



FOR IMMEDIATE RELEASE

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**PALACE THEATER SETS THE STAGE FOR A HEALTHIER LIFESTYLE
Waterbury Performing Arts Center Offers Six-Week Yoga Class for All Ages**

WATERBURY, Conn. – The Palace Theater in Waterbury is helping patrons set the stage for a healthier lifestyle by offering its second, six-week yoga course of the year, which will take place on Monday evenings from Mar. 21 through Apr. 25. Each session is \$20, and participants can register in advance at palacetheaterct.org, or by calling the Box Office at 203-346-2000. Drop-ins are also welcome.

Participants of all ages and skill levels are invited to relax their mind and sculpt their bodies by practicing the ancient discipline of yoga in the beautiful halls of the historic theater. Each class is one-hour in length and takes place after normal work hours from 5:15 p.m.- 6:15 p.m.

The classes' certified instructor Lisa Zembruski has been practicing yoga for over 25 years and has studied various types of yoga including Hatha, Baptiste Vinyasa flow, Bikram, Kundalini, and Iyengar. Her depth of experience includes teaching meditation, yoga Pilates fusion, kundalini yoga, and vinyasa power yoga for all ages, including children, teens, and senior citizens.

Space for the Palace Theater's yoga program is limited to the first 30 registrants, and participants are responsible for bringing their own yoga mats. For more information, call the Box Office at 203-346-2000.

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About the Palace Theater

The Palace's primary purpose is to revitalize the Greater Waterbury community through the presentation of the performing arts and educational initiatives in collaboration with area cultural and educational institutions. Its mission is to preserve and operate the historic Palace Theater as a performing arts center and community gathering place that provides a focal point of cultural activity and educational outreach for diverse audiences.

For more information, visit: www.palacetheaterct.org.

The Palace Theater gratefully acknowledges support by Comcast, Crystal Rock, Webster Bank, Bank of America, City of Waterbury, CT DECD Office of Tourism, ION Bank, Republican-American, and WATR Radio.