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## **CITYLINE STRONG: YOGA IN THE PLAZA RETURNS THIS FALL FOR SEVENTH SEASON**

*Reef Point Yoga leads free outdoor classes open to all ages and fitness levels*



**RICHARDSON, Texas** – (Aug. 8, 2019) – Join [CityLine](#) this fall as they partner with [Reef Point Yoga](#) for free classes as part of the CityLine Strong series in the great outdoors on Saturdays at 9 a.m. in September and October.

These complimentary [classes](#), which are designed for all levels and open to children, will take place in the CityLine Plaza, located at 1150 State Street. Beginners are encouraged to experience the freedom of practicing outside in a fun, family-friendly environment. Classes are led by certified instructors from Reef Point Yoga. Bring a mat and a friend!

“Yoga in the Plaza has grown tremendously over the seasons. There is a lot of fun energy, and people of all levels can enjoy an outdoor class. The opportunity to partner with CityLine while giving back to the community has been a wonderful experience for Reef Point Yoga,” said Dain Ehring, Reef Point Partner.

CityLine Strong began Yoga in the Plaza in the fall of 2016 and has since gained momentum. Each year produces a great turnout and offers a fun way to get fit. Yoga boasts benefits such as increased flexibility, strength and mind-body awareness.

Complimentary parking is located in the CityLine garages and along State Street. First time attendees need to complete a waiver, which can be completed and submitted [online](#) or on-site before the class. Please arrive 15 minutes early to park, complete registration and set up your mat. Classes are weather permitting, so be sure to check the [CityLine Facebook page](#) for updates.

After yoga, stick around for brunch or lunch at Char'd, F&F Express, Fernando's Mexican Cuisine, Good Union Urban BBQ, Tricky Fish or Top Pot Doughnuts. For more information, visit [citylinedfw.com](http://citylinedfw.com) or follow CityLine on [Facebook](#), [Twitter](#) and [Instagram](#).

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### **About ReefPoint**

Reef Point Yoga is an award-winning contemporary yoga and mindfulness center next to CityLine in Richardson. Reef Point offers a variety of memberships and classes every day in a beautiful and body safe environment. In addition, it partners with many forward high growth companies and universities in the DFW area to provide classes and mindfulness training on-site.

### **About CityLine**

CityLine is a 204-acre transit-oriented development in Richardson, Texas, featuring a dense mix of office buildings, apartments, restaurants and open space, with easy access to two major highways and the DART light rail system. CityLine's current development phase includes more than 50 dining and retail options with Whole Foods Market as anchor, an Aloft hotel, seven office buildings home to State Farm and Raytheon, two parks with access to regional hike and bike trails, and a wellness office building anchored by Texas Health Resources and Children's Medical Center.

At full build-out, CityLine will contain 5 million square feet of office space, 3,925 multifamily residential units, more than 75 dining and service retail options, and two hotels. Approximately 30,000 people are expected to live and work at CityLine.