

westhartfordyoga

FOR IMMEDIATE RELEASE

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Facebook Event Page: <https://www.facebook.com/events/1357799607646471>

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Instagram: [@westhartfordyoga](https://www.instagram.com/westhartfordyoga)

Event Hashtag: #OmStreet

OM Street: Yoga on LaSalle Road *Saturday, July 22, 2017: 8:00 - 9:15 am*

June 1, 2017, West Hartford, CT - - West Hartford Yoga (WHY) is pleased to announce OM Street: Yoga on LaSalle Road – a free yoga event that has drawn over 2000 yogis in previous years.

Our 7th annual free outdoor yoga class will take over a full city block in West Hartford Center on Saturday, July 22nd from 8:00 am until 9:15 am. 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 [Cosmic Hue](#). *It's the largest yoga event in Greater Hartford, drawing over 2200 participants last year.*

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

The free event will take place on July 22rd (rain date, August 12th), 2017, 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.

- More -



West Hartford Yoga, L.L.C.
23 Brook Street
West Hartford, CT 06110

Barbara Ruzansky, Director
(860) 953 YOGA (9642)
www.westhartfordyoga.com

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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.

New for 2017! 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!

Photos of last year's event, for media use, can be found online [here](#) (credit [Breck Macnab Photography](#)) and [here](#) (credit [Patricia Cousins](#))

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



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