

FROM: Times Square Alliance www.TimesSquareNYC.org
CONTACT: TJ Witham – 646-369-4592 or tjwitham@tsq.org

For Immediate Release

**YOGIS RETURN TO TIMES SQUARE TO CELEBRATE THE SUN DURING
SOLSTICE IN TIMES SQUARE: MIND OVER MADNESS YOGA**

All classes also streamed live so anyone can participate from home

(Times Square, N.Y. – June 10, 2021) – Yogis return to Times Square to participate in **Solstice in Times Square: Mind Over Madness Yoga** – an annual all-day outdoor yoga event – on **Sunday, June 20th from 7:30 a.m. to 8:30 p.m. at the intersection of Broadway and 7th Avenue between 43rd & 47th Streets.** Media Check-In will be located on the southwest corner of the Broadway Plaza at 46th Street and 7th Avenue. To register for an in-person class please visit TSQ.org/Solstice.

“Let us all salute the sun and find peace in the heart of frenetic Times Square after a long and difficult year,” said **Tom Harris, President of the Times Square Alliance**. “As Times Square reawakens, it seems appropriate to greet the sun as it comes up and bid it farewell as it goes down, as we all look forward to a long summer exploring our great city and all it has to offer.”

“I want to honor the lives we lost through the pandemic and racial strife,” said **Douglass Stewart, Solstice in Times Square Co-founder**. “Let us be inspired to allow the light on this day, the Summer Solstice, be the balm that heals and strengthens our relationship with nature and with each other.”

"After a season of darkness, join us as we celebrate what is a turning point for the seasons, for our city and for ourselves on the start of summer as Times Square and New York City come back to life," said **Tim Tompkins, Solstice in Times Square Co-founder**.

Participants will have the opportunity to partake in one of seven free yoga sessions throughout the day on June 20th and visit the Yoga Village between 47th and 48th Streets, which will feature booths, giveaways and activities. The Alliance has partnered with activation sponsors that this year include OFFLINE by Aerie; the Consulate General of India, New York; and smartwater.

To maintain social distancing, all classes will have a smaller capacity than years past. All classes will also be streamed live at www.TSQ.org/Solstice via YouTube and on the [Times Square Facebook Page](#) so that anyone who wants to can participate from home.

Situated at the intersection of Broadway and 7th Avenue between 43rd and 47th Streets, the yoga sessions will include:

- 7:30am - 8:30am: instructed by Tim Tompkins (Event Co-founder)
- 9:30am - 10:30am: instructed by Douglass Stewart (Event Co-founder)
- 11:30am - 12:30pm: instructor Ruchika Lal (presented by, Consulate General of India, New York)
- 1:30pm - 2:30pm: instructed by Phyllicia Bonanno (presented by OFFLINE by Aerie)
- 3:30pm - 4:30pm: instructed by Koya Webb
- 5:30pm - 6:30pm: instructed by Crystal McCreary
- 7:30pm - 8:30pm: instructed by Alex Silver-Fagan

Detailed instructor bios can be found at [TSQ.org/Solstice](https://www.TSQ.org/Solstice). On June 20, registered participants who attend will receive a free yoga mat courtesy of OFFLINE by Aerie.

Participants and those unable to attend the event are encouraged to stream classes at www.TSQ.org/Solstice or on the [Times Square Facebook Page](#). They are also encouraged to upload yoga photos and tag them with #SolsticeTSq across various social media platforms, and follow live coverage on [Facebook.com/TimesSquareNYC](https://www.facebook.com/TimesSquareNYC), @TimesSquareNYC on [Twitter](#) and [Instagram](#).

For assets from past Solstice in Times Square events please download [video here](#) and [photos here](#).

Calendar Listing Details

DATE: Sunday, June 20, 2021
TIME: 7:30 a.m. to 8:30 p.m.
PLACE: Broadway and 7th Avenue between 43rd & 47th Streets
Media Check-In will be located on the southwest corner of the Broadway Plaza at 46th Street and 7th Avenue.
REGISTER: [TSQ.org/Solstice](https://www.TSQ.org/Solstice)

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