



## City of Gaithersburg Press Release

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### For Immediate Release

## City Celebrates International Day of Yoga on June 16

**Gaithersburg, MD – (May 14, 2019)** The City of Gaithersburg, in partnership with Opus Yoga and Z Yoga, invites you and your family to celebrate the International Day of Yoga on Sunday, June 16, 2019, from 9:30 to 11:30 a.m. at the City Hall Concert Pavilion, 31 South Summit Avenue.

Enjoy a day of yoga practice and meditation. The free, outdoor program is open to all ages and skill levels. Yoga will be led by Melanie Psaltikis, Kim Thompson, Ingeborg McCright, Susan Young, and Alex Stavitsky-Zeineddin, who will also lead the final meditation. Bring a yoga mat, towel, or blanket and any other props that may assist you with your practice.

Outdoor exercise is offered throughout the summer at the [City Hall Concert Pavilion](#). Drop in on one or all of the free, all-age, open-level classes taking place from 7 to 8 p.m. through August. Develop your mind, body and spirit at **Yoga in the Park** on Tuesday evenings and experience an hour of body-energizing, stress relieving fun with **Zumba in the Park** on Friday evenings (no class on May 17).

Please note these events may be cancelled due to inclement weather. For updates and last-minute announcements, follow [www.facebook.com/GaithersburgRecreation](http://www.facebook.com/GaithersburgRecreation).

For more information call 301-258-6350 or visit [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov).

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