

WINTERTHUR



Winterthur Press Release

FOR IMMEDIATE RELEASE

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**CELEBRATE INTERNATIONAL YOGA DAY AT WINTERTHUR  
WITH SPECIAL CLASSES IN THE GARDEN**

Winterthur, DE June 1, 2018—Winterthur celebrates International Yoga Day on June 21 with a variety of classes offered from 7:30 am to noon, each in a different location in the garden. The classes are for all levels and will take place near some of the follies on view in Winterthur's first outdoor exhibition, *Follies: Architectural Whimsy in the Garden*.\*

At 7:30 am, Jeremy King will offer power yoga, which tones and strengthens the body and energizes the soul. This class will take place near the Latimeria Summerhouse, a pagoda-topped structure that was installed at Winterthur in the late 1920s.

At 9:00 am, Beth Sheehy will offer wellness yoga, with slow, easy motions to help participants get into the rhythm of nature. This class will take place by the Mirrored Folly, which has dozens of mirrors reflecting the sky and landscape.

At 10:15 am, Kari Andreasen will offer Nidra yoga, a meditative practice is design to induce total physical, mental, and emotional relaxation. This session will take place near the colorful Ottoman Tent folly.

At 11:30 am, Samantha Spruance will offer yoga for kids. Through creative play, breathing exercises, yoga postures, and relaxation, children will explore the physical, mental, and emotional benefits of yoga in Enchanted Woods. This class is recommended for ages 6-12.

Thirteen fantastic structures, from a 22-foot tall Needle's Eye floating in a pond to a Chinese Pavilion, are on view in *Follies: Architectural Whimsy in the Garden*. The follies are located throughout the estate for visitors to explore and enjoy.

Through its Wellness at Winterthur program, Winterthur offers yoga throughout the year in its beautiful garden setting, strengthening both body and spirit. Classes take place outside every Thursday at 9 am year-round, and on Wednesdays at 4:30 pm through August 29.

All sessions are led by certified yoga instructors. Participants should bring a yoga mat, small towel, and a water bottle, and wear layers appropriate to the season. International Yoga Day sessions are included with Winterthur admission, which costs \$20 for adults; \$18 for students and seniors; and \$6 for ages 2-11. Admission to International Yoga day is free for Winterthur Members. Group rates available. For details, visit [winterthur.org](http://winterthur.org) or call 800.448.3883. Winterthur is open 10 am-5 pm, Tuesday-Sunday.

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[Please click link for high-resolution images with accompanying photo credit captions](#)

\* *Follies: Architectural Whimsy in the Garden* is presented by DuPont and The Estate of Mrs. Samuel M. V. Hamilton. The exhibition is on view through January 5, 2020.