

May 26, Press Release for immediate release
Submitted by Jen Deraspe

New Green-Certified Yoga Studio Opening in Denmark

Denmark, Nurture Through Nature Retreat Center is opening a donation-based yoga studio where certified yoga teachers will be offering a variety of daily classes in Maine's first green-certified retreat center and yoga studio. Participants need only make a



donation to experience quality yoga classes, making it available to all people regardless of age, fitness level, or income. Our hope in opening this new studio is to engage people in experiencing the life-long benefits that yoga has to offer, while being in a beautiful setting.

Classes will begin June 1 and be run 6 days a week throughout the summer. If interest prevails, classes will continue year round, adding more teachers and class styles to suit the entire local community.

Nurture Through Nature is the first retreat center and yoga studio in Maine to be Certified as an Environmental Leader in Hospitality. Lodging facilities that are certified are recognized by their efforts in

saving energy, conserving water, reducing waste, using environmentally preferable cleaners and purchasing local food from nearby farmers.

On a daily basis, Nurture Through Nature is committed to respecting the living earth and its resources by being completely off the grid, relying on solar powered energy, as well as renewable heating sources in all of its facilities, which includes 3 eco-cabins and a retreat space. "The facilities and operations here are simple and modest by design, allowing guests to experience, first hand, how to live a green lifestyle and still find the many comforts of home. We are honored to be recognized by the state and share with guests that there is a different way to go about business and lodging," says founder and owner, Jen Deraspe.

Mon	7:30-9am:	Sunrise Flow with Martha Davis
Mon	5:30-7pm	Vinyasa Flow with Raja Michelle
Tues	4-5:30pm	Hatha Yoga Basics with Jen Deraspe
Wed	5:30-7pm	Vinyasa Flow with Raja Michelle
Thurs	5:30-7pm	Flow Yoga with Kara Seymour
Fri	8:30-10am	Life Long Yoga with Jen Deraspe
Sat	8:30-10am	Morning Flow with Raja Michelle

For more information about classes and directions, visit www.ntnretreats.com or call 207-452-2929.