Tree-Inspired Yoga: Pasadena Tree Services Hosts Outdoor Yoga Classes Amongst the Trees

April 19, 2023

April 19, 2023 -
Pasadena, CA ? Pasadena Tree Services, a premier tree care company in Pasadena, California, is proud to announce the launch of its innovative Tree-Inspired Yoga program. This unique offering will consist of outdoor yoga classes held in picturesque locations amongst the trees, allowing participants to reconnect with nature while practicing their yoga poses.

Bernett Rojas, CEO of Pasadena Tree Services, shares her excitement about the new program: "We are thrilled to introduce Tree-Inspired Yoga as a way for our community members to engage with the beauty and tranquility of nature while also enjoying the numerous physical and mental health benefits of yoga. In addition, by hosting these classes in scenic outdoor settings, we hope to inspire a deeper appreciation for the natural environment and promote the importance of tree preservation and care."

The Tree-Inspired Yoga classes, led by certified yoga instructors, will incorporate various yoga styles and techniques that draw inspiration from the natural world. Participants can expect to practice poses that mimic the shapes and movements of trees while also enjoying the peaceful ambiance of the outdoor surroundings.

Rojas explains the unique approach to the yoga practice: "Our Tree-Inspired Yoga classes are designed to encourage mindfulness and a sense of connection to the natural world. By incorporating tree-inspired poses and breathing exercises, we aim to foster a greater understanding of the interconnectedness of all living things and cultivate a sense of harmony with the environment."

To see how Pasadena Tree Services helps maintain a healthy urban forest, visit the company's website: https://www.treeserviceslosangeles.com/pasadena/.

The outdoor yoga classes will be held at various picturesque locations throughout Pasadena, emphasizing the beauty and diversity of the area's tree population. Each class will also feature a brief introduction to the

specific trees present at the location, allowing participants to learn more about the environmental and cultural significance of these natural landmarks.

"We believe that combining yoga with tree education can create a truly unique and engaging experience for our participants," says Rojas. "Our goal is to provide an enjoyable and relaxing outdoor yoga class and inspire a greater appreciation for the incredible trees that surround us."

The Tree-Inspired Yoga program will also include workshops and events focused on the intersection of yoga, tree care, and environmental stewardship. These workshops, led by yoga instructors, arborists, and environmental experts, will explore the benefits of trees for mental health, the role of trees in supporting a healthy ecosystem, and practical ways to incorporate tree care into daily life.

Rojas emphasizes the educational aspect of the program: "At Pasadena Tree Services, we are committed to raising awareness about the importance of trees and their vital role in our lives. Through our Tree-Inspired Yoga workshops, we hope to provide our community members with the knowledge and tools they need to care for and preserve our local trees while encouraging a deeper connection to the natural world."

The Tree-Inspired Yoga classes are scheduled to begin in the coming weeks, with more details about the program, including class schedules and registration information, to be announced soon. For more information about Tree-Inspired Yoga and other upcoming events and initiatives, visit the Pasadena Tree Services offices at 624 W Howard St, Pasadena, CA, 91103. The company can also be contacted at 626-790-1414 and sales@treeserviceslosangeles.com.

###

For more information about Pasadena Tree Services, contact the company here:Pasadena Tree ServicesBernett Rojas626-790-1414sales@treeserviceslosangeles.com624 W Howard StPasadena, CA, 91103

Pasadena Tree Services

Pasadena Tree Experts is a family-owned tree service with over 20-years of experience caring for the natural landscape of communities in Ventura & Los Angeles County.

Website: https://www.treeserviceslosangeles.com/pasadena/

Email: sales@treeserviceslosangeles.com

Phone: 626-790-1414