

# SPRING IN SNYDER PARK

## HEAL THE PLANET AND THE CIRCLE OF LIFE EXPERIENCE

Meet under the Snyder Park front office pavilion  
on select dates. Free Parking!

### Nature Tours

Saturdays 4/1 - 5/6 - 6/3 at 10 AM

Guided tours of our Tropical Regenerative Garden, Butterfly  
Garden, Food Forest, and Wetland Boardwalk Trail.

### Young SEEDs in The Park Workshops For Kids

Wednesdays 4/12 - 5/10 - 6/14 - From 10 AM to 1 PM

Saturdays 4/22 - 5/27 - 6/24 - From 9 AM to 12 PM

FREE for children ages 4 to 17

Sessions include gardening, food demos, art,  
movement, breathwork, mindfulness exercises, and more.

### Yoga, Meditation & Energy Healing

Saturdays 4/8 - 5/13 - 6/10 - From 10:30 AM to 12 PM

Start your weekend off right with a morning of yoga, mindfulness, and healing.

Please Bring Your Yoga Mat. This Class Is For Ages 14 & Up.

Please select your event and RSVP by scanning this QR Code

Snyder Park 3299 SW 4th Ave, Fort Lauderdale, FL 33315



If you would like this publication in an alternative format or need a reasonable accommodation to participate in these programs, please contact (954) 828-7275 or parksinfo@fortlauderdale.gov.