



## For Immediate Release

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## **Yoga In Our City Kicks Off 2021 Park Program, Expands to New Cities**

*Program will bring nearly 600 free yoga classes to six Connecticut cities this summer*

**FARMINGTON, Conn., June 22, 2021** – Yoga In Our City, presented by ConnectiCare, has added two new cities and more classes to its 2021 program. The Yoga In Our City program brings free yoga classes taught by local teachers to parks across the state. The program popularity, and increased interest in physical and mental wellbeing, prompted the expansion.

In addition to free classes in Bridgeport, Hartford, New Haven and Waterbury, Yoga In Our City is now offering eight new classes at parks in New London and Willimantic. Connecticut residents will have nearly 600 free yoga classes available to them over the summer months. Bilingual classes are offered in Spanish at parks in Hartford, New Haven, and Willimantic six times per week.

“Following a difficult year for many people, Yoga In Our City offers Connecticut residents the chance to boost their mental and physical health as we start to emerge from the pandemic,” said Kimberly Kann, Senior Director, Public Relations and Corporate Communications at ConnectiCare. “We are proud to support Yoga In Our City and its mission to safely provide Connecticut communities with access to the benefits of yoga, free of charge.”

Through the expansion of Yoga In Our City, more Connecticut residents can take advantage of the numerous mental and physical health benefits that yoga and community involvement offer, including: improved strength, balance, flexibility, heart health, sleep quality and energy; reduced stress, back pain and arthritis symptoms; stress relief, and reduced feelings of loneliness.

“We’re thrilled to be able to expand Yoga In Our City this year to reach more people across the state, especially in Eastern Connecticut and bilingual communities,” said Thomas Clynch, Executive Director and Founder of Civic Mind, a social impact agency that manages the program. “Thanks to support from the program’s presenting sponsor, ConnectiCare, Yoga In Our City has significantly grown in size and popularity over the years. We’re grateful for the opportunity to partner with ConnectiCare to provide this important community resource.”

The 2021 Yoga In Our City program runs through October 10. The full class schedule can be found below and at [yogainourcity.com](http://yogainourcity.com).

- Classes are free and open to residents of all ages, backgrounds and skill-levels, and registration is not required. Participants are encouraged to bring a bottle of water, a towel and a yoga mat to each class, and are asked to continue following state and local COVID-19 regulations.

### **Bridgeport**

Tuesdays at 5:30 p.m. – Seaside Park  
Wednesdays at 5:30 p.m. – Nob Hill Park  
Thursdays at 5:30 p.m. – Knowlton Park  
Saturdays at 10:00 a.m. – Seaside Park

### **Hartford**

Mondays at 5:30 p.m. – Bushnell Park\*  
Tuesdays at 5:30 p.m. – Elizabeth Park  
Wednesdays at 5:30 p.m. – Bushnell Park\*  
Thursdays at 5:30 p.m. – Elizabeth Park  
Saturdays at 10:00 a.m. – Pope Park\*  
Sundays at 10:00 a.m. – Colt Park

### **New Haven**

Mondays at 5:30 p.m. – Scantlebury Park  
Tuesdays at 5:30 p.m. – Edgewood Park\*  
Wednesdays at 5:30 p.m. – Scantlebury Park\*  
Thursdays at 5:30 p.m. – Edgewood Park  
Saturdays at 10:00 a.m. East Rock Park

### **Waterbury**

Tuesdays at 5:30 p.m. – Hamilton Park  
Wednesdays at 5:30 p.m. – Fulton Park  
Thursdays at 5:30 p.m. – Buck's Hill Park  
Saturdays at 10:00 a.m. – Chase Park

### **New London**

Tuesdays at 5:30 p.m. - Green Harbor Park  
Wednesdays at 5:30 p.m. -Williams Park  
Thursdays at 5:30 p.m. -Green Harbor Park  
Saturdays at 5:30 p.m. - Williams Park

### **Willimantic**

Tuesdays at 5:30 p.m. - Jillson Square  
Wednesdays at 5:30 p.m. - Lauter Park  
Thursdays at 5:30 p.m. - Jillson Square\*  
Saturdays at 10:00 a.m. - Lauter Park

\*Classes with asterisks (\*) are led by a bilingual teacher (Spanish).

In addition to its presenting sponsor, ConnectiCare, Yoga In Our City is supported by several statewide partners, including Mental Health Connecticut, Connecticut Recreation and Parks, the Commission on Women, Children, Seniors, Equity and Opportunity, and AARP Connecticut. This year the program welcomed its most recent statewide partner, Access Health CT. For program information and regular updates, follow Yoga In Our City on [Facebook](#), [Instagram](#) and [Twitter](#).

- Yoga In Our City classes are voluntary. Participants should consult their physician before attending any classes to determine if it is right for them. ConnectiCare nor any of the sponsors included are liable for any injuries or risks which might be incurred as a result of participating in these classes.

#### **About ConnectiCare**

ConnectiCare is a leading health plan in the state of Connecticut. ConnectiCare has been dedicated to making Connecticut a healthier place to live and work since the company was founded in 1981. ConnectiCare has a full range of products and services for businesses, municipalities, individuals and those who are Medicare-eligible and leads the individual market in the state. ConnectiCare subsidiary, WellSpark Health, is a national wellbeing, disease prevention and management company. ConnectiCare is part of the EmblemHealth family of companies. For more information, visit [connecticare.com](http://connecticare.com).

#### **About Yoga In Our City**

Yoga In Our City is a non-profit program of Civic Mind. The program has been committed to building happier, healthier communities through compassion, gratitude, and mindfulness since its establishment in 2012. Yoga In Our City brings communities together with free yoga in public parks in 6 cities across the state; Bridgeport, Hartford, New Haven, New London, Waterbury, and Willimantic. Yoga In Our City welcomes everyone of all ages, sizes, and abilities. For more information visit, [yogainourcity.com](http://yogainourcity.com).

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