



City of New Bedford  
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## P R E S S   R E L E A S E

### **City of New Bedford and yoga/ meditation trainer invite residents to 'Meditate in the Park' on Fridays June 2 through July 7**

**New Bedford, Massachusetts** – The City of New Bedford and Jeff Costa, a personal trainer in yoga, fitness and meditation, invite the public to 'Meditate in the Park,' a program running Friday afternoons from June 2 through July 7.

Each Friday from June 2 through July 7, Costa will host the program at the park at Custom House Square from 4:10 p.m. to 4:30 p.m.

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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