



City of New Bedford
Jonathan F. Mitchell, Mayor

City of New Bedford
Office of the Mayor
Contact: Jonathan Carvalho
(508) 979-1410
icarvalho@newbedford-ma.gov

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P R E S S R E L E A S E

Note: Attached photos courtesy of Jeff Costa for media use

City of New Bedford and yoga/ meditation trainer will continue 'Meditate in the Park' on Fridays through August 25, open to public

New Bedford, Massachusetts – The City of New Bedford and Jeff Costa, a personal trainer in yoga, fitness and meditation, will continue the popular 'Meditate in the Park,' program running Friday afternoons through Friday, August 25.

The program started June 2 and was initially slated to last a month, but has been extended through the end of the summer. Costa will continue to host the program at the park at Custom House Square from 4:10 p.m. to 4:30 p.m. A new location for inclement weather will be added as well, at the theater in the National Park Visitor Center located at 33 William Street.

The public is invited to the twenty-minute sessions of quiet and community, an opportunity to unplug at the end of the week. The City has partnered with Costa to offer the program to residents and the Department of Personnel has reached out to City employees with information on this program, which has been incorporated into the overall wellness program offered to employees.

“Evidence continues to accumulate in support of the individual and collective benefits of meditation. Studies suggest that many stress-aggravated conditions – anxiety, depression, high blood pressure, heart disease, sleep disorders, and more – may be helped by this simple practice,” said Costa. “And there is even research to suggest the existence of a ripple effect of well-being in the surrounding environment when groups of people meditate together.”

Costa is a highly respected retreat leader, teacher trainer, group instructor and personal trainer in yoga, fitness, and meditation. He also serves on the New Bedford Human Relations Commission and is a proud resident of downtown New Bedford.

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