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NEW STUDIO SET TO OPEN AT MORRISTOWN'S SOUTH STREET YOGA

"Empowerment" will offer a new array of classes, trainings and events to the entire community; kicking off with a March 16 ribbon-cutting and grand opening day

MORRISTOWN, N.J., February 2024] —South Street Yoga and Nutrition (SSYN), a Morristown fixture since 2014, is proud to announce the opening of a second studio in its building at 40 Mills Street. The new space, named The Empowerment Studio @SSYN, will have its grand opening on March 16, SSYN's tenth anniversary, and will be a fresh and exciting new addition to the health and wellness community of Morris County and beyond. Innovative events, classes and trainings will be Empowerment's hallmark, and all members of the community are welcome, regardless of skill or previous experience.

In addition to the many classes already offered at South Street Yoga, Empowerment will be presenting a number of new programs and initiatives, including 200-hour Teacher training, classes on Ayurvedic concepts and traditions, tarot and spirit readings, specialized yoga classes such as chair yoga, massage yoga, kids' and teens' yoga camps, and yoga for specialized populations such as people with developmental or physical disabilities. SSYN founder and owner, Debbie Weinstein, holds a Master's degree in Clinical Nutrition and will be holding nutritional workshops at Empowerment as well.

The Empowerment Studio @SSYN's grand opening will take place on Saturday, March 16. Morristown Mayor Tim Dougherty will preside over the ribbon-cutting at 12 pm, followed by food and snacks sponsored by the Dougherty Group at Compass Realty and Green Point Juicery. Events will continue throughout the afternoon, and will include restorative yoga, yoga massage, Kundalini yoga, tarot card readings, and an Ayurvedic tea ceremony. All events are free and everyone is welcome.

"I am incredibly excited for the opening of The Empowerment Studio at SSYN in less than two months," says Weinstein. "The desire to expand our identity and studio offerings has been there for years, but it was always a question of space. Now, with our expansion in our wonderful building on Mills Street, we'll be able to bring even more into the local yoga and wellness community. We have built such a supportive and diverse group of students here, and I want to emphasize that all are welcome here, and we are honored to offer these new concepts to our growing community."

Although not officially opening until March 16, Empowerment has already unveiled two events that together encompass the flavor of the new studio. The first, a collaborative spirit art and medium reading event on March 19, will bring together three spirit mediums to discuss the techniques of spirit reading, mediumship, and healing balance. The second, a daylong Spring Refresh Retreat, scheduled for April 20, will feature vinyasa, restorative, and meditation practice, vision boarding and a muscle fascia workshop, as well as specially-prepared breakfast and lunch from a local chef. Both events can be signed up for at the link below.

Visit <https://www.southstreetyoga.com/empowerment-studio.html> for more information on the new studio, and email info@southstreetyoga.com to be placed on the mailing list to stay informed of new events as they are announced!

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