

westhartfordyoga

FOR IMMEDIATE RELEASE

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WHY in the Parks June 17, 2018 - August 25, 2018

May 10, 2018, West Hartford, CT - - For a second year, *West Hartford Yoga (WHY)* — in cooperation with West Hartford Parks & Pools — is offering free weekly yoga classes at several parks around West Hartford. These classes are accessible to people of all ages and abilities.

WHY in the Parks will consist of free, hour-long classes taught by certified West Hartford Yoga instructors. Each all-levels practice will blend yoga postures, breath work, and meditation within a beautiful setting. Bring a yoga mat, towel, water, and a friend!

2018 WHY in the Parks Schedule:

Beachland Park ... June 17, 2018 - August 19, 2018
Sunday mornings, 10:00-11:00am, 847 South Quaker Lane

Eisenhower Park ... June 20, 2018 - August 22, 2018
Wednesday evenings, 5:30-6:30pm, 13 Sheep Hill Drive
Green space near the soccer fields along Maiden Lane, closest to the parking lot on Hyde Road. Overflow parking at Hall High School.

Fernridge Park ... June 23, 2018 - August 25, 2018
Saturdays, 8:00-9:00am, 567 Fern Street
On the Fern Street side of the park, near the pond / fountain. Overflow parking on side streets.



West Hartford Yoga offers over 60 weekly classes, including gentle, hot, power, kids, restorative, yin, and prenatal yoga. Visit our [website](http://www.westhartfordyoga.com) 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
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