

FOR IMMEDIATE RELEASE



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PRANA PRENATAL YOGA PRESENTS THE INAUGURAL PRANA PRENATAL & NEWBORN EXPO

Rye, NY – [Prana Prenatal Yoga](#) will present the inaugural Prana Prenatal & Newborn Expo, taking place on Saturday, October 23, 2021 at The Space at Westchester Avenue.

When a family is expecting or newly postpartum, it can be overwhelming for them to figure out what they need to prepare for their new lives. As is the case with a lot of Westchester County families, many just moved from the city or out-of-state and have no idea where to begin. There are so many services ready to help them out and many are right in their backyard!

In addition to the Expo, Prana will host 20-minute educational breakout sessions from some of the area's leading experts in the fields of prenatal yoga, childbirth, lactation, and perinatal mental health.

Our expo is for local businesses so attendees get that personal connection. The majority of our vendors are small business owners and moms themselves so this event will be supporting local entrepreneurs and attendees will get insight from those that have been there!

TICKETS AND VENUE INFORMATION

Tickets to the **Prana Prenatal & Newborn Expo** are \$25.00. They will be sold in timed blocks (10am-12pm, 12-2pm, 2-4pm) to limit crowds. Tickets must be purchased in advance at www.pranaprenatalyoga.com/expo. There will be no onsite ticket sales.

The Space at Westchester Avenue is located at 2125 Westchester Avenue in Rye, NY, just off the Cross Westchester Expressway.

HEALTH AND SAFETY MEASURES

The health and safety of our attendees and vendors is of the highest priority. The Space at Westchester Avenue is 6500 square feet of open space. We are limiting the number of vendors and attendee tickets to ensure plenty of distance. The venue will remain at less than 70% capacity throughout the day.

The other following health and safety measures will be in place:

- Tickets will be sold in timed blocks to limit crowds.

- Masks are required for ALL attendees and vendors over the age of 2, no matter vaccination status. We will have extras on hand.
- There will be no onsite ticket sales to limit touchpoints and check in staff will be wearing gloves.
- Hand sanitizer will be abundant throughout the venue and at each vendor table.
- We will be disinfecting high touch areas every hour and after each educational session.
- Doors and windows of venue will remain open for steady airflow.
- Check in table will be located outdoors to limit indoor lines and congregation.

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ABOUT PRANA OWNER MARISSA GOULBOURNE

Marissa took over as owner of Prana Prenatal Yoga in July 2020. She began practicing yoga regularly in 2014 as a way to cross-train for the NYC Marathon. She deepened her practice in 2016 during her pregnancy, and credits yoga with not only helping her through labor and delivery, but also with strengthening the bond between her and her unborn child. Having spent nearly 15 years working in urban education, Marissa has a passion for empowering children of all ages and helping them succeed. She completed her 200-hour training at Yoga Haven with Betsy Kase, and lives in Westchester County with her husband and daughter.