



**FOR IMMEDIATE RELEASE**

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### **Yoga in the Tulips Returns**

HOLLAND, Mich. – March 4, 2019, Tulip Time® Festival ([www.tuliptime.com](http://www.tuliptime.com)) is pleased to announce the return of Yoga in the Tulips, presented by Blue Cross Blue Shield of Michigan.

March is finally here, and with it comes the hope for signs of spring. For the second year, Tulip Time will be offering a soothing way to wind down and take in the beauty of the tulips.

Each of the 60-minute sessions incorporate an all-level, gentle yoga flow that is perfect for the beginners as well as more experienced yogis. Yoga in the Tulips is light-hearted, growth-focused, and will leave you very relaxed. All sessions will be led by Jessica Bradley of Happy Soul Yoga!

The morning and evening sessions will be held outdoors at one of the City of Holland's most spectacular tulip gardens – Window on the Waterfront. Yoga in the Tulips is offered on Sun., May 5 at 10a, Mon., May 6 at 7p, Tues., May 7 at 7p and Sun., May 12 at 10a.

We encourage registration for these sessions. There is no registration fee, but a suggested donation of \$10 benefiting the Tulip Time Festival (a 501c3 not for profit organization, tax ID 38-1266660) is appreciated upon arrival. Since the sessions are held outdoors, weather conditions will be monitored and registered participants will be notified of cancellations if conditions are not optimal. For complete details and to register for these sessions visit [www.tuliptime.com/yoga](http://www.tuliptime.com/yoga).

#### **Find more Tulip Time information –**

The 2019 Tulip Time Festival Guide is now available online at [www.tuliptime.com/brochure](http://www.tuliptime.com/brochure). This guide contains all of the details for these and all other shows and events. Printed copies are now available. Join our mailing list at [www.tuliptime.com/join](http://www.tuliptime.com/join).

*Join the dance* as we “paint the town orange” at Tulip Time’s 90<sup>th</sup> Anniversary celebration May 4-12, 2019. Tickets for all events can be purchased online at [www.tuliptime.com](http://www.tuliptime.com), in person at the Tulip Time Festival Box Office located at 42 West 8<sup>th</sup> Street, Holland, Michigan, or by phone at 800-822-2770.

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