



NEW YORK STATE SENATOR

Martin J. Golden

State Legislators Team Up to Host Free Yoga in the Park

MARTIN J. GOLDEN | May 14, 2014

SENATOR GOLDEN INVITES YOU TO
yoga in the park

A Family Health & Fitness Day with Yoga in Bay Ridge & 5 Boro Yoga
Sponsored by Senator Golden and Assemblywoman Malliotakis

FREE
Please bring your own yoga mat or towel.

Date & Time:
 Tuesday, June 37 PM
 Tuesday, June 247 PM
 Saturday, July 19.....9 AM
 Tuesday, August 127 PM
 Saturday, August 30.....9 AM

Location: Shore Road Park, Near 79th Street & Shore Road

Details: • Beginners' Class • Outdoor opportunity
• Options for those with a more advanced practice

For more information on these events or any state issue, please contact Senator Golden: 718-238-6044 • golden@nysenate.gov
or Assemblywoman Malliotakis: 718-987-0197 • malliotakis@assembly.state.ny.us

Brooklyn - State Senator Marty Golden (R,C,I-South Brooklyn) and Assemblywoman Nicole Malliotakis (R,C,I-Bay Ridge) are partnering with Yoga in Bay Ridge and 5 Boro Power Yoga to offer a series of five free yoga classes in Shore Road Park. The events, taking place throughout the summer, will provide a fun and relaxed way to improve physical health and mental well-being.

“After a very long and cold winter, residents are looking for more and more opportunities to enjoy the outdoors. I am proud to be partnering with my colleague, Assemblywoman Malliotakis, in presenting a series of health and fun, and invite our community to take part in yoga which is good for the mind, body and soul,” said Senator Marty Golden.

“Yoga can benefit your mental, physical and spiritual health, and is a great way to reduce the stress of everyday life. These events will offer a great chance to unwind with friends and neighbors, and I look forward to participating alongside the attendees,” said Assemblywoman Nicole Malliotakis.

The free events in Shore Road Park (enter at 79th Street and Shore Road) will be held on:

- Tuesday, June 3rd, 7:00pm
- Tuesday, June 24th, 7:00pm
- Saturday, July 19th, 9:00am
- Tuesday, August 12th, 7:00pm
- Saturday, August 30th, 9:00am

These classes will be primarily directed toward beginners, but there will be options for those with a more advanced practice. Please bring a yoga mat or towel and arrive 15 minutes early

to prepare. Space is limited, so please reserve a spot by contacting Golden's office at 718-238-6044, Malliotakis's office at 718-987-0197, or by emailing nysassembly60@gmail.com indicating which class(es) you plan to attend.