



NEW YORK STATE SENATOR

Martin J. Golden

## Senator Golden to Host Yoga Classes in Marine Park

MARTIN J. GOLDEN May 14, 2014

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Brooklyn – State Senator Martin J. Golden (R-C-I, Brooklyn), today is announcing that he will be partnering with Yoga Instructor Cathy Shroder and hosting two very special health and fitness events in Marine Park near the Carmine Carro Community Center at 3000 Fillmore Avenue.

The beginners' Yoga class, with opportunities for more advanced practice and featuring short Yoga Nidra, will take place at 7 p.m. on both Thursday, May 22nd and June 5th. The events are free and open to the public. Participants are asked to bring their own yoga mat or towel.

Senator Marty Golden stated, "I look forward to joining residents of my district in embracing the warmer weather and hosting these events to provide an opportunity for exercise and relaxation. It is important that in the midst of our busy lives that we never neglect our personal health, and so I encourage the community to join us."

For more information, contact Senator Golden's office at (718) 238-6044 or via email at [golden@nysenate.gov](mailto:golden@nysenate.gov).