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Headwaters at the Comal offers May events

By Keri Heath The Herald-Zeitung May 9, 2018

This month will open up new opportunities for New Braunfels residents to connect with the area's natural beauty with May programming at the Headwaters at the Comal.

This May's events will focus on health and wellness, starting with a chair yoga session Thursday at 9:30 a.m.

"It's a gentler kind of yoga since you're seated the whole time," Lauren Strack, assistant manager at the Headwaters at the Comal, said.

Strack and other Headwaters staff hope to utilize the May weather before the heat of the summer to develop programs for those who enjoy exercising in nature.

"We want our programming to be, there's something for everybody," Strack said. "If your way of connecting with nature is through exercise, eventually we want to be a place where people can come and do that in a variety of different ways."

The chair yoga will be led by an instructor in a shaded area.

Next week, the Headwaters will host a meditative walk session. On Tuesday, May 15 from 7:30 to 8:30 a.m., individuals can visit the Headwaters to wander through the paths.

"It's basically still the same mindfulness that you'd have while seated," Strack said. "It's a gentle walk."

Strack said two guides will also be present for those who would prefer a seated meditation.

That weekend, the Headwaters will host a Drought Tolerant Landscape Day. Attendees will have another opportunity to visit the Headwaters on Saturday, May 19 from 9 a.m. to 12 p.m. At 9:30 a.m., New Braunfels Utilities' (NBU) environmental affairs department will lead a tour highlighting water conservation techniques.

Individuals can register for all of these events by visiting www.headwatersatthecomal.com. The chair yoga and Drought Tolerant Landscape Day are \$5 for adults. The meditation walk is free.

The Headwaters is still seeking donations to fund phase two of the project's development.