden Exploration - Rooted in Nature

### Saturday, May 23

9:30 - 10:30 a.m. (8-Adult) Slow down, breathe deep, and connect with nature. Take in the garden, using your senses to discover its sights, scents, and sounds. Then settle into breathwork and gentle movement to explore your relationship with the Earth. All attendees must be registered. \$9 per person. Code: 1Y1.2PBG

## Little Gardeners

### Saturdays, May 30, June 13, July 11, August 8

10:30 - 11:15 a.m. (2-6 yrs.) Explore the ever-changing landscape of the garden. Each week, participants will explore and discover the changes in the garden. This program will feature seasonal activities like planting seeds, pollinators, harvesting vegetables, digging in the soil and exploring plant parts. Kids must be accompanied by a parent or guardian who does not need to register for the program. \$12 per child.

#### Sessions:

5/30 - Pollinators	Code: ZF6.8FO7
6/13 - Flowers	Code: ZF6.4P1Y
7/11 - Water	Code: ZF6.POWE
8/08 - Garden Animals	Code: ZF6.86GC

## Discovery Cart!

### Saturdays, June 13, July 11, August 15

10 a.m. - 12 p.m. (All Ages) Join the Green Spring Extension Master Gardeners outside by the Children's Garden to learn about seasonal topics with hands on activities that are fun for all ages. Free. No registration required.

#### Topics:

6/13 - Pollinators  
7/11 - Five Senses  
8/15 - Birds and Wildlife

## Pride Family Picnic in the Gardens

### Saturday, June 13

10 a.m. - 12 p.m. (All Ages) Celebrate Pride Month with Green Spring Gardens at the Pride Family Picnic. Pack your favorite picnic foods, bring a blanket or chair, and enjoy games, crafts, scavenger hunts, and activities with everyone in the community. This event is free, but registration is encouraged. Code: 693.SXFC



## Ice Cream at Green Spring

### Saturday, June 13

2 - 3 p.m. (All Ages) Learn about the history and process of making this sweet treat while you tour Historic Green Spring. Try your hand at making a batch the old way before sampling the fruits of your labor. Children must be accompanied by an adult registered in the program. \$10 per person. Code: 7LL.5ILL

## Summer Camps

### Garden Sprouts Exploration (4-6 yrs.)

June 15 - June 18 | 1 - 4 p.m.

### Fairies & Gnomes (6-9 yrs.)

July 6 - July 10 | 9 a.m. - 12 p.m. or 1 - 4 p.m.

### Minecraft Architects:

#### Building our World (5-12 yrs.)

July 13 - July 17 | 9 a.m. - 4 p.m.

#### Excavation Investigation (7-11 yrs.)

July 20 - July 24 | 9 a.m. - 3 p.m.

#### Arts al Fresco (7-11 yrs.)

July 27 - July 31 | 9 a.m. - 3 p.m.

#### Magic & Spy Camp (6-10 yrs.)

August 3 - August 7 | 9 a.m. - 4 p.m.

#### Paper Crafts Camp (6-14 yrs.)

August 24 - August 28 | 9 a.m. - 4 p.m.

See Parktakes Online for the descriptions, costs, and activity codes of our camp offerings.

Spaces still available!

## Summer Storytime - Crepuscular Critters

### Saturday, June 27

10:30 - 11:30 a.m. (4-10 yrs.) Join local children's author Marcie Flinchum Atkins to learn about animals that are most active at dawn or dusk. Listen to an interactive read-aloud from her book *When Twilight Comes*, take part in a scavenger hunt, and complete an activity about crepuscular animals. Books will be available for purchase, and you'll have a chance to get your copy signed. Each child must be accompanied by an adult. \$10 per person. Code: LK8.GQBV

## Archaeology Tea Party

### Saturday, August 8

1:30 - 3 p.m. (6-Adult) Learn about the artifacts that tell us about Green Spring's past. Do a hands-on artifact assembly with pottery shards using archaeology tools and tips. Decorate your own teacup based on historical styles before having tea and treats as you discuss what your cup's patterns can tell you about the past. Children must be accompanied by an adult registered in the program. Code: U63.XKIA

## Family Fun - Monarch Migration

### Saturday, August 29

10:30 - 11:30 a.m. (4-Adult) Learn about the incredible migration of monarch butterflies. Search the garden for caterpillars and butterflies, learn about their life cycle, and create a butterfly-themed craft to take home. All attendees, including parents, must be registered for the program. Code: E09.J4L4

