

FOR IMMEDIATE RELEASE:

February 26, 2013

Contact: Beverly Gianna
The Secret Gardens Tour®
(504) 621-6828
bgianna@cox.net

2013 Secret Gardens Tour® to Feature Day of Free Yoga Workshops

NEW ORLEANS, LA—The Secret Gardens Tour® (SGT) is proud to announce its partnership with Yoga Lagniappe, a New Orleans-based newsletter and yoga resource, and will offer a line-up of free yoga classes for the public on March 23, 2013 as part of the annual Secret Gardens Tour®. Local yoga teachers from around the city will instruct guests of all skill levels on diverse yoga techniques ranging from meditation practices and Zen therapy to yoga for caregivers and therapeutics. All classes are free, but a donation to The Secret Gardens Tour®, a nonprofit that raises awareness and funds for brain injury recovery in the greater New Orleans area is suggested.

The 2013 Tour, to be held on Saturday, March 23, 2013 is a chance to take a peek at New Orleans' hidden gardens and meet the landscape professionals behind their beauty. The tour will include guided and self-guided tours of private Uptown gardens open to the public for one day only this year, as well as unveil the long-awaited SGT Serenity Garden, which will be open to the public year-round as a way to relax, reflect and experience the healing power of nature. The Tour will begin at the Milton H. Latter Memorial Library at 5120 St. Charles Avenue and will feature 11 gardens along St. Charles Avenue and Carondelet, Bordeaux, Valence, Soniat and Valmont Streets. Since 2004, The Secret Gardens Tour® has staged this annual event to raise awareness and funds for brain injury recovery programs in the greater New Orleans area. Brooke Bailey, founder of Yoga Lagniappe, enthusiastically supports their partnership with SGT, "The Secret Gardens Tour® is the perfect place for Yoga Lagniappe to share the benefits of yoga with the community. Touring the gardens reminds us that our surroundings can be nurturing and fortify our health, while using the tools of yoga teaches us to treat our wellbeing from a holistic approach which includes not only the body, but the mind, breath, and spirit as well."

Local artisans and merchants will have their "secret treasures" for sale at the boutique with souvenirs ranging from the popular raffia hats to jewelry and garden art; live music ensembles will be scattered throughout the gardens; and new this year, food trucks will be selling their delicious goods on the library grounds. Additionally, Master Gardeners of Greater New Orleans will have an educational activity at 1635 Valence Street. Attendees will receive tips on the easiest way to create a compost pile, what a butterfly garden is, and information about pond gardens and the types of plants to use.

Tickets are now available for both the private, guided tours and self-guided tours. Guided tours will take place every 30 minutes from 8:30 to 11:30 a.m. on Saturday, March 23 and cost \$60 per person. The guided tours include a short garden presentation in each garden as well as free admission to the self-guided tours, which start the same day, Saturday from noon to 5:30 p.m with ticket sales ending at 4:30 p.m., and cost \$30 per person. Discounted admission is available for advance purchase online, by phone or by check for self-guided tours. Tickets purchased in advance for groups of 10 or more are also available at a discount for both types of the tour. Advanced purchasing closes March 20, 2013 at 5 p.m. Tickets purchased in advance online, by phone or mail will be picked up at the Will Call Table at the Latter Library. Only full-price tickets will be on sale the day of the Tour.

For more information, please visit www.SecretGardensTour.org or call 504-838-3098.

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