

FROM: Cathedral of St. John the Divine

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CALENDAR LISTING

BODY AND SOUL: YOGA AT THE CATHEDRAL OF ST. JOHN THE DIVINE



On the 2nd and 4th Monday of each month, the Cathedral of St. John the Divine will present 60-minute virtual sessions of gentle yoga and mindfulness meditation, streamed from inside the building's monumental architecture. The first session will be held on Monday, February 22nd from 6:00 PM to 7:00 PM.

Join Mia Michelson-Bartlett, RYT-200 and the Cathedral's Manager of Visitor Services, for a virtual session that will help participants align, ground, and recalibrate from the comfort of their home. This practice uses movement and breath to quiet the mind and connect with something beyond ourselves. It is friendly for everyone from beginners to advanced yogis, and variations will be presented so that each participant can practice comfortably from home without specialized props.

Tickets are \$10/person and can be purchased on the [Cathedral's website](#).

EVENT: Body and Soul: Yoga at the Cathedral of St. John the Divine

DATE: February 22, 2021

TIME: 6:00 PM

LOCATION: This program will take place via Zoom, and log-in information will be sent out before the program.

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