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FOR IMMEDIATE RELEASE

**The Prancing Peacock Yoga Studio Announces Partnership
with HomeFront:**

Free Yoga Classes Teach Mindfulness, Stress Management at NJ-based Homeless Shelter and Social Services Provider

Yardley, PA – July 30, 2019 – The Prancing Peacock Yoga Studio today announced an exciting new partnership with [HomeFront NJ](#) – a nonprofit dedicated to ending homelessness in Central New Jersey by harnessing the caring, resources and expertise of the community. Beginning in August, teachers from [The Prancing Peacock's](#) renowned teacher training program will lead free, gentle yoga classes for clients taking part in HomeFront's WorkFirst/Hire Expectations program and individuals currently residing in HomeFront's emergency housing.

Operating out of HomeFront's Family Preservation Center located in Ewing, NJ, WorkFirst/Hire Expectations takes a holistic approach to getting families back on their feet – going beyond simply providing shelter by offering practical tools to help adults find and retain jobs or continue their educations. Computer training, employment preparedness, resume and cover letter writing, interview training, and customer service coaching are just a few of the many classes offered through the program.

Amy Lustig, Higher Expectations Director for HomeFront comments, "Many of our clients come into this program eager and excited to learn but also face the sometimes overwhelming challenge of balancing their coursework and employment searches with parenting obligations and the stresses of daily life. It is our hope that through these yoga classes, our clients can learn healthy ways to overcome and manage stress and anxiety." Amy continues, "As I've had the good fortune of being a student at The Prancing Peacock, I've not only experienced firsthand the tremendous benefits of yoga, but I've also seen the care and dedication every single teacher has towards their students. It's a truly special place with a similar mission -- which makes it a natural fit for us."

Dedicated to giving back to the community it serves, The Prancing Peacock maintains numerous community partnerships and donation-based classes to address specific needs in the Delaware Valley. Liz Conner, Owner of The Prancing Peacock comments, "When I founded the studio more than 15 years ago, my vision was to create a place where people of all walks of life could find a sense of belonging. There's intention behind everything we do here. We're not just teaching yoga – we're working to make a difference in the lives of everyone who walks through our doors. We are thrilled to team up with HomeFront, an organization whose mission aligns so closely with ours, to make a difference in the lives of these incredibly brave individuals."

About HomeFront (www.homefrontnj.org)

Since its founding 27 years ago, HomeFront has worked to end family homelessness in Central New Jersey by breaking the cycle of poverty through the provision of shelter, skills for a self-sustaining life and hope. HomeFront has developed a sophisticated network of supportive housing and social services for very low-income households who are either homeless or at high risk of becoming so. HomeFront has also transformed buildings – taking a decommissioned Navy training station, managing a \$6 million makeover to become a Family Campus and creating an inviting haven for homeless families yearning for stability and success. For more information, visit www.homefrontnj.org.

About The Prancing Peacock (www.prancingpeacock.com)

Nestled in the heart of picturesque Bucks County sits The Prancing Peacock – a family-owned-and-operated yoga studio dedicated to the pursuit of physical, emotional, and spiritual well-being. Born out of a profound respect and devotion to the practice of Yoga (and a little bit of creative madness), the Prancing Peacock began with a handful of dedicated students and quickly bloomed into a community unlike any other. Over the last 15 years, The Prancing Peacock has grown to include two inspiring locations, an advanced yoga school, integrative partnerships, and an onsite energy spa. The studio has provided yoga to over 10,000 students and trained over 350 insightful and compassionate teachers, many of whom have gone on to open premier studios across Pennsylvania and New Jersey. For more information, visit www.prancingpeacock.com.

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