

My Story



Sunshine and Stretching

West Chester Parks

By Molly Cadden, Yoga Instructor

"We've seen that people really look forward to the chance to get out of their offices or homes and into a park for some fresh air."



The parks in West Chester and across Pennsylvania provide clean, beautiful spaces for a variety of health and wellness activities. It's not uncommon to see people getting their morning exercise in and around the parks in our borough. Local Yoga Cafe has used these locations for community classes in the past and we have always had a wonderful experience! We were in search of our studio home for about a year and throughout that time, the parks allowed us to connect with the community to let people know we were coming to town, and what we were all about. This was invaluable to us.

Last summer our team hosted a class in Hoopes Park for the public and enjoyed some brunch items afterwards, which allowed everyone to spend time enjoying the park and getting to know each other. There are plenty of trees to



Keystone Fund Investment: \$36,400

Total Public/Private Investment: \$72,990

cool us down and provide some much-needed shade on a humid summer day. We've seen that people really look forward to the chance to get out of their offices or homes and into a park for some fresh air and to be a little closer to nature, whether it be for yoga, running,

biking, or other activities.

Although our studio is open and running, we are still hosting outdoor classes and participating in a variety of events in different West Chester parks. For example, we'll be hosting the morning yoga class for the Turks Head Music Festival in Everhart Park this summer. These spaces allow us to break out from the studio walls, which can do wonders for a person's mental and physical health. We love

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seeing parents bring their kids to these weekend classes because health is a big priority for their family.

Our team encourages everyone to try any outdoor community yoga class; any park will do! The studios and teachers in the West Chester area are incredibly talented and invested in their classes. They are guaranteed to offer an enjoyable class, and nothing beats the sunshine!



Learn more at [KeystoneFund.org](https://www.KeystoneFund.org).