

westhartfordyoga

FOR IMMEDIATE RELEASE

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OM Street Yoga on LaSalle Road Saturday, July 21, 2018: 8:00 - 9:30 am

May 10, 2018, West Hartford, CT - - *West Hartford Yoga (WHY)* is pleased to announce OM Street: Yoga on LaSalle Road – a free yoga event!

Our 8th annual **free outdoor yoga class** will take over a full city block in West Hartford Center on Saturday, July 21st from 8:00am - 9:30am (rain date, July 28th). The all-levels class will be led by local yogi Barbara Ruzansky, with the assistance of instructors from area yoga studios and a live drumming and soundscape accompaniment by [Hands On Drumming](#). It's the largest yoga event in Greater Hartford, drawing over 2500 participants last year.

After class, participants may enjoy shopping with local merchants and browsing the West Hartford Farmers' Market (9am-1pm). The event is a boon to businesses in West Hartford Center, bringing hundreds of participants and onlookers to the center, primed for post-yoga refreshments.

The free event will take place on LaSalle Rd and Farmington Ave, West Hartford. Parking is available in municipal lots, which will all be open before 8:00 am. Bring a yoga mat and water. To serve deaf and hard-of-hearing yogis, we'll be offering ASL interpretation of the OM Street class, with a special section reserved so as to be close to the interpreter. Join us!

We are presently inviting local yoga and fitness studio partners to promote and assist at the event, and are seeking retail and professional sponsors to help support and promote Om Street.

Photos of last year's event for media use, can be found online (*please credit the photographer*): [Breck Macnab Photography](#) links [here](#) & [here](#) / [Patricia Cousins](#) links [here](#) & [here](#).



West Hartford Yoga offers over 60 weekly classes, including gentle, hot, power, kids, restorative, yin, and prenatal yoga. Visit our [website](#) for more information including special \$7 classes, free weekly meditation, free Yoga for Cancer and Yoga for Recovery classes, and a continually updated listing of workshops, trainings, and national teachers.

For West Hartford Yoga information, call 860-953-YOGA (9642) or visit www.westhartfordyoga.com