

New Bedford's 'Meditate in the Park' every Friday from 15 Jun through 17 Aug

The City of New Bedford and Jeff Costa, a personal trainer in yoga, fitness and meditation, once again invite the public to 'Meditate in the Park,' a program running Friday afternoons from June 15 through August 17. Last summer, Costa and the City launched the program to promote wellness for residents and employees alike.

Each Friday from June 15 through August 17, Costa will host the program at the park at Custom House Square from 4:00 p.m. to 4:30 p.m. In case of rain, the meditation program will move indoors to the Co-Creative Center, 137 Union Street (across Barkers Lane from Custom House Square).

The public is invited to the twenty-minute sessions of quiet and community, an opportunity to unplug at the end of the week. The City has partnered with Costa to offer the program to residents and the Department of Personnel has reached out to City employees with information on this program, which has been incorporated into the overall wellness program offered to employees.

"Studies suggest that many stress-aggravated conditions – anxiety, depression, high blood pressure, heart disease, sleep disorders, and more – may be helped by the simple practice of meditation," said Costa. "Research also suggests the existence of a ripple effect of well-being in the surrounding environment when people meditate together as a group." Costa is a highly respected retreat leader, teacher trainer, group instructor and personal trainer in yoga, fitness, and meditation. He also serves on the New Bedford Human Relations Commission and is a proud resident of downtown New Bedford.