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## **4th Line Theatre opens the historic Winslow Farm for early morning, outdoor yoga sessions in August**

**Millbrook, ON** ... Looking for connection after months of isolation and social distancing? Despite having to postpone their 29<sup>th</sup> season until summer 2021, 4th Line Theatre is continuing to invite the community to enjoy their serene countryside venue with the second in a series of events and activities, *“Nexicom Presents 4th Line Theatre @ the Farm.”* Beginning August 5<sup>th</sup>, the historic Winslow Farm will welcome visitors to join Yoga Instructor, **Madison Sheward**, to connect with themselves, others and the natural beauty that surrounds the space through distanced yoga sessions.

The 60-minute, distanced, morning practice - for beginners and above - will explore a simple flow of yoga poses, breath work and meditation and is designed to help participants connect through breath, body and mind. Three sessions have been scheduled - Wednesday, **August 5<sup>th</sup>**, Wednesday, **August 12<sup>th</sup>** and Tuesday, **August 18<sup>th</sup>** - at 8:00 am at the historic Winslow Farm, located at 779 Zion Line in Millbrook, Ontario.

“Join us at our beautiful farm theatre property in the early morning. We will be hosting mindful yoga classes in a peaceful, shaded field,” explains Managing Artistic Director **Kim Blackwell**.

The new initiative to further social connectivity in an amazing outdoor setting has been made possible by longtime supporter Nexicom, whose mission is to connect communities. Their sponsorship is allowing the sessions to be offered free of charge and on a first come, first serve basis as spaces are limited. Those who attend are asked to bring their own mats, water bottles and any other yoga equipment. Those interested can register by calling the 4th Line Theatre’s Box Office at **705-932-4445** or email [sarah@4thlinetheatre.on.ca](mailto:sarah@4thlinetheatre.on.ca) to book their session.

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Attached Photo:

**Yoga Instructor Madison Sheward at 4th Line Theatre.**  
Photo Credit Christine Mepstead

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Our productions are made possible by the generosity of scores of donors and sponsors including

**2020 Season sponsor, Artistic Director Circle: Nexicom Group**

**2020 Major sponsor, Producer's Circle: Exit Lift Lock Realty**



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