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For Immediate Release

**YOGIS RETURN TO TIMES SQUARE FOR THE 20TH ANNIVERSARY OF
SOLSTICE IN TIMES SQUARE: MIND OVER MADNESS YOGA**

*Seven Free Yoga Classes and newly announced wellness segments at the Crossroads of the World
from sun rise to sun set.*

(Times Square, N.Y. – June 21, 2022) – For 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**, presented by [Alpha Girl Club](#) – takes place on **Tuesday, June 21st from 7:30 a.m. to 8:30 p.m. at the intersection of Broadway and 7th Avenue between 44th & 48th Streets.** Media Check-In will be located on the northeast corner of the Broadway Plaza at 45th Street and 7th Avenue.

Registrations can be made for an in-person classes here: TSQ.org/Solstice.

“Having just welcomed over 400,000 people in one day for the first time since the pandemic, it is time for us to celebrate the sun and the summer season to come,” said **Tom Harris, President of the Times Square Alliance**. “We look forward to welcoming yogis from all over the country to find peace in the, once again, busiest place on the planet, and encourage them to stay in our hotels, eat in our restaurants, and enjoy a Broadway show.”

"20 years of practicing yoga in Times Square on the Summer Solstice points to the strong roots of commitment, steadiness in the face of challenges, ease as useless patterns fall away and the joy that comes from sharing Light," said **Douglass Stewart, Solstice in Times Square Co-founder**.

“In the 20 years since this event began, both New York and the world at large have been through several cycles of darkness and light,” said **Tim Tompkins, Solstice in Times Square Co-founder**. “Let us peacefully celebrate light and love through the solstice ritual on what is, in this part of the planet, the brightest day of year.”

“Alpha Girl Club is thrilled to be partnering with the Time Square Alliance for this year’s Summer Solstice event. We believe everyone has a place for wellness within their lives and this event is a great way for people to integrate wellness more deeply while surrounding and connecting with like-minded individuals,” said **Charles Koh, Co-founder, Alpha Girl Club**.

Participants will have the opportunity to join one of seven free yoga sessions throughout the day on June 21st and visit the Yoga Village between 44th and 45th Streets, which will feature booths, giveaways, and activities. The Alliance has partnered with sponsors that include Alpha Girl Club, Consulate General of India, New York, Gaiam, HEX Performance, Neutrogena, NFT.NYC, Outside.io, Peloton, and smartwater.

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 45th and 48th Streets, the yoga sessions and newly added wellness segments will include:

- 7:20am: Wellness segment by Colin Finlay (presented by Outside.io)
- 7:30am - 8:30am: instructed by Neeti Narula (presented by Outside.io)
- 9:30am - 10:30am: instructed by Ruchika Lal (presented by Consulate General of India, New York)
- 11:20am: Wellness segment by Morgan Zion (presented by Alpha Girl Club)
- 11:30am - 12:30pm: instructed by Douglass Stewart (event co-founder)
- 1:20pm: Wellness segment by Amanda Huggins (presented by Gaiam)
- 1:30pm - 2:30pm: instructed by Maria Margolies (presented by Gaiam)
- 3:20pm: Wellness segment by Dr. Shereene Idriss sharing tips about sun safety and the importance of SPF (presented by Neutrogena)
- 3:30pm - 4:30pm: instructed by Tricia Donegan (Fierce Grace)
- 5:30pm - 6:30pm: instructed by Dr. Chelsea Jackson Roberts (presented by Peloton)
- 7:20 pm: Wellness segment by Morgan Zion, who will lead a meditation focused on cultivating a positive future (presented by Alpha Girl Club)
- 7:30pm - 8:30pm: instructed by Rodney Yee and Colleen Saidman Yee

Detailed instructor bios can be found at TSq.org/Solstice. On June 21, registered participants who attend will receive a free yoga mat courtesy of Gaiam.

Participants and those unable to attend the event are encouraged to stream classes at www.TSQ.org/Solstice, on [YouTube](#), 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, @TimesSquareNYC on [Twitter](#) and [Instagram](#), and TimesSquare.nyc on [Tik Tok](#).

Assets from Solstice in Times Square 2022:

[Photos by Hiram Durán](#) (credit: Hiram Durán for the Times Square Alliance)

[Photos by Michael Hull](#) (credit: Michael Hull for the Times Square Alliance)

For assets from past Solstice in Times Square events please download [video here](#) (credit: Mary Conlon for the Times Square Alliance) and [photos here](#) (credit: Danny Perez for the Times Square Alliance).

For more information on our Presenting Sponsor, Alpha Girl Club, please visit [this](#) link.

Calendar Listing Details

DATE: Tuesday, June 21, 2022
TIME: 7:30 a.m. to 8:30 p.m.
PLACE: Broadway and 7th Avenue between 44th & 48th Streets
Media Check-In will be located on the northeast corner of the Broadway Plaza at 45th Street and 7th Avenue.
REGISTER: TSQ.org/Solstice

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