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# Strike a pose to help the land

The Eagle Valley Land Trust teams up with Revolution Power Yoga to host Yoga+Land

By Cassie Pence

DAILY CORRESPONDENT

Yoga supports the mind, body and spirit. The Eagle Valley Land Trust supports land conservation. Put yoga together with the environment and you've got one hell of a tree pose.

On Saturday at 10 a.m., the two join forces at the Eagle-Vail Community Garden for Yoga+Land, a fundraising event that will continue all summer long on the second and fourth Saturdays of June, July and August. For a \$10 donation, yoga teachers from Revolution Power Yoga (Eagle-Vail's new studio) will teach a 90-minute, all-levels class in the grassy park area at the community gardens. There will also be a class for kids at the same time, so the whole family can enjoy a little morning yoga.

Afterwards, yogis can hear about all the past and future projects of the Eagle Valley Land Trust (find out where that 10 bucks is going), nosh on organic veggies from the Ripe produce stand in Edwards and sip on High Country Kombucha tea. Both businesses will have booths set up. And, did I mention door prizes? Now that's a Saturday morning.

The Eagle Valley Land Trust preserves land for us — you, me, the whole community — whether it's for our views, our recreation, our wildlife, and our agriculture or to preserve Colorado landscapes, such as land tied to our ranching history.

This past winter, the Land Trust preserved a 32-acre parcel of land along more than a mile of river on the valley floor in Edwards. Called Miller Ranch Community Open Space, the river frontage was saved for public recreation use and public river access.

And currently, the Land Trust is nearing completion on a conservation project that will add four new conservation easements and over 325 new acres of protected land south of the Homestead neighborhood in Edwards. It's a public-private partnership led by the Land Trust, where two private land owners donated three parcels of land into conservation easement, and then Eagle County bought a fourth adjacent parcel and also placed it into conservation with the Land Trust. The result is what the Land Trust calls the "Front Door Access Points" project because it will provide publicly accessible open space right out of people's front doors. The county parcel will be 100 percent accessible to the public, and the three private parcels will have public trail easements running through them.

"Many people in the community think that the Eagle Valley Land Trust owns land and that we work to buy land, but we do not," said Kara Heide, executive director. "The Land Trust does not own land, and we do not buy land. We conserve and protect land by placing a conservation easement

## i If you go ...

**What:** Yoga+Land.

**When:** Saturday at 10 a.m., continuing all summer on the second and fourth Saturdays of June, July and August.

**Where:** The Eagle-Vail Community Garden at the corner of Eagle Drive and Columbine Circle.

**Cost:** \$10 donation supports the Eagle Valley Land Trust and gets you fresh snacks and High Country Kombucha tea.

**More information:** Teachers from Revolution Power Yoga will teach a 90-minute, all-levels yoga class in the grassy park at the community garden. There will be a kids yoga class and play time at the same time, so the whole family can enjoy. Afterwards, find out what the hard working Eagle Valley Land Trust is doing, and enjoy healthy snacks from the Ripe produce stand in Edwards and drinks from High Country Kombucha.

**Contact:** Revolution Power yoga at [www.revolutionpoweryoga.com](http://www.revolutionpoweryoga.com) or contact the Eagle Valley Land Trust at 970-748-7654 for more information.

## i Ribbon cutting

**What:** The Eagle-Vail Community Garden Grand Opening Bash.

**When:** Saturday at 5 p.m.

**Where:** Eagle-Vail Community Garden, at the corner of Eagle Drive and Columbine Circle.

**Information:** A potluck celebration to thank everyone who had a hand in building the community gardens. Contact [evcommunitygarden@gmail.com](mailto:evcommunitygarden@gmail.com) with questions.

on the land, but the property remains in the hands of the landowner. The Land Trust does not take land away from private landowners. We partner with private land owners to preserve their land and restrict development, while also protecting the conservation values of their property forever."

Heide said it's all about what we are doing now for the next generation, what they will inherit and she hopes that events such as Yoga+Land will not only raise money but will raise awareness about the benefit of land conservation in Eagle County.

Freelance writer Cassie Pence is passionate about living a more sustainable lifestyle. She owns Organic Housekeepers, a green cleaning company, and is actively involved in the Eagle-Vail Community Garden, the Eagle Valley Alliance for Sustainability and Slow Food Vail Valley. Contact her at [cassie@organichousekeepers.com](mailto:cassie@organichousekeepers.com).