# Garden Programs

## Spring Garden Tour

**Saturday, May 23**

10 - 11 a.m. (Adults) Tour Green Spring's beautiful demonstration gardens with a docent. Enjoy some standout plants of spring and find inspiration in our garden designs. Hear about our 18th century origins and our mission today. \$12 per person. Code: AUH.6CUA

## Garden Talk - Overlooked Native Plants

**Friday, May 29**

1:30 - 2:30 p.m. (16-Adult) Branch out and try something different in your garden. Extension Master Gardeners will introduce you to an incredibly diverse selection of spectacular native annuals and perennials that are sure to expand your gardening possibilities. \$12 per person. Code: PWC.QK8P

## Garden Tour - Green Spring Up and Down

**Saturday, June 20**

9:30 - 11 a.m. (Adults) Join a special docent lead tour that explores both upper and lower gardens, including the Virginia Native Plant Garden and woodland stream valley. Please note: this tour includes a steep slope with loose gravel. \$15 per person. Code: 8AØ.TC1I



## Spring Garden Day - The Big Plant Sale!

**Saturday, May 16**

9 a.m. - 3 p.m. (All ages) Local garden vendors descend on Green Spring Gardens with beautiful and unusual plants to fill your spring gardening needs. Growers and Extension Master Gardeners are on hand to help with plant selection and offer gardening advice. Home-baked goods and treats will be available at the bake sale at the Horticulture Center. There will also be a used book sale. This annual event is sponsored by the Friends of Green Spring (FROGS).

## Magical Botany - Science to Story

**Saturday, June 20**

2 - 3 p.m. (14-Adult) Discover fascinating plant properties—fragrant herbs, colorful petals, and more—that have inspired magical stories. Then create your own “magical potion” using real plant elements in a creative activity. \$18 per person. Code: KG1.2BB3

## Summer Garden Tour

**Saturdays, June 27 and August 1**

9:30 - 10:30 a.m. (16-Adult) Take an early morning docent-led tour of our vibrant summer gardens. Learn about Green Spring's history, see beautiful plant combinations, and gather ideas for your own garden. Garden tours run rain or shine. \$12 per person.

6/27 Code: LXE.Y8BA

8/01 Code: LXE.AC8M

## Summer Botanical Book Club

**Wednesdays, July 1 and August 5**

4 - 5 p.m. (21 yrs.+) Each season features a thoughtfully chosen novel with botanical or garden themes. This season's book is *The Orchid Thief* by Susan Orlean. Meet twice—first for a welcome circle and later for a lively discussion and a hands-on activity making your own vanilla extract. Class meets July 1 and August 5. \$24 per person. Code: YVV.XHO6

## Garden Tour and Ice Cream

**Saturdays, July 25 and August 22**

9:30 - 10:30 a.m. (Adults) Enjoy a docent-led tour of the vibrant summer demonstration gardens. Finish at the Historic House lawn to enjoy delicious ices, served with toppings and garnishes. \$15 per person.

7/27 Code: I7Q.WHAY

8/22 Code: I7Q.PK1U

## Backyard Composting - Principles and Best Practice

**Saturday, August 1**

10:30 a.m. - 12 p.m. (16-Adult) Learn how to turn food scraps and yard waste into nutrient-rich compost for your garden. Discover the science behind composting and why it benefits your soil. We'll cover tools, bins, and tips for success. Class will begin indoors before moving out to Green Spring's Compost Station to illustrate examples of composting practices with help from the Extension Master Gardeners. \$19 per person. Code: AER.674Q

