



MEDIA VIDEO, PHOTO & INTERVIEW OPPORTUNITY

YOGIS RETURN TO TIMES SQUARE FOR THE 21st ANNUAL SOLSTICE IN TIMES SQUARE: MIND OVER MADNESS YOGA

On Wednesday, June 21, 2023 from 7:30 am to 8:30 pm, Times Square Alliance will host an all-day outdoor yoga event to celebrate the Summer Solstice, offering seven free yoga classes from sunrise to sunset.

WHO: Tom Harris, President of [Times Square Alliance](#); Douglass Stewart, Solstice in Times Square Co-founder; thousands of yogis; and many more.

WHAT: For over 20 years, yogis have come to Times Square to participate in an annual all-day outdoor yoga event to celebrate the Summer Solstice. On [June 21, 2003](#), three people did yoga at sunrise in Times Square – two became the co-founders of Solstice in Times Square: Mind over Madness Yoga. Over the past 20 years this single event has grown to welcome thousands of yogis taking multiple classes throughout the day and filling one of the busiest intersections in the world with peace and calm.

This year, **Solstice in Times Square: Mind Over Madness Yoga** takes place on **Wednesday, June 21st from 7:30 a.m. to 8:30 p.m. at the intersection of Broadway and 7th Avenue between 44th & 48th Streets.** Yoga Village between 44th and 45th Streets will feature booths, giveaways, and activities.

The Alliance has partnered with sponsors that include the Consulate General of India, New York, Dave's Killer Bread, Lifeway Foods, smartwater, and So Delicious. Registered participants who attend will receive a free yoga mat courtesy of event partner Peloton.

Visit www.TSQ.org/Solstice for more information and upload yoga photos and tag them with #SolsticeTSq across various social media platforms, and follow live coverage on Facebook.com/TimesSquareNYC, @TimesSquareNYC on [Twitter](#) and [Instagram](#), and TimesSquare.nyc on [Tik Tok](#).

WHEN: **Wednesday, June 21, 2023 from 7:30 am to 8:30 pm.**

- 7:30am - 8:30am: instructed by Douglass Stewart (event co-founder)
- 9:30am - 10:30am: instructed by Kirra Michel (presented by Peloton)
- 11:30am - 12:30pm: instructed by Ruchika Lal (presented by Consulate General of India, New York)
- 1:30pm - 2:30pm: instructed by Marco Rojas
- 3:30pm - 4:30pm: instructed by Nyota Nayo
- 5:30pm - 6:30pm: instructed by Joseph Encinia

- 7:30pm - 8:30pm: instructed by Matt Boylin

WHERE: Broadway and 7th Avenue between 44th & 48th Streets
Media Check-In will be located on the southeast corner of the Broadway Plaza at 46th Street and 7th Avenue.

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About the 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.TSq.org