

**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)

---

*For Immediate Release*

**YOGIS WILL RETURN TO TIMES SQUARE FOR THE 22<sup>nd</sup> ANNUAL  
SOLSTICE IN TIMES SQUARE: MIND OVER MADNESS YOGA**

*Registration is Now Open for Seven Free Yoga Classes at the Crossroads of the World from sun rise to sun set  
on Thursday, June 20*

(Times Square, N.Y. – June 4, 2024) – 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 **Thursday, June 20<sup>th</sup> from 7:30 a.m. to 8:30 p.m. at the intersection of Broadway and 7th Avenue between 43rd & 48th Streets.** Media Check-In will be located on the northeast corner of the Broadway Plaza between 45<sup>th</sup> and 46<sup>th</sup> Streets.

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

“Summer in Times Square is a very special season each year and it’s time once again to celebrate its start with our annual *Solstice in Times Square: Mind Over Madness Yoga* event on the longest day of the year,” said **Tom Harris, President of the Times Square Alliance**. “Yogis from all over the world, we challenge you to find peace at the busiest place on the planet, and once you have, enjoy all Times Square has to offer.”

"Summer Solstice Yoga in Times Square with its inspiring yoga teachers, has become an iconic setting to reaffirm your yoga practice under the Broadway lights and the invigorating sun," said **Douglass Stewart, Solstice in Times Square Co-founder**.

Participants will have the opportunity to join one of seven free yoga sessions throughout the day on June 20 and visit the Yoga Village between 43<sup>rd</sup> and 45<sup>th</sup> Streets, which will feature booths, giveaways, and activities. The Times Square Alliance has partnered with sponsors that include CELSIUS®, Consulate General of India, New York, Gaiam, Lifeway Kefir, Matua Wines, and smartwater. Registered participants who attend will receive a free yoga mat courtesy of Gaiam.

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 Richa Dhekne (presented by Consulate General of India, New York)
- 9:30am - 10:30am: instructed by Cealia Brannan (presented by Gaiam)
- 11:30am - 12:30pm: instructed by Tracye Warfield
- 1:30pm - 2:30pm: instructed by Lara Heimann
- 3:30pm - 4:30pm: instructed by Susan Hu
- 5:30pm - 6:30pm: instructed by Sri Dharma Mittra
- 7:30pm - 8:30pm: instructed by Douglass Stewart (event co-founder)

Detailed instructor bios can be found at [TSq.org/Solstice](http://TSq.org/Solstice).

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

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

#### Calendar Listing Details

**DATE:** Thursday, June 20, 2024  
**TIME:** 7:30 a.m. to 8:30 p.m.  
**PLACE:** Broadway and 7th Avenue between 43rd & 48th Streets  
Media Check-In will be located on the northeast corner of the Broadway Plaza between 45<sup>th</sup> and 46<sup>th</sup> Streets.  
**REGISTER:** [TSQ.org/Solstice](https://www.TSq.org/Solstice)

###

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](http://www.TSq.org)