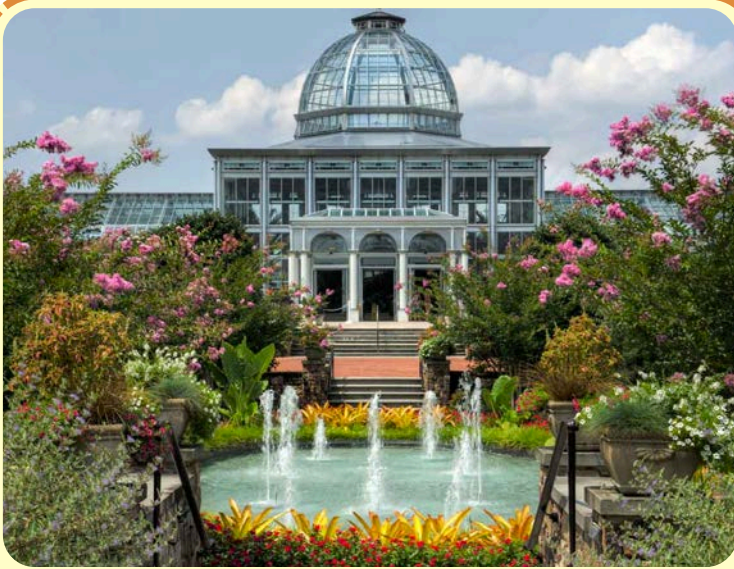
## Basic Botany and Plant Identification

**Saturday, August 15**

10:30 a.m. - 12 p.m. (16-Adult) Explore the basics of plant identification in this hands-on beginner-friendly class. Learn how to recognize key features that help you identify common plant families in our public garden. \$19 per person. Code: JXU.8MF9

**Save the Date:** Fall Quarter Registration opens August 11

# Fine Arts



## Getaway - Lewis Ginter Botanical Garden

**Tuesday, June 9**

8 a.m. - 4 p.m. (Adults) Spend a refreshing early summer day at Lewis Ginter Botanical Garden in Richmond, Va. where vibrant roses, airy wildflowers, and lush greenery fill every path. Enjoy a guided tour to learn more about the seasonal blooms. Then enjoy a soup and salad buffet lunch in the Robins Tea House before exploring the gardens on your own. You will also have time to browse their one-of-a-kind Garden Shop. Wear comfortable shoes and dress for the weather. Bus departs Green Spring Gardens at 8am and returns at 4pm. Cancellation deadline is May 26. Includes motor coach, entrance, lunch and tour. \$149 per person.

Code: DLJ.3AVL

## Drawing Workshop – Butterflies and Plants

**Saturday, May 2**

9:30 a.m. - 3:30 p.m. (16-Adult) Explore the beauty of butterflies and their dependence on plants for their life cycle. Study and illustrate them with specimens or photographs. Artist and instructor Caroline Hottenstein shows you how to use the media of your choice - a micron pen, watercolor, graphite, or colored pencils to illustrate them. Previous drawing experience encouraged. A supply list will be emailed before class. Bring a lunch. \$115 per person. Code: FJ8.AØLS

## Painting Workshop - Garden Stepping Stones

**Saturday, May 23**

1 - 4 p.m. (16-Adult) Design and paint a set of three concrete stepping stones, using stencils or your own freehand designs, to add a decorative touch to your garden. After painting, set your stones outside to dry in the sun. Once dry, they will be sealed at the end of class with a weatherproof coating to ensure they last through the seasons. No experience necessary. Please register for the \$44 program fee and the \$20 supply fee. Code: 9SA.EEI6

## Watercolor Workshop – Botanical Watercolors

**Saturday, May 30**

10 a.m. - 4 p.m. (16-Adult) For the beginner or advanced student, artist and instructor Dawn Flores will share watercolor techniques through exercises that help you understand color, composition and improve brush control. Learn about the history and types of paper used in botanical art. Basic drawing skills are helpful for drawing the plant specimen from which to paint an elegant botanical portrait. A supply list will be emailed before class. Bring a lunch. \$115 per person. Code: 6CZ.TZG8

## Botanical Journaling

**Wednesdays, June 3 & 17, July 1 & 15, September 2 & 16**

10 a.m. - 12 p.m. (16-Adult) Learn how to create a botanical journal to experiment and to improve your drawing skills. Engage in drawing exercises, a seasonal walk through the garden to gather inspiration, dedicated time to work on a botanical study page, and learn tips on layout and media options. Start in pencil, then transition to a project in watercolor or colored pencil. A list of suggested materials will be sent prior to class start. Class meets on the first and third Wednesday of each month for two sessions. \$40 per person.

