

# westhartfordyoga

FOR IMMEDIATE RELEASE

Contact: Andrea Miller  
Tel: 860-953-9642  
Email: [info@westhartfordyoga.com](mailto:info@westhartfordyoga.com)  
Website: [www.whyintheparks.com](http://www.whyintheparks.com)  
Facebook: [www.facebook.com/westhartfordyoga](http://www.facebook.com/westhartfordyoga)  
Twitter: @WHYStudios  
Instagram: @westhartfordyoga  
Hashtag: #whyintheparks #westhartfordyoga



## WHY in the Parks June 19, 2019 - August 24, 2019

*April 10, 2019, West Hartford, CT* - - For a third 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!

### **2019 WHY in the Parks Schedule:**

**Beachland Park** ... June 23, 2019 - August 18, 2019  
Sunday mornings, 10:00-11:00am, 847 South Quaker Lane

**Eisenhower Park** ... June 19, 2019 - August 21, 2019  
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 22, 2019 - August 24, 2019  
Saturdays, 8:00-9:00am, 567 Fern Street  
*On the Fern Street side of the park, near the tennis courts. Overflow parking on side streets.*

**Wolcott Park** ... June 20, 2019 - August 22, 2019 (no class July 4)  
Thursdays, 10:00-11:00am, 1341 New Britain Avenue



*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](http://www.westhartfordyoga.com)*

*23 Brook Street, West Hartford CT 06110*