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Express yourself at the Gardens

*Betty Ford Alpine Gardens kicks off
the summer season with art, yoga*

VAIL, Colo. (May 27, 2010) — If it's June in Vail, it must be time to express one's self at America's highest botanical garden.

Betty Ford Alpine Gardens, celebrating its 22nd season in Vail's Ford Park, announces instructors from Gypsum's The Art Center will be offering free demonstrations of their techniques for oils, watercolors and acrylics on three Wednesdays in June from 10 a.m. to 3 p.m.; and local yoga instructor Maria DeSimone is back with her popular classes on Mondays and Fridays, 9-10:15 a.m.

"As part of our mission to provide educational opportunities to garden visitors, we're excited to have instructors from The Art Center here at Betty Ford Alpine Gardens," says Ann Kurronen, Betty Ford Alpine Gardens' executive director. "And Maria's yoga classes have become very popular."

On Wednesday, June 2, The Art Center's Mio Cirkovic will demonstrate techniques for painting with oils. A self-taught artist born and raised in Europe, Cirkovic is an award-winning architectural designer/draftsman, as well.

The Art Center's Patrick Espy demonstrates his watercolor techniques on Wednesday, June 9. A prolific Vail Valley painter and architect, Espy's art has been in galleries, shows, publications and collections from the Gulf Coast to the West Coast.

"Painting in its most meaningful role is a search for sublime truths," Espy says.

And on Wednesday, June 23, The Art Center's Amy Dose of Eagle demonstrates techniques for painting with acrylics. A decorative painter, faux finisher and muralist — and a founding member of the Eagle Valley Artist Alliance — Dose finds her greatest inspiration from Japanese calligraphy.

"This discipline more than any other shaped what painting has become for me," Dose says. "My curiosity continues."

DeSimone's one-hour Anusara classes, meanwhile, are conducted every Monday and Friday, starting June 7 and continuing throughout the summer. Open to everyone, including beginners, classes cost \$12; attendees should bring their own mat.

Inspired by an extraordinary passion for high-altitude flowers and plants, Betty Ford Alpine Gardens, at 8,250 feet above sea level in Vail's Ford Park, is the highest botanical garden in the United States, providing free access to an estimated 100,000 visitors annually.

The Gardens are a 501(c)(3) nonprofit organization for which operations and programs are funded entirely through the generosity of donors. Conserving plants of the American West, its mission is to inspire passion for plants in high-altitude communities through beautification, conservation, education and research programs.

For the complete 2010 events schedule or more information, call 970-476-0103, ext. 3, or visit www.bettyfordalpinegardens.org.

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