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Mountain Lotus Presents Global Mala Project Vail: Yoga as Peace in Action

- *Vail yogis to connect with the worldwide yoga community by participating in 108 sun salutations*

Vail, Colo. –August 28, 2007– Mountain Lotus at the Vail Athletic Club, the yoga studio located within the Vail Mountain Lodge & Spa, will host the first-ever Global Mala Project Vail, an event connecting the Vail Valley with the worldwide yoga community. The event, “Yoga as Peace in Action,” will take place on Saturday, Sept. 22, from 10 a.m. to noon at the Gerald R. Ford Amphitheatre and is free to the community.

Global Mala Project Vail is part of a worldwide yoga practice in which yoga communities across the world will simultaneously form a mala or prayer around the earth by performing 108 sun salutations.

“Mahatma Ghandi said, ‘Be the change you wish to see in the world,’” explains Kelly Major Heath, Mountain Lotus director and lead instructor. “Whatever it is that you stand for, bring that to this event, create intention around it and change our community through intention, prayer and action.”

Heath asserts the event will feel like a well-rounded class and be broken up in a creative flow. Sun salutations will be co-led by Heath, as well as by nationally recognized senior teacher of Prana Vinyasa Flow, Simon Park. Yogis will experience how to practice and offer transformative Yoga Malas, or prayers.

The Yoga Mala – Why 108?

The purpose of the 108 sun salutation cycle is three-fold: activate the body as a conduit of prayer, generate collective consciousness within the community and to raise awareness and funds for various organizations serving the planet.

The number 108 carries spiritual, mathematical, and astronomical significance:

108 is the number of names for Shiva in Hindu philosophy.

108 is the number of Upanishads comprising Indian philosophy's Vedic texts (depending on how you count).

108 is used in Islam to refer to God.

108 is six times the number "18" which is a Jewish good luck number.
108 is the number of names for Buddha.
108 is the number of beads on a Catholic rosary.
108 is twice the number "54", which is the number of sounds in Sanskrit.
108 lines of energy are said to converge to form the heart chakra.
108 has numerological significance in that $1^1 \times 2^2 \times 3^3 = 1 \times 4 \times 27 = 108$.
The diameter of the sun is approximately 108 times the diameter of the earth.

“Whether you complete 108 sun salutations is not the purpose,” says Heath. “The purpose of Global Mala is to show up with fellow yogis and connect with your community and your dharma. Some people may complete 108 and others may complete variations of 27 or 54. People are invited to participate on all levels-practicing sun salutations or visualizing each round more through meditation.”

In conjunction with the United Nations International Peace Day and Fall Equinox on September 21, Global Mala Vail will provide donations offered to the local Efraimson-Sutphen Fund which supports cancer patients with essential living expenses that become burdensome during the treatment of cancer.

The event is free to community and no registration is necessary. For more information, contact Kelly Major Heath, Mountain Lotus director, at 970.445.7825 or kelly@mountainlotus.com.

About Simon Park

Simon Park is an innovative teacher of Vinyasa Flow and Thai Massage. Drawing inspiration from many yogic styles and master teachers, he has developed a truly unique and energetic practice. Park has taught Yoga and Thai Massage workshops nationwide, assisted extensively with Shiva Rea and been featured in the *New York Times* and *Yoga Journal* magazine. Nomadic by nature, Park travels the world to celebrate the pulse of the global yoga community.

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 VMLS visit www.vailmountainlodge.com.

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