



celebrates our

Grad of the Month!

July 2017



Aprilann graduated from VITALITY's very first Yoga/Healing Touch Internship in 2012. While teaching yoga & meditation as a career at Cincinnati Recreation Centers, she became inspired to begin Eden Urban Gardens, LLC. She sells at the Pleasant Ridge Farmers Market every Monday from 3:30-6:30pm and to local distributors Our Harvest Cooperative & Ohio Valley Food Connection.

"We have a little over a half an acre in the city limits where we grow herbs, vegetables & flowers using only organic practices free of synthetic fertilizers & pesticides — our 2nd year of production.

"I still do a regular yoga & meditation practice and find that this has helped much with my clarity and guidance for life and work. Becoming a yoga teacher helped me to gain insight & open the door to a career change. It has been a challenging journey to start a business with only a vision, 3 hand tools & my own enthusiasm.

Aprilann Pandora

Eden Urban Gardens, LLC

(513) 485-2679



**"From a small seed,
a mighty trunk may grow!"**
Aeschylus

"We now are fortunate to have more resources to assist in our production. The idea of starting an urban farming business came to me in a dream; our business name came to me during meditation as I was seeking guidance for a name.

"I am forever grateful to the opportunity to intern through VITALITY's Yoga/Healing Touch Internship — yoga teacher training otherwise would have been inaccessible for me due to cost. The best part of my yoga internship was being able to focus on bettering my practice, learning how to teach others, taking Healing Touch & learning self-care. I found this incredibly helpful for not only teaching yoga classes but also in dealing with customers & business."

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"It is amazing to see how one seed idea can take root and grow."