



Local briefs

Land trust panel gets grant to design Rail Trail brochure

KINGSTON – The Kingston Land Trust Rail Trail Committee was one of 11 applicants from 40 submissions to receive a capacity building grant from Parks & Trails NY to create a brochure that will serve as a recruitment tool to gain public involvement for the proposed Kingston Point Rail Trail project.

The Kingston Land Trust Rail Trail Committee is dedicated to the planning, development, utilization and maintenance of rail trails and other non-motorized linkages in the City of Kingston. Its goal is to connect the City of Kingston with a network of trails, bike paths and streets that connect rail trails from the Walkkill Valley, Rondout Valley, Catskill Mountains and Kingston Point with a Midtown Hub along the Broadway Corridor.

For more information, contact Executive Director Rebecca Martin at 845-877-5263 or kingstonlandtrust@gmail.com.

Rhinebeck yoga studio offers 4 free classes for veterans

RHINEBECK – In an effort to help welcome home U.S. troops, Satya Yoga will offer four free classes to any combat veteran in association with the national service organization Yoga For Vets. The studio is at

6400 Montgomery St.

“Research conducted by Harvard and funded by the Department of Defense, has shown yoga to be effective in reducing anxiety, stress and depression, as well as alleviating the flight or fight response,” said Paul Zipes, a former Navy diver who founded Yoga For Vets.

Veterans interested in participating can call 845-876-2528 for information or visit www.satyayogacenter.us to review class descriptions and choose a style and level of class to fit their needs.

For more information on Yoga For Vets, visit www.yogaforvets.org.

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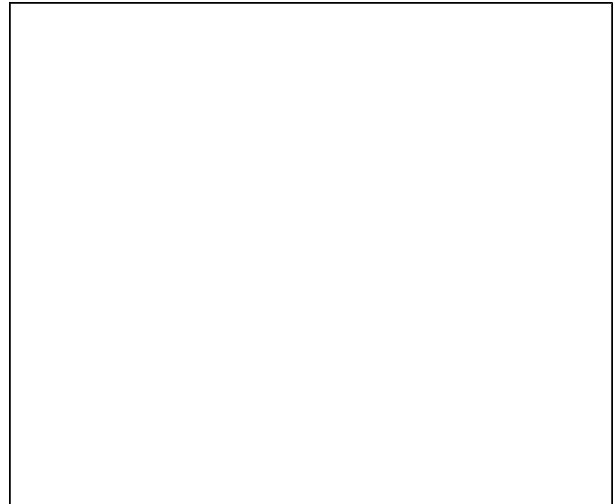
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