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**Mountain Lotus at the Vail Athletic Club Hosts Two-Part
Introduction to Acro Yoga Series**

VAIL, Colo. –September 11, 2007– Mountain Lotus at the Vail Athletic Club, the yoga studio located within the Vail Mountain Lodge & Spa, will host a two-part introduction to Acro Yoga workshop lead by Acro Yoga certified instructors Rachel Nelson and Jason Nemer. The first class will take place on Thursday, September 13 and the second class take place on Thursday, October 18. Both workshops will be held from 5:30 p.m.-8:30 p.m. and will offer a combination of Acro Yoga elements including yoga, acrobatics and Thai massage.

“Acro Yoga blends the spiritual wisdom of yoga, the loving kindness of Thai massage and the dynamic power of acrobatics,” explains Nelson, Mountain Lotus yoga instructor. “These three ancient lineages form the foundation of a unique new practice that cultivates trust, connection and playfulness.”

Thursday’s workshop will be a course designed to teach the fundamentals to the class comprised of mostly first-time Acro yogis. Attendees can expect to participate in a mixture of yoga poses with a partner, basic acrobatic positions as well as an introduction to Thai massage. The second session will also be based on basics, however will incorporate a few more advanced positions.

“Participants will have a lot of fun, will learn about themselves and their peers and feel like little kids again,” says Nelson. “It is helpful to have some knowledge of yoga, but not necessary.”

The cost of the class is \$35 for pre-registered students and \$43, the day of the workshop. Pre-registration to participate in both workshops will be held October 18, from 5:30 p.m.-8:00 p.m. The cost to attend both workshops is \$60. To pre-register either of these workshops, please call the Vail Athletic Club front desk at 970.476.7960.

For more information, contact Kelly Major Heath, Mountain Lotus director, at 970.445.7825 or kelly@mountainlotus.com.

About Mountain Lotus at the Vail Athletic Center

The Mountain Lotus yoga studio recently moved inside the Vail Athletic Club, located at the Vail Mountain Lodge & Spa. The yoga studio offers primarily vinyasa power yoga classes-Baron Baptiste style suitable for both beginners and experienced yoga practitioners.

About the Vail Mountain Lodge & Spa

The Vail Mountain Lodge & Spa is located at 352 East Meadow Drive in the Vail Village a short walk to Vail Mountain. For more information about the Vail Mountain Lodge & Spa visit www.vailmountainlodge.com.

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