Sessions:

6/3 & 6/17: 10 a.m. - 12 p.m. Code: NJV.CVR6

7/1 & 7/15: 10 a.m. - 12 p.m. Code: NJV.2GTV

9/2 & 9/16: 1:30 - 3:30 p.m. Code: NJV.KQ3V

## Watercolor Workshop - Monet & Waterlilies

**Saturday, June 13**

10 a.m. - 4 p.m. (16-Adult) Monet made a huge contribution to the world of art with his monumental waterlily paintings. Artist and instructor Dawn Flores will inspire you with Monet's use of color, horizon lines, reflections and water surface. Working directly from photographs, you will create your own expressions in watercolor while learning a variety of painting techniques, including special effects such as glazing, dry-brush, wet on wet, washes and more. A supply list will be emailed before class. Bring a lunch. \$115 per person. Code: SF5.BWBC

## Paper Quilling 3D Mushroom Garden

**Saturday, June 20**

1:30 - 4:30 p.m. (8-Adult) Discover how to turn simple looking colorful paper strips into beautiful work of art. In this workshop you will create 3D colorful mushrooms and mount them on the wooden disc. This 3D mushroom garden will be perfect for home decor as well as gift giving. A \$25 supply fee is payable to the instructor at the beginning of the class. \$44 per person. Code: S20.EØNJ

**Save the Date:** Fall Quarter Registration opens August 11

# Fine Arts



## Drawing Workshop - Historical Architecture

**Saturday, July 11**

9:30 a.m. - 3:30 p.m. (16-Adult) Capture the character and quiet grandeur of Virginia's historic architecture in your artwork. Artist and instructor Caroline Hottenstein shows you how to use the media of your choice - a micron pen, watercolor, graphite or colored pencils to illustrate them. Bring photos of your favorite historic building or take a photo of Green Spring Garden's Historic House to work from. Previous drawing experience encouraged. A supply list will be emailed before class. Bring a lunch. \$115 per person. Code: 6FY.6ØSD

## Watercolor Workshop - Orchids

**Saturday, July 25**

10 a.m. - 4 p.m. (16-Adult) Some subjects just scream to be painted in watercolors and orchids are one of those subjects. Taught by botanical artist Dawn Flores, plan and execute an orchid-inspired painting. Information on orchid anatomy, lessons on color, and a variety of watercolor techniques and transfer practices are presented. Orchid owners may bring in their own specimen or work from photographs provided by the instructor. This class is appropriate for any skill level. A supply list will be emailed before class. Bring a lunch. Code: 893.T1NZ

## Art Workshop - Hanji Collage

**Tuesdays, July 28 and September 1**

2 - 4 p.m. (16-Adult) Discover the Korean cultural art of Hanji in this creative, hands-on workshop led by Sophia Han from The Hanji Korea Association. Using torn pieces of vibrantly colored Hanji paper, an awl and glue, you'll learn how to craft distinguished, textured images. Made from mulberry bark, Hanji's unique balance of toughness and fragility allows for limitless artistic possibilities. No prior experience is required. Please register for the \$44 class and \$17 supply fee.

7/28 Code: 7YA.ZZ30

9/01 Code: 7YA.UJGP

## Watercolor Workshop - Natural Elements

**Saturday, August 8**

9:30 a.m. - 3:30 p.m. (16-Adult) Learn how to bring your landscapes to life by focusing on the natural elements. Artist and instructor Marni Maree guides you through techniques to paint rocks, trees, water and leaves with texture, depth and lively details to create your own landscapes. A supply list will be emailed before class. Bring a lunch. \$115 per person. Code: YMB.1FPT

## Writing Workshop - Nature in Fiction

**Saturday, August 15**

1:30 - 3 p.m. (16-Adult) Explore how to incorporate the beauty, power, and symbolism of nature into your storytelling. Learn techniques for using the natural world to enhance atmosphere, develop characters, and enrich plotlines across genres. Then, take a walk through the gardens for inspiration, followed by a guided writing session to practice weaving your surroundings into your work. Bring a pen, notebook or any tool that helps your words take root. \$12 per person. Code: H7Z.I8GZ

# Art Exhibits

## AT THE HORTICULTURE CENTER

**Monday - Saturday, 9 a.m. - 4:30 p.m.**

**Sunday, 12 - 4:30 p.m.**

**May 5 to June 27**

**Potomac Valley Watercolorists**

***Catching the Light***

**Mixed Media**

**Reception: Sunday, May 17<sup>th</sup> 1-3 p.m.**

**June 29 to August 23**

**Springfield Art Guild**

***Garden Dreams***

**Mixed Media**

**Reception: Sunday, July 12<sup>th</sup> 1-3 p.m.**

Register at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) using the program code or by calling 703-642-5173.

