



Mindful Turtle Yoga & Wellness

FOR IMMEDIATE RELEASE

Mindful Turtle Yoga & Wellness Takes Over Stony Brook Location

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STONY BROOK, New York – September 2, 2009 – Mindful Turtle Yoga & Wellness is very pleased to announce they have taken over the yoga studio and facilities located at 1111 Route 25A in Stony Brook, NY. Centrally located in the heart of the Three Village area on the beautiful north shore of Long Island, Mindful Turtle Yoga & Wellness is a yoga studio and full service wellness center serving Stony Brook, Setauket, Port Jefferson, St. James and the surrounding communities.

Mindful Turtle Yoga & Wellness is committed to offering a complete yoga center dedicated to teaching the unifying of all aspects of the self: physical, mental, emotional and spiritual. They believe, “through the practice of yoga, a meaningful and peaceful life can be achieved. Yoga is a lifestyle devoted to empowering the mind, body and spirit.”

Danielle Goldstein, the founder of Mindful Turtle Yoga & Wellness, has been devoted to the practice of yoga for the past 10 years. She completed her 200 hour training with Yoga Teacher Training Institute under the guidance of Ma Mokshapriya Shakti and Marianne Mitsinikos. Currently, she is working toward her 500 hour certification to further enhance her practice and teaching.

Mindful Turtle Yoga & Wellness is dedicated to fully supporting the growing local yoga community and to providing the highest quality yoga and wellness services. Ms. Goldstein says we should “look for new and exciting workshops as well as continuing changes and improvements at the center.” She wants students to “offer any suggestions on what you would like to see and experience at Mindful Turtle Yoga & Wellness”, and adds they “want to thank all of our students for their ongoing support and dedication to the powerful practice of yoga.”

For more information about Mindful Turtle Yoga & Wellness, including classes and pricing, visit <http://www.mindfulturtle.com>. For media inquiries, contact danielle@mindfulturtle.com

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