



SATURDAY, JULY 14, 2018

8AM - 7:30PM

MORAVIAN COLLEGE

BETHLEHEM, PA

WWW.LEHIGHVALLEYOGAFESTIVAL.COM

FOR IMMEDIATE RELEASE

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International Day of Yoga to be Observed in Allentown

Pratyush Sinha Foundation offers free family-friendly yoga on June 21

ALLENTOWN Pa., June 5, 2018 – On Thursday, June 21, the Pratyush Sinha Foundation will offer free family-friendly yoga on the PPL Plaza at 9th and Hamilton Streets in the city in observation of the United Nations-designated International Day of Yoga.

From 11:30 a.m. to 12:15 p.m. Lynn Weiner will teach yoga and mindfulness for kids, and from 12:30 p.m. to 1:15 p.m. Sheetal Contractor will lead a beginner-friendly family yoga and mindfulness practice. The event is free of charge and registration is not necessary. Participants need only bring a mat and a water bottle. There will be a limited number of mats available on a first-come, first-served basis.

Tickets to the upcoming Lehigh Valley Yoga Festival can be purchased at the event, at \$50 per ticket (\$5 off the current advanced ticket price offered at www.LehighValleyYogaFestival.com). The Yoga Festival, in its fifth year, will take place at Moravian College in Bethlehem, PA, on Saturday, July 14, 2018.

The Pratyush Sinha Foundation, a 501(c)(3) non-profit organization, teaches yoga and mindfulness in local schools and other community venues, including Boys & Girls Clubs, libraries, prisons, recovery and treatment facilities, and more. For information, visit www.pratyushsinhafoundation.org.

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