Out-of-county registrants add \$2 for programs up to \$50; \$15 for programs \$51 and up.

# Historic Green Spring Programs

The 1784 Historic House is open to the public Wednesday-Sunday, 12 - 4:30 p.m.  
For questions call Historic Green Spring at 703-941-7987

## Lectures

### Book Workshop – *Fighting for the Forests*

**Saturday, May 2**

1:30 – 3 p.m. (12-Adult) Join award-winning author P. O’Connell Pearson for an engaging exploration of her acclaimed book *Fighting for the Forest: How FDR’s Civilian Conservation Corps Helped Save America*. Discover the true stories of the young men of the Civilian Conservation Corps (CCC) who helped restore America’s landscapes into National Parks during the Great Depression. Then bring it to life by designing erosion-control structures in groups to explore the real-world impact of these young environmental pioneers. This program links to the VA250 and Fairfax250 commemoration. \$15 per person. Code: JW8.IZ9R



### The Timbre of Trees

**Sunday, May 3**

1 - 2 p.m. (Adults) Learn how trees pinpointed a construction date for Green Spring’s 1784 Historic House through the fascinating science of dendrochronology. Hear all about the exciting process that solved a long-standing mystery and revealed more about Green Spring’s history. Discover that tree-ring dating has been used to date many things, from a Stradivarius violin to a portrait of Mary Queen of Scots, and that it can interpret long-ago environmental events and help to predict future trends. Light refreshments and conversation to follow. \$18 per person. Code: 2Q3.YZ2J

### Lecture - Story of the Strawberry

**Sunday, June 14**

1:30 - 2:30 p.m. (16-Adult) Explore the surprising origins and botany of the strawberry, the quintessential summer fruit that’s perfect for garden parties. Learn how strawberries got their name, why they’re red, how to grow them and how to eat them. Hear about the “garden room” behind Green Spring’s Historic House, designed in 1942 as an entertainment space for distinguished guests. Then walk over to the house to be our guests and enjoy a bowl of the classic summer dessert - strawberries and fresh cream – garden party-style. \$18 per person. Code: 2IT.OQZØ

### Lecture - Tall Tales in History

**Sunday, July 26**

1:30 - 2:30 p.m. (16-Adult) Throughout history, collective storytelling has sometimes blurred the lines between reality and folklore. Hear about popular historical fictions in Virginia’s history, how some have been debunked by historians and others endure. Close to home, discover some historical myths of Fairfax County, and a few that we’ve discovered and corrected at Historic Green Spring. Refreshments served. This program links to the VA250 and Fairfax250 commemoration. \$18 per person. Code: ØNQ.T4UP



### Lecture - Reviving America's Past

**Sunday, August 9**

1:30 - 3 p.m. (16-Adult) The emergence of the Colonial Revival dates to the 100th anniversary of the signing of the Declaration of Independence, which inspired a powerful national movement to connect with America’s past. Discover why this collective nostalgia took hold and the different ways it was expressed. In architecture, the movement peaked from the late 1800s to the mid-20th century, when Green Spring’s Historic House received an extensive Colonial Revival-style rehabilitation. A brief guided tour of the exterior and interior of the house follows the presentation. Refreshments served. This program links to the VA250 and Fairfax250 commemoration. \$20 per person. Code: LFH.P5J2



## Children's Programs

### Ice Cream at Green Spring

**Saturday, June 13**

2 - 3 p.m. (All Ages) Learn about the history and process of making this sweet treat while you tour Historic Green Spring. Try your hand at making a batch the old way before sampling the fruits of your labor. Children must be accompanied by an adult registered in the program. \$10 per person. Code: 7LL.5ILL

### Archaeology Tea Party

**Saturday, August 8**

1:30 - 3 p.m. (6-Adult) Learn about the artifacts that tell us about Green Spring’s past. Do a hands-on artifact assembly with pottery shards using archaeology tools and tips. Decorate your own teacup based on historical styles before having tea and treats as you discuss what your cup’s patterns can tell you about the past. Children must be accompanied by an adult registered in the program. Code: U63.XKIA

