

WHY happenings

SUMMER/FALL 2017



One of the most important things you can do on this earth is to let people know they are not alone. ~Shannon L. Alder

august

Dharma Series, 12:15-1:30pm Fridays, 7.28, 8.4, 8.11 ... Tony

Develop calm and balance through these all levels classes, which include mantra, breath work, and guided relaxation.

WHY in the Parks, 5:30-6:30pm Eisenhower Park ... Katie Wednesdays ... 8.2, 8.9, 8.16, 8.23

Join us for a free, all levels yoga class in Eisenhower Park all summer long! Bring a yoga mat, towel, and water bottle.

Yoga for Recovery, 6-7:30pm Friday, August 4 ... staff

All levels class offering physical, mental, and emotional support to those struggling with addictive behavior or in recovery. A holistic approach to recovery. Free through WHY Outreach.

WHY in the Parks, 8:00-9:00am Fernridge Park ... Jordan & Kate Saturdays ... 8.5, 8.12, 8.19, 8.26

Join us for a free, all levels yoga class in Fernridge Park all summer long! Bring a yoga mat, towel, and water bottle.

Yoga for Cancer, 1:30-2:45pm Thursdays, 8.10, 8.24 ... Nina

A 75 minute complimentary yoga class for anyone coping with cancer—newly diagnosed, undergoing treatment, or in recovery. Free through WHY Outreach.

Restorative Yoga Workshop with Aromatherapy, 12:30-3pm Sunday, August 27 ... Corrina, Adriana & John Odium

Enjoy a blend of supported poses, gentle yoga, guided meditation and hands-on healing to ease your body and mind into a deep state of relaxation.

WHY Spa Services

Get off the mat and onto the table!
Enhance your practice with the perfect therapy to balance body, mind & spirit — massage, acupuncture, reiki, private yoga therapy, chiropractic, and nutritional counseling.

september

Labor Day Holiday Schedule Monday, September 4

Holiday schedule at westhartfordyoga.com.

Baby & Me Series, 1-1:45pm 9.5 / 9.12 / 9.19 / 9.26 Tuesday, September 5 ... Kara S.

Our 4-week series will help you and your baby gain strength and flexibility while nurturing intimacy in the early developmental months.

Yoga for Cancer, 1:30-2:45pm Thursday, September 7 ... Nina

A 75 minute complimentary yoga class for anyone coping with cancer—newly diagnosed, undergoing treatment, or in recovery. Free through WHY Outreach.

Yoga for Recovery, 6-7:30pm Friday, September 8 ... Jen

All levels class offering physical, mental, and emotional support to anyone struggling with addictive behavior or who is in recovery. We welcome anyone seeking a holistic approach to recovery. Free through WHY Outreach.

Community Acupuncture, 1-2:30pm Saturday, September 9 Dr. Kara Burkhart

Effective, affordable, high quality acupuncture in a peaceful, warm, group environment. Treatments are 40 minutes.

Free Intro to Yoga, 1-2pm Saturday, September 9 ... Jude

Feel better. Get stronger. Breathe deeper. Start now! No experience required.

WHY Kids, 3:15-4pm Sunday, September 10 ... Beth

Yoga can help children learn how to be more peaceful, more patient, and more healthy while they have fun on the mat.

Restorative Yoga/Yoga Nidra Mini Workshop, 6-7:30pm Friday, September 15 ... Corrina

Treat yourself to a deeply nourishing evening of supported poses, breath work, hands-on healing, and yoga nidra to bridge the gap between the long work week and a restful weekend.

Yoga for Pain Relief: Steps to an Extraordinary Life, 1-5pm Saturday, September 16 Lee Albert

Learn three powerful practices of the ancient yogis to alleviate not only muscular pain but also mental and emotional stress. These ancient practices will help you discover how it is possible to lead an extraordinary life!

WHY Outreach Community Yoga returns for 2017, 3-4pm Sunday, September 17 ... staff

The money we raise through our \$7 Community Yoga class goes directly to WHY Outreach, whose mission is to bring yoga and holistic healing to everyone, regardless of social, economic, cultural, or financial barriers.

Yoga for Cancer, 1:30-2:45pm Thursday, September 21 ... Nina

A 75 minute complimentary yoga class for anyone coping with cancer—newly diagnosed, undergoing treatment, or in recovery. Free through WHY Outreach.

Late Summer Yin & Acupuncture Workshop, 1-3:30pm Saturday, September 23 Kevin & Dr. Kara Burkhart

Transition from the fire of Summer to the coolness of Fall and counter fatigue, low energy, or lack of motivation that can result from an over-active summer season.

Restorative Yoga, 12:30-3pm Sunday, September 24 Corrina & Adriana

Enjoy a blend of supported poses, gentle yoga, guided meditation and hands-on-healing to ease your body and mind into a deep state of relaxation.

.....

Fall Intro to Yoga Series, 8 weeks Thursday series begins September 14 Monday series begins September 18 Saturday series begins September 23

Learn the fundamentals of yoga — alignment, breathing, and relaxation techniques. Perfect for those new to yoga or wanting to reacquaint themselves with the basics.