

2019

# Sense of Place and Season Series



**Bachechi Open Space**  
9521 Rio Grande Blvd. NW



## **Sunday Sunset Nature Meditation**

**Sunday, August 18 ■ 6:45 p.m.**

**Sunday, September 15 ■ 6 p.m.**

*Presenter: Marnie Rehn, Outdoors Educator and Mindfulness Meditation Teacher*

Come enjoy this guided nature meditation that includes a short nature walk from the Bachechi Open Space Environmental Education Building to a prime sitting location for sunset. Learn to connect with nature on a deeper level and further develop your own inner stillness through mindfulness meditation in the outdoors. Bring layers appropriate for the weather and either a blanket or a camp chair to sit on.

## **Plant Walk & Grape Harvest** **Sunday, August 25 ■ 9 a.m. - 1 p.m.**

### **Plant Walk**

**9 a.m. - 11 a.m.**

*Presenter: Dara Saville, Albuquerque Herbalism and the Yerba Mansa Project*

Take an easy stroll around the gardens and grounds of Bachechi Open Space and learn about native medicinal plants of our area that are most useful for our health and wellbeing. Discussion topics will include harvesting, herbal actions, preparations, cultivation, and plant ecology. The walk will be approximately 1.5 hours and if you would like, please bring note-taking materials.

### **Grape Harvest**

**11 a.m. - 1 p.m.**

*Presenters: Bernalillo County Open Space and Master Naturalist Volunteers*

Join us to celebrate the Grape Harvest. Help pick grapes fresh from the vines at Bachechi to make and then sample homemade grape juice.

## **Rolling River Interactive Watershed Model**

**Sunday, October 13 ■ 2 - 4 p.m.**

*Presenters: Master Naturalist and Bachechi Volunteers*  
Learn about the changes that take place in our local watershed with this interactive model of the Rio Grande valley. The Rolling River is a working model of a watershed that allows rivers to actually flow, wetlands to appear, and lakes to rise and fall in response to simulated flood and drought cycles.

To register for these events or for additional information, visit  
[www.bernco.gov/openspace](http://www.bernco.gov/openspace) or call (505) 314-0398.



BERNALILLO COUNTY 

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