

# westhartfordyoga

FOR IMMEDIATE RELEASE

Contact: Katie Marone  
Email: [katie@westhartfordyoga.com](mailto:katie@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 20, 2021 - August 18, 2021

**June 14, 2021, West Hartford, CT** - - For a fifth year, *West Hartford Yoga* (WHY) — in cooperation with West Hartford Leisure Services — is offering free classes at several parks around West Hartford. Taught by certified 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. Pre-registration is required and will open 10 days prior to class date. Classes are free, but donations to WHY are welcome.

### 2021 WHY in the Parks Schedule:

**Beachland Park** ... June 20, 2021 - August 15, 2021

Sunday mornings, 9:00-10:00am, 847 South Quaker Lane

*Class location is behind the pool in large fields at the top of the hill.*

*Limited parking in circular driveway area; overflow parking at the bottom of the hill.*

**Eisenhower Park** ... June 23, 2021 - August 18, 2021

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.*

**Wolcott Park** ... June 24, 2021 - August 12, 2021

Thursday mornings, 10:00-10:45am, 1341 New Britain Avenue



**West Hartford Yoga** currently offers in-studio and online classes — including power, gentle, intro, yin, and meditation — as well as a variety of WHY Outdoors classes at the Hill-Stead Museum in Farmington, Copper Beech Institute in West Hartford, and Auer Farm in Bloomfield. Visit our [website](http://www.westhartfordyoga.com) for more information and timely updates, along with information on becoming a Supporting, Sustaining, or Core Member of WHY.

**For West Hartford Yoga information,** visit [www.westhartfordyoga.com](http://www.westhartfordyoga.com)

**23 Brook Street, West Hartford CT 06110**