

westhartfordyoga

FOR IMMEDIATE RELEASE

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WHY in the Parks June 22, 2022 - August 18, 2022

May 16, 2022, West Hartford, CT - - For a sixth 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 suggested but not required. Classes are free, but donations to WHY are welcome.

2022 WHY in the Parks Schedule:

Beachland Park ... June 26 - August 14

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 22 - August 17

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 (Kids & Families) ... June 23 - August 18

Thursday mornings, 10:00-10:30am, 1341 New Britain Avenue



West Hartford Yoga currently offers in-studio and online classes — including power, hot, all levels, gentle, intro, yin, and prenatal . 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

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