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‘Rock Your Lunch’ returns to King of Prussia for sixth year

By [Gary Puleo](#), The Times Herald

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UPPER MERION >> With an arsenal of hard-driving guitars and boisterous horns between them, the Road Dogs and Swift Technique Collective are set to hit all the right notes that draw King of Prussia workers out from their offices and onto the Arkema Inc. front lawn at 900 First Ave. in the King of Prussia Business Park for the Sixth Annual Rock Your Lunch Summer Concert Series.

Produced by the King of Prussia District (KOP-BID), the free concerts are held Thursdays from 11:30 a.m. to 1:30 p.m. and are also open to residents.

Philadelphia-based band the Road Dogs kicked off the series on Thursday with the band’s tribute to the seldom-heard side of classic rock. The remaining Thursdays will be covered by Swift Technique Collective.

“We saw all these employees in the park walking around during their lunch and we thought we needed something exciting for them to do, so we created this lunch concert series four years ago in the hope that it would get people to walk from their office, engage with each other, network, learn about a new business in King of Prussia and also enjoy free live music,” Brooke Pompe, KOP-BID marketing and communications director, had said about how the idea began six years ago.

In keeping with the lunchtime theme, crowds will get to sample King of Prussia’s ever-growing culinary scene, with a variety of restaurants showcasing their specialties. Taking over the menu for opening day June 8 was b.good, Davio’s Galleria and del Valle.

On June 15, it’s Maggiano’s Little Italy, Paladar Latin Kitchen & Rum Bar and Shake Shack in the spotlight.

The June 22 crowd will be treated to Mission BBQ, Mistral KOP, Sullivan’s Steakhouse and sweetgreen, while those gathered on June 29 will enjoy samples from Outback Steakhouse, Shake Shack and sweetgreen.

The outdoor concert spirit has also inspired many workers to organize their own potluck picnics over the years.

Further energizing the workweek, the seven-week Yoga Happy Hour series returns for its fourth year.

The free hour of instruction by King of Prussia-based Stillpoint Yoga Studios will be held outdoors on Tuesdays in June and July, from 5 to 6 p.m., at the King of Prussia Town Center pavilion, 155 Village Dr., King of Prussia.

Yoga will be followed by happy hour-style festivities featuring freebies and specials from the ever-expanding roster of Town Center restaurants.

“An active and engaged community of residents and employees is essential for a thriving township,” said KOP-BID executive director Eric Goldstein. “That is why we plan nearly three dozen events every year to help strengthen our community while supporting our King of Prussia businesses.”

Rock Your Lunch is sponsored by Conlin’s Digital Print & Copy Center, Agile Cat, PNC, Inspire and Coleman/Kellam Team.

Learn more about these events at visitKOP.com/RYL and visitKOP.com/yoga.