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## **Nama-stay Wild: Find your zen with animal yoga at Virginia Zoo**

NORFOLK, Va. – The Virginia Zoo will host animal yoga on the ZooFarm for guests of all ages who want to connect with nature, calm the mind and strengthen the body on Sept. 5, 2024.

Tickets to this event will include 60-minute yoga instruction, direct interaction with the ZooFarm animals and admission to the rest of the grounds.

Diane Malaspina from GUD Yoga will be leading Hatha yoga, which is a style of yoga suitable for beginners that includes gentle movements and static poses.

“It’s more than just a workout; it’s an immersive experience where you’ll harmonize with nature, explore animal-inspired poses and discover the joy of movement in a whole new way,” Malaspina said. “Whether you’re a seasoned yogi or new to the mat, this is a chance to deepen your practice while learning about the incredible wildlife that inspires us all.”

Yoga will take place at 10 a.m. at the ZooFarm exhibit. The cost is \$25 dollars for adults and \$18 dollars for children under 12.

The Virginia Zoo’s vision is to create a world where everyone values wildlife and the environment, so proceeds from the event will support the Virginia Zoo’s conservation programs and educational outreach.

Tickets are available on the website: <https://tickets.virginiazoo.org/events/> Space is limited, so be sure to purchase your tickets early to secure your spot for this unique experience.

Parking is free and located at 3500 Granby Street.

### **About the Virginia Zoo**

The Virginia Zoo, located in Norfolk, Virginia, is home to more than 700 exceptional animals representing over 150 fascinating species. Founded in 1901 and residing on 53 beautifully landscaped acres, the Virginia Zoo has demonstrated a commitment to saving and protecting the world’s wildlife by inspiring a passion for nature and taking conservation action at home and around the world. The Virginia Zoo is an accredited member of the Association of Zoos and Aquariums and is recognized as a global leader in education, recreation, science, wildlife conservation, and animal care and welfare. For more than a century, the Zoo has connected adults, families and school children with the natural world and its wildlife.

The Virginia Zoo is open daily from 9:30 a.m. to 4 p.m. with last admission at 3 p.m. For admission prices and to learn more, visit [virginiazoo.org](http://virginiazoo.org).

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