

Yoga Meets Nature: Find Tranquility at Fassler Garden and Yoga

Grand Rapids, Michigan, United States: Discover Harmony: Yoga and Gardening Unite at Fassler

Grand Rapids, Michigan Dec 11, 2023 ([IssueWire.com](https://www.issuewire.com)) - You are invited to experience yoga and gardening in a way that has never been done before at **Fassler Garden and Yoga**, where relaxing meets the wonder of nature. This tranquil spot offers a quiet haven in a busy world, where yoga mats cross garden walkways and inner peace grows among colorful flowers. The Fassler Garden and Yoga facility has a simple motto: "Take what you need, leave what you can." This demonstrates their strong dedication to the neighborhood and volunteering. They are happy to provide their extra produce to neighborhood nonprofits like Kids Food Basket. They work to establish a setting where everyone can develop, learn, and form connections with the natural world, themselves, and other people.

[Fassler Garden and Yoga](#) was founded by Marla and Steve, who have created a place where harmony can be found between the mind, body, and spirit. "Our yard is more than just vegetation; it's a sanctuary," Marla adds. "Through the practice of healing cultivation, we create space, both within and around ourselves, for mending and rebirth." The integration of yoga and gardening is natural in this green land. It's not just about sharing yoga; it's about letting nature, the rhythms of the year, and the seasons direct your practice and meditation. Yoga seminars, sunrise yoga on the deck, and even therapeutic outdoor space design/coaching services are just a few of the many options that can help you build your haven.

Fassler Garden and Yoga offers a wide range of services to assist you in building a stunning and healthy garden in addition to yoga. Marla, a fervent yogi, and Steve, a former landscaper, combine their talents to provide an unmatched experience. They provide materials to help you turn your garden into a sustainable retreat, including annual plant sales, training on organic gardening, and permaculture design ideas. They create their range of goods, including candles, salves, balms, bracelets, and even Malas, all manufactured from herbs grown and collected on-site. You'll undoubtedly discover it to be a safe haven between the disarray of outside events and your personal life.

*Join **Fassler Garden and Yoga** on their journey through the seasons, and let's grow together. It's a place where you can hear your thoughts and find mental space. Experience the magic of combining yoga and gardening, and create space in your life by practicing the art of letting go.*

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Source : Fassler Garden and Yoga

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