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For Immediate Release: May 15, 2019 • Please include in your listings/announcements

**Leisure and Recreation at
THE BENTWAY
Free Community Yoga and Tai Chi
June 13 – August 29, 2019**

The Bentway has officially opened for the Spring / Summer season with plenty of programming ranging from the provocative art exhibition *New Monuments for New Cities*; to the site-specific performance of *Dérives*; to leisure and recreational activities for all ages and abilities; to the family-friendly Block Party.

Nama-stay in the city this summer for free outdoor **yoga** and **Tai Chi** at The Bentway!

Twice a week, Tai Chi instructor [Eti Greenberg](#) will lead an intimate practice of the ancient Chinese exercise for physical health and mindfulness. Reduce tension, improve circulation, and increase flexibility with each empowering session of slow and graceful movement. Monday at 5:30pm and Thursday at 11am, from June 13 – August 29.

The Bentway teams up with [TRIBE Fitness](#), outdoor workout specialists, for fun and challenging yoga classes that strengthen body and mind. Lunge into TRIBE's weekly, one-hour class with highly-trained and inclusive instructors. Sunday at 7pm, from June 16 – August 25.

Plus, save the date for **The Bentway Block Party**; Sunday, July 7, Noon – 9pm. The Block Party will also kick-off The Bentway's popular **Sunday Social** live music and open-air bar series with the **Exclaim! Stage**, featuring the hottest bands on the coolest patio in town!

THE BENTWAY
Community Yoga and Tai Chi
Free for everybody and every body!

Tai Chi with Eti Greenberg
Monday at 5:30pm and Thursday at 11am
June 13 – August 29, 2019
thebentway.ca/tai-chi

TRIBE Fitness Yoga Class

Sunday at 7pm
June 16 – August 29, 2019
thebentway.ca/yoga-2019

Please bring your own mat to all yoga and Tai Chi classes

For more information, please visit TheBentway.ca
Social Media: [Facebook](#), [Twitter](#) and [Instagram](#) using @TheBentway and [YouTube](#)
#TOBentway

Access to The Bentway is Always Free
Enjoy WiFi Courtesy of Beanfield

The Bentway's summer season is supported by the City of Toronto, Billy Bishop Toronto City Airport, Ira Gluskin & Maxine Granovsky Gluskin, Richard M. Ivey and the Ivey Commissioning Fund, Donald K. Johnson, O.C. & Anna McCowan-Johnson, Langford Family Foundation at Toronto Foundation, Northwood Family Office, Diamond Corp, Hal Jackman Foundation, Toronto Friends of the Visual Arts, Exclaim!, The Walrus, SPIN, Pilot Coffee, Scadding Court Community Centre, and Fort York National Historic Site.

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About The Bentway

[The Bentway](#) is a unique and innovative public space that transforms 1.75km underneath Toronto's Gardiner Expressway into a new gathering place for our city's growing population.

The Bentway knits together seven local neighbourhoods with over 70,000 residents, becoming a gateway to the waterfront, while providing access to important attractions and destinations – from Fort York National Historic Site, Ontario Place and Exhibition Place to Harbourfront Centre and the CN Tower. The Bentway offers year-round activities and events, including gardens, a skate trail, recreational amenities, public markets, public art, special exhibitions, festivals, theatre and musical performances, and more. Since opening to the public in January 2018, The Bentway has welcomed over 150,000 visitors to experience free year-round programming including public art installations, performances, festivals, recreational activities, and much more.

The initial phase of The Bentway stretches from Strachan Avenue in the west to just east of Bathurst Street underneath the Gardiner Expressway, this section of The Bentway is located on the lands of Fort York National Historic Site, recognized by the Government of Canada as a site of national significance. The Bentway is maintained, operated, and programmed by The Bentway Conservancy. The Bentway is a proud member of the [High Line Network](#), an international network of projects that transform underutilized infrastructure into new urban landscapes.

About Fort York National Historic Site

[Fort York National Historic Site](#) is one of 10 Toronto History Museums operated by the City of Toronto. Since 1793, Fort York has been an important military location and is where Toronto was founded as an urban place. Located in the heart of downtown Toronto, this 43-acre heritage conservation district is home to Canada's largest collection of original War of 1812 buildings. Fort York offers permanent exhibits and immersive multimedia displays at the Visitor Centre, ongoing programming and events, site tours, military displays, historic cooking demonstrations, and the annual Indigenous Arts Festival.

Fort York National Historic Site is also home to the first phase of The Bentway. For more information, visit <http://www.toronto.ca/fortyork>.