

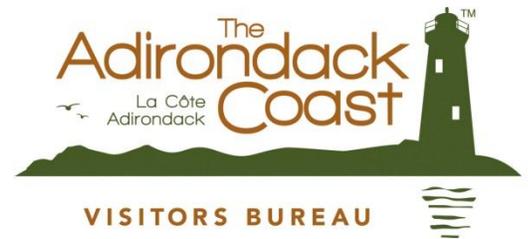
Press Release

For More Information Contact:

Lynda Garrand

518.572.3636

info@trinity3yoga.com



For Immediate Release

**Owner and members of Trinity Yoga LLC plan North Country Yoga Fair for Saturday, August 12
*Newly-announced yoga festival in Downtown Plattsburgh is first of its kind in region***

Plattsburgh, NY– 7/11/2017 – Local yoga studio Trinity Yoga has announced its latest and biggest event, the North Country Yoga Fair, slated to be held on Saturday August, 12th from 7am-8pm in Downtown Plattsburgh with events happening in both Trinity Park and Trinity Yoga Studio at 22A Oak Street. The day-long festival includes a lunchtime lecture, various yoga classes for all ages, levels and abilities, as well as Restorative Yoga and Live Music with the opportunity for sing-along.

With interest in yoga and healing on the rise in Plattsburgh and surrounding areas, owner Lynda Garrand is excited and pleased to expand the offerings of Kundalini, Hatha and Vinyasa Yoga to a greater audience. “It is common to think yoga is just poses, and it’s not. It’s so much more – breath, meditation, sound and deep healing. Our aim is to expand the public’s awareness of what a yoga practice is and how it can accompany any lifestyle, as well as help people to realize that anyone can do yoga. Our hope is that this event will inspire more people to practice yoga and live healthier lifestyles, which benefits our community as a whole.”

The chief organizers, Lynda Garrand and Kimberly LeClaire have over 25 years combined yoga experience and strong roots in the North Country Region. Lynda says, “Plattsburgh’s yoga community has grown so much over the past few years. We really felt like a big event like this would help to showcase all the great talent we have locally. The vast and pristine beauty of the Adirondacks and Lake Champlain are the perfect backdrop to gather and celebrate.”

Tickets for the entire day are \$65.

For more information and to purchase advance tickets visit www.trinity3yoga.com or e-mail info@trinity3yoga.com.

###

About Trinity Yoga LLC

Established in July 2012, Trinity Yoga provides high quality yoga instruction and workshops in the Plattsburgh New York area. Offering classes for all fitness levels, from beginners to advanced students, to balance mind, body and soul for health and wellbeing. Trinity Yoga’s aim is to nourish the entire being to cultivate an inner awareness, spiritual growth and personal transformation. Visit trinity3yoga.com or call 518.572.3636 to learn more.