

# westhartfordyoga

FOR IMMEDIATE RELEASE

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## ***WHY in the Parks: Free Yoga in West Hartford Parks***

***June 7 – August 26, 2017***

***May 23, 2017, West Hartford, CT*** - - *West Hartford Yoga (WHY)* in cooperation with the *Town of West Hartford Leisure Services Department* is pleased to announce ***WHY in the Parks*** – a free yoga series at West Hartford parks throughout the summer of 2017.



Free classes will be held at two locations:

- Wednesday evenings, June 7 – August 23, 5:30 – 6:30 pm  
**Eisenhower Park**, 33 Sheep Hill Drive, West Hartford  
*Green space between the pool and the soccer fields. Overflow parking at Hall High School.*
- Saturday mornings, June 10 – August 26, 8:00 – 9:00 am  
**Fernridge Park**, 567 Fern Street, West Hartford  
*Near the cemetery, in the picnic grove. Overflow parking on side streets.*

These free, all-levels classes are suitable to adults of all ages and abilities. Classes will be led by certified yoga teachers from West Hartford Yoga. Bring a yoga mat, towel, and water.

- More -

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West Hartford Yoga, L.L.C.  
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**West Hartford Yoga** offers over 60 weekly classes, including gentle, hot, power, kids, restorative, 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)**,  
[www.westhartfordyoga.com](http://www.westhartfordyoga.com)



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