

Thousands of Yogis Will Find Their Center at the Crossroads of the World During Solstice in Times Square

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*The Times Square Alliance Hosts Free All-day
Outdoor Yoga Event to Celebrate the Longest Day of the Year*

New York, NY (June 13, 2016) – The [Times Square Alliance](#) today announced the return of Solstice in Times Square: Mind Over Madness Yoga, now in its 14th year, which will take place on Monday, June 20. The Times Square Alliance will offer free yoga classes to celebrate the longest day of the year and beginning of the summer season. The first class will start at 7:00 a.m. and classes will continue throughout the day until 8:30 p.m., just after sunset.

“Come stretch, breathe and meditate in Times Square to find peace within New York City, the world and ourselves,” said Tim Tompkins, President of Times Square Alliance and co-founder of the event. “Solstice in Times Square is proof that even in the most frenetic environments, one can, and should, take time to find harmony.”

“At Solstice in Times Square: Mind Over Madness Yoga you'll find the knots and tangles of your mind and body soothed by the glorious sun. You'll find your Spirit dancing like a Broadway diva in the company of so many other inspired yogis,” said Douglass Stewart, co-founder of Solstice in Times Square.

Yogis of every skill level will have the opportunity to participate in seven free yoga sessions throughout the day on June 20 and visit the Yoga Village between 44th and 45th Streets, which will feature booths, giveaways, and activities.

Situated at the intersection of Broadway and 7th Avenue between 42nd & 44th Streets, the yoga sessions will include:

- 5:00 am – 6:00 am – Instructed by: Tim Tompkins
- 7:00 am – 8:00 am - Instructed by: Tracye Warfield
- 9:00 am – 10:00 am - Instructed by: Sarah Bell
- 11:00 am – 12:00 pm - Instructed by: Rashmi Galliano
- 1:00 pm – 2:30 pm - Bikram - Instructed by: Jennifer Lobo
- 3:30 pm – 4:30 pm - Instructed by: Elena Brower
- 5:30 pm – 6:30pm - Instructed by: Douglass Stewart
- 7:30 pm – 8:30 pm - Instructed by: Cyndi Lee
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Detailed instructor bios can be found at: www.TimesSquareNYC.org/Solstice. On June 20, registered participants who attend will receive a free yoga mat courtesy of Gaiam. Footage from classes will also be shown on the Toshiba Vision Screens atop One Times Square.

Four yoga-related charities will benefit from the generosity of both the yoga participants and the Times Square Alliance. During the free registration process, participants are encouraged to make charitable contributions to Bent on Learning, Exhale to Inhale, Liberation Prison Yoga and Urban Zen. All donations will be matched in part by the Times Square Alliance.

Participants and those unable to attend the event are also encouraged to upload yoga photos and tag them with #SolsticeTSq across various social media platforms, and follow live coverage and join conversations on [Facebook.com/TimesSquareNYC](https://www.facebook.com/TimesSquareNYC), [@TimesSquareNYC](https://twitter.com/TimesSquareNYC) on Twitter and [@TimesSquareNYC](https://www.instagram.com/TimesSquareNYC) on Instagram.

Solstice in Times Square 2016 is supported by Gaiam, Lorissa's Kitchen, Dunkin' Donuts, Emergen-C Chewables, Ideology, Luna, National Mango Board, SkinnyPop Popcorn, Wasa, Yoga Journal, and Toshiba.

About Times Square Alliance

The Times Square Alliance works to improve and promote Times Square - cultivating the creativity, energy and edge that have made the area an icon of entertainment, culture and urban life for over a century. Founded in 1992, the Alliance keeps the neighborhood clean and safe, promotes local businesses, manages area improvements and produces major annual events with partners including New Year's Eve, Solstice in Times Square and Taste of Times Square. As the custodians of Times Square, the Alliance works every day to improve the quality of life for the neighborhood residents and businesses while driving economic growth in New York City. www.TimesSquareNYC.org