

westhartfordyoga

FOR IMMEDIATE RELEASE

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COPPER BEECH
INSTITUTE

WHY Outdoors June 23, 2020 - September 1, 2020

July 6, 2020, West Hartford, CT - - *West Hartford Yoga* (WHY) has partnered with the Hill-Stead Museum in Farmington and Copper Beech Institute in West Hartford to offer socially-distanced, outdoor classes. Taught by experienced WHY instructors, each all-levels practice will blend yoga postures, breath work, and meditation within a beautiful setting. Bring a yoga mat, towel, and water.

Mats will be spaced 6 feet apart and class size is limited. Pre-registration is required and will open 10 days prior to class date. No drop-ins or on-site registration. Masks are required to and from the car, at check in, and anytime you are not on your mat. No masks required while practicing. Cost is \$10/class.

2020 WHY Outdoors Schedule:

Hill-Stead Museum ... June 23, 2020 - September 1, 2020 ... \$10/class, registration required
Tuesday 6:00-7:00pm | Alternating Saturday & Sunday 8:00-9:00am
35 Mountain Road, Farmington, CT 06032

Copper Beech Institute ... July 6, 2020 - August 31, 2020 ... \$10/class, registration required
Monday 6:00-7:15pm | Tuesday 8:30-9:45am | Thursday 8:30-9:45am & 6:00-7:15pm
303 Tunxis Road, West Hartford, CT 06107



West Hartford Yoga currently offers online, interactive classes — including power, gentle, intro, yin, and meditation — as well as a variety of WHY in the Parks classes at Beechland Park and Eisenhower Park in West Hartford. Visit our [website](http://www.westhartfordyoga.com) for more information and timely updates, along with information on becoming a Supporting or Sustaining Member of WHY.

For West Hartford Yoga information,
visit www.westhartfordyoga.com

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