

FOR IMMEDIATE RELEASE

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## **The Hermitage to Host Spring Outdoor Yoga Series** **Weekly classes capitalize on serene atmosphere of Hermitage grounds**

Nashville, Tenn. - The Hermitage, Home of Andrew Jackson, has announced that a portion of its more than 1000 peaceful acres will double as a yoga studio this spring. Beginning March 25, The Hermitage will host a 10-week outdoor yoga series every Tuesday from 6 – 7 p.m. in partnership with Yogassage of Donelson.

"The beautiful park-like setting of The Hermitage makes it the perfect venue for a stress-reducing activity such as yoga," said Erin Adams, director of public programs and volunteers at The Hermitage. "We hope that both skilled yoga practitioners and beginners will take advantage of this unique opportunity to experience The Hermitage grounds while enhancing their energy, flexibility and overall wellness."

The hour-long class, open to all skill levels, will be under the instruction of expert instructor Meg Kipp. Currently a yoga instructor and massage therapist, Kipp has been teaching yoga and personal training since 2004.

Participants will need to bring a mat and a bottle of water. Classes are available to the public for \$15 per class or \$130 for the full 10-week series. Special classes will be offered in addition to the Tuesday night series but additional fees may apply to those lessons. All proceeds benefit the Hermitage.

To register for classes, visit <http://ticketf.ly/1ivTs5V>.

### **About The Hermitage**

The Hermitage, Home of President Andrew Jackson, is one of the largest and most visited presidential homes in the United States. In 1856, the State of Tennessee purchased the property from the Jackson family, entrusting it to the Ladies' Hermitage Association in 1889 to operate as one of America's first historic site museums. Today, The Hermitage is a 1,120-acre National Historic Landmark with more than 30 historic buildings, including restored slave cabins. Thanks to efforts of this nonprofit organization, the mansion is the most accurately preserved early presidential home in the country. In recent years, new interpretive initiatives and educational programs such as archaeology and the history of slavery have enhanced the experience of some 180,000 annual visitors, including 30,000 school children, from all 50 states and many foreign countries. The property also receives 30,000 annual visits from the local community, including more than 1,000 children who play Little League baseball at The Hermitage's Rotary Park. The Hermitage is a "Partner Place" with the National Trust for Historic Preservation and a site along the National Park Service's Trail of Tears National Historic Trail. For more information, visit [www.thehermitage.com](http://www.thehermitage.com).

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