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Free Outdoor Yoga, Salsa, Belly Dancing and Capoeira Classes in Chelsea throughout Summer 2010

Open to the public, classes take place each evening at 14th Street Park & 14th Street Triangle

NEW YORK – Chelsea Improvement Company is helping people stay fit and active this summer with **free outdoor yoga, salsa, belly dancing and capoeira classes that are open to the public**. Taking place at the 14th Street Park located on 15th Street and 10th Avenue and the 14th Street Triangle located at the cross-sections of 14th Street, Hudson Street and Ninth Avenue, Chelsea Improvement Company is encouraging folks to get up, get out and get moving this summer.

The schedule for the free classes are as follows:

- **Yoga classes with Laughing Lotus**
14th Street Park on 15th Street and 10th Avenue
Wednesdays, 7 p.m. to 8 p.m.
June 2 to Sept. 1
Laughing Lotus' signature style of vinyasa yoga is a physical celebration of life with creativity and soul that embraces individuality.
- **Salsa classes with Talia from Stepping Out Studios**
14th Street Triangle at Hudson Street and Ninth Avenue
Thursdays, 6:30 p.m. to 9 p.m.
XXX to XXX
Bring a friend and feel the rhythm with internationally acclaimed Stepping Out Studios, as you're introduced to salsa partner dancing in a fun friendly atmosphere.
- **Belly dancing classes with Lisa Rickenbacker**
14th Street Park on 15th Street and 10th Avenue
Tuesdays or Thursdays, 6 p.m. to 7 p.m.
XXX to XXX
Learn to belly dance with the Sharqui technique, a safe introduction for beginners and experienced dancers that strengthens your core while increasing speed and stamina.
- **Capoeira classes with Luando**
14th Street Triangle at Hudson Street and Ninth Avenue
Wednesdays, 6:30 p.m. to 7:30 p.m.
XXX to XXX
Come experience the Afro-Brazilian art of capoeira, a complete body workout that fuses martial arts with music and dance.

These summer classes are a part of Chelsea Improvement Company's overall goal to provide the neighborhood with improved amenities and services. In partnership with Taconic Investment Partners, Jamestown Properties and The Related Companies, Chelsea Improvement Company was formed two years ago and has resulted in the planting of more than 600 trees; the installation

of more than 400 lights; new planters, tree pits and lighted street signs; graffiti removal; additional taxi stands; and much more.

About Chelsea Improvement Company

Chelsea Improvement Company (CIC), founded in 2007 by Dan Biederman in partnership with Taconic Investment Partners, Jamestown Properties, The Related Companies, and Belvedere Capital Management, was formed with the aim to redevelop the public realm in the lively blocks surrounding Chelsea Market. Funded through voluntary contributions by neighborhood real estate owners, CIC immediately began improving the area by designing, developing and installing a line of custom streetscape elements that pay homage to the neighborhood's industrial past, while reflecting its present status as an upscale dining, retail and nightclub district. The line includes façade-mounted pedestrian lighting, a parking regulation sign system, tree pit treatments, and lit street signs. CIC also installed taxi stands, and added tables, chairs, umbrellas, planters and free programming to neighborhood public spaces.

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