

**FROM:** Times Square Alliance [www.TimesSquareNYC.org](http://www.TimesSquareNYC.org)  
**CONTACT:** TJ Witham – 646-369-4592 or [tjwitham@tsq.org](mailto:tjwitham@tsq.org)  
Shin-Jung Hong - [shinjung@nicholaslence.com](mailto:shinjung@nicholaslence.com)

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*For Immediate Release*

## **YOGIS RETURN TO TIMES SQUARE FOR THE 21<sup>st</sup> ANNUAL SOLSTICE IN TIMES SQUARE: MIND OVER MADNESS YOGA**

*Seven Free Yoga Classes at the Crossroads of the World from sun rise to sun set.*

(Times Square, N.Y. – June 1, 2023) – 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 21<sup>st</sup> 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 southeast corner of the Broadway Plaza at 46th Street and 7<sup>th</sup> Avenue.

Registrations can be made for in-person classes here: [TSQ.org/Solstice](http://TSQ.org/Solstice).

“It is time once again to celebrate the sun and the arrival of the summer season in Times Square with our annual Solstice in Times Square Mind Over Madness yoga event as we continue to welcome more and more New Yorkers, visitors, and tourists to the Crossroads of the World,” said **Tom Harris, President of the Times Square Alliance**. “We call on yogis from all over the country and world to find peace in the busiest place on the planet, and encourage them to stay in our hotels, eat in our restaurants, and enjoy a Broadway show.”

"Summer Solstice Yoga in Times Square has come to represent how we are connected to each other, to our planet and to the universe. The practice of yoga embraces this idea and Times Square shines its light on it," said **Douglass Stewart, Solstice in Times Square Co-founder**.

“In the over 20 years since this event began, both New York and the world 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.”

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 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.

All classes will also be streamed live at [www.TSQ.org/Solstice](http://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 44th and 48th Streets, the yoga sessions will include:

- 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

Detailed instructor bios can be found at [TSQ.org/Solstice](https://www.tsq.org/solstice).

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

**For assets from last year's Solstice in Times Square event** please download [video here](#) (credit: LiveX for the Times Square Alliance) and photos here by [Hiram Duran for the Times Square Alliance](#) and [Michael Hull for the Times Square Alliance](#).

#### Calendar Listing Details

**DATE:** Wednesday, June 21, 2023  
**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 southeast corner of the Broadway Plaza at 46th Street and 7<sup>th</sup> Avenue.  
**REGISTER:** [TSQ.org/Solstice](https://www.tsq.org/solstice)

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