## Teas + Tastings

### A Star-Spangled History Tea

**Saturday, July 11**

1 - 3 p.m. (14-Adult) Challenge yourself with what you thought you knew about our nation’s past with an entertaining history quiz while enjoying afternoon tea. Discover fascinating facts and unexpected truths about our nation’s history, symbols, events and notable figures - including some former Green Spring residents. \$45 per person. Code: QXF.I3S3



### Tea Tasting - America's Changing Brews

**Saturday, August 29**

10 - 11:30 a.m. (16-Adult) Historic inventories reveal that tea was enjoyed by residents of Green Spring from the early 1800s to the mid-20th century. Learn about the historical shift from green to black teas in America during this time as you sample a range of both tea types. Learn about their geographic origins, cultivation and history, how to brew them to perfection and why black and green teas are still the most widely consumed by Americans today. Accompaniments served. This program links to the VA250 and Fairfax250 commemoration. \$28 per person. Code: HGE.MT28

# Historic Green Spring Programs

## Tours

### Spring Garden Tour

**Saturday, May 23**

10 - 11 a.m. (Adults) Tour Green Spring's beautiful demonstration gardens with a docent. Enjoy some standout plants of spring and find inspiration in our garden designs. Hear about our 18th century origins and our mission today. \$12 per person. Code: AUH.6CUA

### Historic Green Spring House Tour

**Thursdays, May through July**

11 - 11:45 a.m. (9-Adult) Visit the first floor of Green Spring Gardens' 1784 Historic House and learn about the site's 18th century origins, its early owners and the enslaved people who once lived and toiled here. Hear fascinating stories of past residents and discover how Green Spring became a horticultural and historical resource for visitors today. \$10 per person.

May Dates - Code: RPU.1QØ8 June Dates - Code: RPU.I6L4  
July Dates - Code: RPU.4ØDT

### Garden Tour - Beatrix Farrand's Legacy

**Saturday, June 6**

9:30 - 10:30 a.m. (16-Adult) Beatrix Farrand's small-scale landscape at Green Spring is one of the few surviving gardens of this acknowledged master of twentieth century American landscape design. Hear about her unconventional life and brilliant career, why she designed a garden at Green Spring, and how we continue to protect her important legacy. Refreshments served. Meet at the Historic House. \$15 per person. Code: MKP.2YM5

### Summer Garden Tour

**Saturdays, June 27 and August 1**

9:30 - 10:30 a.m. (16-Adult) Take an early morning docent-led tour of our vibrant summer gardens. Learn about Green Spring's history, see beautiful plant combinations, and gather ideas for your own garden. Garden tours run rain or shine. \$12 per person.

6/27 Code: LXE.Y8BA 8/01 Code: LXE.AC8M

### Garden Tour and Ice Cream

**Saturdays, July 25 and August 22**

9:30 - 10:30 a.m. (Adults) Enjoy a docent-led tour of the vibrant summer demonstration gardens. Finish at the Historic House lawn to enjoy delicious ices, served with toppings and garnishes. \$15 per person.

7/27 Code: I7Q.WHAY 8/22 Code: I7Q.PK1U

### Historic Green Spring Tour

**Saturday, August 15**

9:30 - 10:30 a.m. (16-Adult) View the interior of the 1784 Historic House to discover fascinating ways it was adapted over time, reflecting changing needs, lifestyles and technologies spanning 3 centuries. A hidden doorway, a rotated staircase, repurposed historic woodwork and a major mid-20th century renovation all reveal how much a home can tell us about human history. \$15 per person. Code: YD8.6JZK



## Fine Arts

### Drawing Workshop - Historical Architecture

**Saturday, July 11**

9:30 a.m. - 3:30 p.m. (16-Adult) Capture the character and quiet grandeur of Virginia's historic architecture in your artwork. Artist and instructor Caroline Hottenstein shows you how to use the media of your choice - a micron pen, watercolor, graphite or colored pencils to illustrate them. Bring photos of your favorite historic building or take a photo of Green Spring Garden's Historic House to work from. Previous drawing experience encouraged. A supply list will be emailed before class. Bring a lunch. \$115 per person. Code: 6FY.6ØSD

### Writing Workshop - Historical Fiction

**Saturday, July 25**

1:30 - 3 p.m. (16-Adult) Learn the basics of writing historical fiction—how to build setting, characters and stories inspired by the past. We'll explore the life of the Straight family, who lived in the house during the 1900s, and use their history to spark creative ideas. Perfect for beginners and anyone who loves history and storytelling. \$12 per person. Code: VYA.O9D2

