

**For Immediate Release**

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Reset, Reimagine and Reconnect in the New Year at
Sherman Library & Gardens

Corona del Mar’s cultural hub is offering an array of activities for individuals of all ages who are passionate about learning something new, elevating their wellness or infusing mindfulness into their lives through intention-based experiences

**Corona del Mar, CA:** Sherman Library & Gardens has curated a special line up of activities that begin in January to help patrons embrace learning through wellness. Beginning January 10th, Writing Wednesdays: Positive Journaling will kick-off a five-week course that will focus on fostering emotions such as gratitude, curiosity, serenity, and joy and will use the tranquil garden setting for inspiration. Join local writer Ellen Bell as she shares the wellness benefits of Positive Journaling and the simple ways you can cultivate your own personal writing practice. Additional details can be found [HERE](https://thesherman.org/event/writing-wednesdays-positive-journaling-afternoon-january-2024/).

Explore a unique and delectable approach to floral design with the Florcuterie Floral Design Workshop, January 11th from 10:00 am – 11:30 am. Florcuterie is the art of curating, arranging, and presenting a smorgasbord of seasonal blooms. Learn the technique of arranging in layers, creating dimension and depth reminiscent of a charcuterie spread.  Celebrate improvisation and creativity by selecting blooms that resonate with you. Join Becky Bridger of Bexbloomz for this sampling bonanza, allowing you to explore your floral artistry. Learn more [HERE](https://thesherman.org/event/floral-design-workshop-florcuterie-crafting-beauty-with-blooms/).

Tai Chi Tuesdays are back beginning January 16th and will run until February 20th. Learn the gentle art of Tai Chi in the tranquil Sherman Library & Garden setting, led by local teacher Cynthia Bell Niermann. She will introduce you to this complete mind-body exercise for better health, flexibility, strength and balance. This eight-week course will include Qigong stretches, breathing exercises and short Tai Chi routines which provide enjoyable, effective stress relief. Learn more [HERE](https://thesherman.org/event/tai-chi-tuesdays-winter-2024/).

On January 20th from 9:30 am – Noon, certified Mindfulness Meditation teacher, author and freelance writer Ellen Bell will be back at the gardens to lead a Weekend Wellness Workshop. The workshop will focus on nurturing wellness through practices of positive journalling, mindfulness, and yoga surrounded by the beauty of nature. Research shows that this can boost optimism, increase positive emotions and enhance physical and mental well-being. Lean more [HERE](https://thesherman.org/event/weekend-wellness-workshop/).

[Little Seedlings Story Time](https://thesherman.org/event/little-seedlings-story-time-43/) will take place every Friday at 10:00 am in the Central Garden. Admission is free for this engaging event where pre-school children and their caregivers can learn about nature and its wonder through books selected by Sherman Library & Gardens.

**About Sherman Library & Gardens**

Sherman Library & Gardens is a non-profit that has been deeply rooted in Orange County, California for over half of a century, serving the community as a sanctuary and education beacon for history, horticulture, and the arts. Founded in 1966 by Arnold Haskell, and named for his friend and mentor, Moses Hazeltine Sherman, this iconic institution serves as a guardian of regional history and artifacts, a living library of plants both native and exotic, and a conservator of artistic works influenced by and produced in the Pacific Southwest. Today, Sherman Library & Gardens is a monument to Haskell’s dream of an educational and cultural center including a premier botanical garden and outstanding research library. Sherman Library & Gardens was recently recognized by the Newport Beach City Council with a proclamation, naming Sherman Library & Gardens as the “Cultural Hub” of Corona del Mar. Sherman Library & Gardens is located at 2647 E. Coast Hwy., Corona del Mar, CA 92625.

**Learn More:** [Website](https://thesherman.org/) | [Instagram](https://www.instagram.com/theshermangardens/) | [Facebook](https://www.facebook.com/theshermangardens/)  **###**