

**The John F. Kennedy Center for the Performing Arts  
announces**

# **Expanded Schedule for *SOUND HEALTH: Community Yoga***

**Part of its *Sound Health* initiative**

(WASHINGTON)—The Kennedy Center announces an expansion of its popular *SOUND HEALTH: Community Yoga* series, part of its *Sound Health* program. The series began in March with bi-weekly free yoga classes in the Grand Foyer, which continues through September. Starting October 7, classes will take place weekly on October 7, 14, 21, and 28; November 4 and 18; and December 9 and 16. There are no classes November 11 and 25 and December 2, 23, and 30, due to holidays and/or other Kennedy Center events. The weekly schedule continues through August 2018. A calendar of dates and instructors through the end of 2017 can be found on the following page.

Patrons wishing to take part in Community Yoga will be able to sign up for each class starting the Monday prior to the class date. A waiver must also be completed, available online until 3 p.m. the Friday before the class or onsite day-of. Advance sign-up is highly encouraged.

Kennedy Center's Community Yoga is part of its *Sound Health* initiative that focuses on how the arts can improve health and wellness. A complete list of arts and wellness offerings at the Kennedy Center can be found [here](#).

## CALENDAR OF INSTRUCTORS AND DATES THROUGH DECEMBER 2017

Date	Instructor
October 7, 2017	Katie Costello
October 14, 2017	Ellen Devine
October 21, 2017	Jenna Makharita
October 28, 2017	Kelly Carnes
November 4, 2017	Chris Duling
November 18, 2017	Atticus Mooney
December 9, 2017	Kelly Carnes
December 16, 2017	Cory Miller

### ABOUT THE JOHN F. KENNEDY CENTER FOR THE PERFORMING ARTS

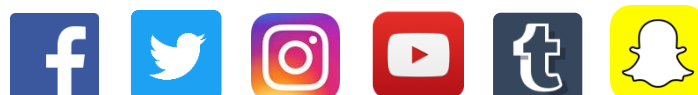
The John F. Kennedy Center for the Performing Arts is America's living memorial to President Kennedy. Under the guidance of Chairman David M. Rubenstein, and President Deborah F. Rutter, the nine theaters and stages of the nation's busiest performing arts facility attract more than three million visitors to more than 3,000 performances each year, while center-related touring productions, television, and radio broadcasts reach 40 million more around the world.

The Center produces and presents performances of music, dance, comedy, and theater; supports artists in the creation of new work; and serves the nation as a leader in arts education. With its artistic affiliates, the National Symphony Orchestra and Washington National Opera, the Center has produced more than 300 theatrical productions, and dozens of new ballets, operas, and musical works, in addition to hosting numerous international cultural festivals. The Center's Emmy® and Peabody Award-winning The Kennedy Center Honors is broadcast annually on CBS and annual The Kennedy Center Mark Twain Prize for American Humor is broadcast on PBS.

The education programs of the Kennedy Center, including those of its affiliate VSA, the international organization on arts and disability, have become models for communities across the country and have unlocked the door to learning for millions of young people. Education at the Kennedy Center produces and presents age appropriate performances and educational events, and fosters innovative programming, curriculum, and professional development for students, teachers, and families.

The Center and its affiliates stage more than 400 free performances by artists from throughout the world each year on the Center's main stages, and every day of the year at 6 p.m. on its Millennium Stages, which are also streamed live, online. The Center also offers reduced and complimentary tickets to young people, active members of the military, and the underserved through its MyTix program and offers a Specially Priced Tickets program for students, seniors, persons with disabilities, and others with fixed low incomes.

To learn more about the Kennedy Center, please visit [kennedy-center.org](http://kennedy-center.org).



**#SoundHealth**

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**MEDIA CONTACT**

Rachelle Roe

(202) 416-8443

[rbroe@kennedy-center.org](mailto:rbroe@kennedy-center.org)