

**Join us for *Sunday Serenity with Yoga on the West Terrace* on October 1**

September 12, 2017 – Stan Hywet is offering **Sunday Serenity with Yoga on the West Terrace** on October 1 from 10:30-11:30 am. Yoga participants will participate in all levels of vinyasa flow yoga practice in the beauty of the West Terrace with Gretchen Horingner, owner/instructor; and Ann Durr, instructor from **Do Good Yoga**. Admission is \$16 per person; \$12 for members of Stan Hywet.

Stan Hywet is located at 714 North Portage Path in Akron, Ohio.

After class, stroll to Molly's Café to enjoy a complimentary morning mimosa or water to unwind, then enjoy a walk through the gardens during the height of autumn.

"I can't imagine a better place to hold a yoga class than on the beautiful West Terrace of Stan Hywet Hall & Gardens. The terrace offers gorgeous vistas in every direction, including a beautiful reflecting pool, giving students the opportunity for literal and figurative reflection during their practice. The Seiberling family was so interested in health and wellness and the practice of yoga certainly supports this passion. We are honored to offer this all-level vinyasa practice to the community in such a picturesque setting," notes Ann Durr, who is also a board member at Stan Hywet Hall & Gardens.

Participants should dress comfortably in layers for the weather and bring a yoga mat, water bottle and towel. Class will be moved to indoor rain tent in case of inclement weather.

Registration includes the yoga session, grounds admission and mimosa or water from Molly's Café. Register at [stanhywet.org](http://stanhywet.org) or by calling 330-315-3287.

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