



Mindful Turtle Yoga & Wellness

FOR IMMEDIATE RELEASE

**Pop Ups All the Rage for Peaceful Yogic Types, Too:
Mindful Turtle Yoga & Wellness Comes to Montauk**

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MONTAUK, New York – April 23, 2013 – Mindful Turtle Yoga & Wellness based in Stony Brook, NY, has opened their second outpost in the form of a “pop up” location in Montauk, NY at 34 S. Erie Avenue. Owner Danielle Goldstein is thrilled to join the Montauk business community with classes officially beginning on May 3, 2013. Full pricing and class schedule can be found at <http://www.mindfulturtle.com/schedule.php#montauk>.

“Mindful Turtle has thrived in the Stony Brook community for the past four years since we opened our first location,” says Ms. Goldstein. “Montauk is a beautiful place to practice, and we’re honored to bring yoga to this incredible community with our second location.” New wood floors, creative wordage on the walls to inspire mindfulness and excellent teachers promise to mark Montauk’s new pop up business a memorable place on the map.

Intending to serve Montauk’s service community and visitors alike, the studio will feature some of the earliest classes around to support those putting in their full day’s work. Late afternoon classes will help people unwind and get in touch with the natural vibe of Montauk. “We’re also excited to offer special yoga wedding packages,” says Ms. Goldstein. “With Montauk booming as a popular place for nuptials, we’re here to help people feel blissful, centered and ready for their big day.” Mindful Turtle Montauk’s director, Diane Ferraro, adds “Having grown up in Montauk, and having practiced yoga for nearly half my life, I’m excited to stand up as a ‘home grown local’ and support this beautiful hamlet and the people who make it such an exquisite place to be.”

For more information about Mindful Turtle Montauk Yoga, visit <http://www.mindfulturtle.com>. For media inquiries, contact diane@mindfulturtle.com. For class schedule and pricing, visit <http://www.mindfulturtle.com/schedule.php#montauk>.

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