

Free Yoga in the Park for Allentown Youth!

The City of Allentown is proud to partner with the Prayush Sinha Foundation this summer to provide free yoga in the park for youth ages 9-18. Yoga in the Park is led by certified instructor Prabha Sinha, founder of the Pratyush Sinha Foundation. Yoga can provide youth and adults with the tools to be confident, balanced and strong, and Allentown's parks offer an excellent venue for this meditative exercise.

Yoga in the Park is running at two locations: Thursdays at 5:30pm at the Arts Park and Saturdays at 9:30am at Cedar Creek Parkway. The Arts Park is located on 5th Street between Linden & Hamilton streets, and Cedar Creek Parkway's class meets at the Rose Garden Pavilions off of Honochick Drive.

The Yoga in the Park program is free for youth ages 9-18 thanks to collaboration between the city and the Prayush Sinha Foundation. The Foundation's mission is to improve the quality of life for children in the United States and India by enabling youth with tools for success. One of these tools is through yoga, which teaches mindfulness and being a useful and positive influence on society.

For more information, please contact the City of Allentown Department of Parks & Recreation at 610-437-7750 or visit us at www.facebook.com/AllentownParkandRec.