## Art Exhibits

**AT THE HISTORIC HOUSE**  
**Wednesday - Sunday, 12 - 4:30 p.m.**

**May 5 to June 28**

**Nancy M. Patrick**  
***Inspired by Nature***  
**Mixed Media**

**Reception: Sunday, May 17<sup>th</sup> 1-3 p.m.**

**June 30 to August 23**

**Cynthia Schoepel**      **William Michaels**  
***Fascinating Florals***      ***Reflections of Nature***  
**Watercolor**                      **Photography**

**Reception: Sunday, July 12<sup>th</sup> 1-3 p.m.**

# Fitness & Wellness Programs

## Yoga for Gardeners

### Starting Monday, June 8

9:30 - 10:25 a.m. (16-Adult) This class features a gentle introduction to the Vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Class held indoors. 11 sessions. \$157 per person. Code 6E6.ZL6W

## Tai Chi I

### Starting Monday, June 16

1:30 - 2:25 p.m. (13-Adult) Tai Chi promotes flexibility, balance and physical control. This low-impact mind/body class is based on ancient Chinese exercises to increase energy flow while decreasing stress. 8 sessions. \$113 per person. Code ED9.ØMPF

## Tai Chi II

### Starting Monday, June 16

12:15 - 1:10 p.m. (13-Adult) 8 sessions. \$113 per person. Code 630.7C1X

## Tai Chi III

### Starting Monday, June 16

11 - 11:55 a.m. (13-Adult) 8 sessions. \$113 per person. Code 156.8VT3



Participants of the Meditation in the Gardens program

## Intro to Tai Chi - Find Your Balance

### Saturdays, June 20, July 25, August 8

10 - 10:55 a.m. (13-Adult) Experience the calming flow of Tai Chi in this introductory class which is perfect for anyone curious about its gentle movements and stress-reducing benefits. Learn fundamental principles, basic forms and cultivate a sense of mind-body connection in a welcoming environment. This class provides a great way to discover if Tai Chi is right for you. \$14 per person.

Sessions:

5/09 Code: Y5R.7ØLU

7/25 Code: Y5R.FPQA

6/20 Code: Y5R.6MJJ

8/08 Code: Y5R.RIY6

## Forest Bathing Walk in the Gardens

### Saturdays, May 23, July 11, August 8

### Friday, June 12

(Adults) Join Certified Forest Therapy Guide and co-founder of local nonprofit Capital Nature, Ana Ka'ahanui, for a slow, meditative walk around the gardens. Inspired by the Japanese practice of Shinrin-yoku, this contemplative walk inspires interaction with the surrounding nature in a way that will help reduce blood pressure, boost immunity, and enhance mood and creativity. The experience concludes with a soothing spot of tea, offering a moment to reflect and savor the essence of nature. Bring something to sit on the ground, which may be damp, and a water bottle. Dress for the weather. \$35 per person.

Sessions:

5/23: 10 a.m. - 12 p.m. Code: ZØY.PØ95

6/12: 9:30 - 11:30 a.m. Code: ZØY.2S3V

7/11: 9:30 - 11:30 a.m. Code: ZØY.564C

8/08: 9:30 - 11:30 a.m. Code: ZØY.N8Y3

## Meditation in the Gardens

### Friday, June 5

### Saturday, June 20

### Wednesday, August 26

(16-Adult) Explore how nature, metaphor, and deep listening can enhance connection—with yourself, others, and the world around you. This immersive garden-based class combines guided reflection, emotional awareness practices and practical tools for mindful communication. Learn to tune into your inner landscape while engaging with the natural one. End with a relaxing sound bathing experience to help you integrate, unwind and return to your day grounded and refreshed. Class goes outside, weather permitting. \$24 per person.

Sessions:

6/05: 5:30 - 7:30 p.m. Code: 3DC.BZH8

6/20: 9 - 10 a.m. Code: 3DC.W7KK

8/26: 5 - 7 p.m. Code: 3DC.TS3X

## Green Spring Gardens

4603 Green Spring Road

Alexandria, Va. 22312

703-642-5173

[www.fairfaxcounty.gov/parks/green-spring](http://www.fairfaxcounty.gov/parks/green-spring)



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