



For Release: July 11, 2024  
Contact: Theresa Kennedy  
716-829-1158 / 716-803-4281 (cell)  
[tkennedy@sheas.org](mailto:tkennedy@sheas.org)

## **Yoga on the Stage Offered at Shea's Buffalo**

Hosted by the Shea's Young Professional's  
Proceeds Benefit On-Going Restoration

The public is invited to a unique opportunity to experience yoga on the Shea's Buffalo Stage. The ticketed event will take place on Wednesday, July 24th at 6:00pm. Proceeds from the event benefit on-going restoration work at the nearly 100-year-old Shea's Buffalo Theatre.

A \$40 ticket includes a one-hour, all-levels yoga class under the lights, on the Shea's Buffalo stage, to Broadway music. The class will be led by Power Yoga Buffalo instructor Courtney Boland. Following the class, participants will have the opportunity to take photos from the stage, hear about preservation efforts, and receive one complimentary glass of beer courtesy of our friends at Resurgence Brewing Company or wine from our friends at Winkler & Samuels.

Yoga on the Stage is a fundraiser for the historic theater led by Shea's Young Professionals. A limited number of tickets are available. For more information or to purchase tickets visit: <https://www.sheas.org/performances/yoga-on-the-stage/>

###