IMPROVE YOUR MIND AND BODY WITH YOGA IN THE PARK THIS SUMMER

MARTIN J.GOLDEN   May 25, 2017

Brooklyn – State Senator Martin J. Golden (R-C-I, Brooklyn) today is announcing his plans to again host a series of *Yoga in the Park* events this Summer in partnership with Yoga in Bay Ridge, Bikam Yoga, and Yoga Instructor Cathy Dews.

The twelve Yoga sessions kick off Friday, June 2nd at 7PM in Shore Road Park, entrance at 79th Street and Shore Road.

Senator Marty Golden stated, "Yoga has proven to be so valuable to one's mind and body, and I am glad to be again hosting a series of Yoga sessions in the parks this summer. All who participate in Yoga are giving themselves many advantages including building muscle strength, reducing blood pressure, lowering blood sugar levels, ability to be more focused, and releasing tension in limbs. So mark your calendar, get your towel and yoga mat, and head to Shore Road and Marine Park."

2017 Yoga In the Park Schedule (Shore Road @ 79<u>th</u> Street)

Friday, June 2nd, 7PM

Wednesday, June 21st, 7PM

Saturday, July 15th, 9AM

Monday, July 24th, 7PM

Saturday, August 12th, 9AM

Monday, August 21st, 7PM

Tuesday, September 12th, 6:30PM

Senator Marty Golden will also be hosting a series of Yoga in the Park events in Marine Park. Similar to the Shore Road Park events, these events are free, and provide an outdoor opportunity for yoga enthusiasts from beginner to more advanced.

2017 Yoga In the Park Schedule for Marine Park by the Flagpole

(Near the Carmine Carro Community Center @ 3000 Fillmore Avenue)

Monday, June 26th, 7PM

Monday, July 10th, 7PM

Thursday, July 27th, 7PM

Monday, August 7th, 7PM

Thursday, August 24th, 7PM

For more information on any of these events, please contact Senator Golden's office at (718) 238-6044. Events are subject to weather conditions.

###