



SATURDAY, JULY 13, 2019
MORAVIAN COLLEGE
BETHLEHEM, PA
#MINDFULNESSMATTERS

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Sixth Annual Lehigh Valley Yoga Festival to Raise Funds for At-Risk Populations

Community Event Focuses on "Mindfulness" with a Promotional Ticket Offer Available Until May 31

BETHLEHEM Pa., May 9, 2019 - The 6th Annual Lehigh Valley Yoga Festival will be held Saturday, July 13, 2019 on the gorgeous campus of Moravian College in the heart of historic, downtown Bethlehem, Pennsylvania. The only event of its kind in the region, this well-attended, community gathering serves as the largest fundraiser for event organizer Pratyush Sinha Foundation – an Allentown-based nonprofit organization, which teaches trauma-informed mindfulness and yoga classes to children and adults in the Lehigh Valley who might not otherwise have access. With all proceeds going towards their mission, funds raised will aid Pratyush Sinha Foundation in providing at-risk populations important skills for emotion regulation and building resilience.

Judy Hunsicker, President of the Board of Directors for Pratyush Sinha Foundation and First Executive Officer with Embassy Bank states, "Teaching people, especially children, to learn to help and heal themselves through mindful self-care, is why the work of this foundation is so important to me. My employer has supported the Foundation with significant sponsorships of the Festival since its inception, and my alma mater is again the event host. I'm also a yoga practitioner and teacher, so for many reasons it resonates personally. It takes a community to raise healthy children, and the Lehigh Valley is amazingly supportive and collaborative of this event and the Foundation's mission."

In addition to the return of yoga classes of various types and levels, new additions at this year's festival include family yoga, Qi Gong, and yoga for sports and concussion recovery. Various presenters will discuss topics such as Modern Mindful Practices; Ayurveda and the Mind-Body Connection; and Energy Healing for Skeptics. There will be meditation classes, drumming, kirtan, music, and a healthy cooking demo. The Panel Discussion returns for the second year, which includes 5 professionals of varying backgrounds who integrate mindfulness into fields such as psychotherapy for pain management, osteopathic medicine, and a thriving Ayurvedic medical practice. This year's panel discussion will be recorded and then broadcast via a podcast which touts a global audience.

A promotional offer of \$55.00 per ticket is available through May 31. From June 1 through July 12, tickets are \$60.00 each. Door price is \$65.00. Children 14 and under enjoy free admission. For more information, please visit www.LehighValleyYogaFestival.com.

Pratyush Sinha Foundation, a 501(c)(3) nonprofit organization, teaches trauma-informed mindfulness and yoga classes in local schools and other community venues such as Boys & Girls Clubs, libraries, and prison.

They also teach Yoga of 12-Step Recovery (Y12SR) and individuals affected by substance use disorder.

To learn more, or to make a tax-deductible, charitable donation, please visit

www.pratyushsinhafoundation.org.

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