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FOR IMMEDIATE RELEASE

**COME INTO THE PRESENT MOMENT WITH GUIDED MEDITATION**

*Practitioner Eric Lavigne to Lead Meditation Classes*

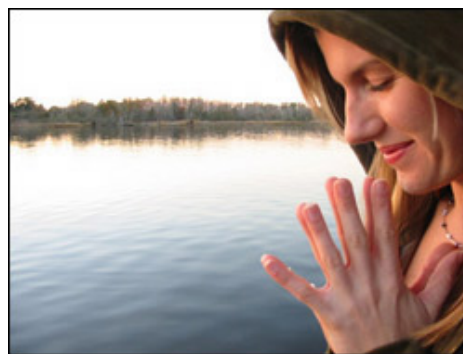
**VAIL, Colorado, Mar. 30, 2006** — Proving yoga is more than physical posture, Vail’s Mountain Lotus Yoga announces Guided Meditation practice with local yogi and meditation instructor Eric Lavigne. Classes begin, 8 a.m. Monday, April 3. Mountain Lotus is the only yoga studio in the Valley to offer Guided Meditation classes.

You begin by sitting. You set a loving intention to concentrate one pointed and become friendly with your mind. Not judging whether these thoughts are good or bad you become more pliable, you begin to notice the thoughts that come and go. Acknowledging those thought patterns can be very difficult at first, because we are so used to having busy minds. This can be especially difficult in our Western culture due to the over stimulation of our minds with the growing influx of computers, televisions, media information, etc. It is not an impossible task to become familiar with your thoughts, it just takes devotion, practice, wisdom, and compassion.

“My goal in opening Mountain Lotus was to bring together practitioners from a variety of disciplines to share their knowledge and skills,” said owner and instructor Kelly Major Heath. “We are not only thrilled to offer Guided meditation at the studio, but also very excited to learn from Eric Lavigne.”

**What is Meditation?**

Swami Kripalu said, “Meditation is the inner journey, the spiritual journey, the journey of the absolute, the journey of divine love.” Meditation is the process of attaining total awareness through the cessation of thought. Sometimes it can even seem virtually impossible to stop following and obsessing over the thoughts racing through our minds- from what we’re going to eat for lunch, to the argument we had with our spouse, to the project deadline at work, to the endless to-do list that we have to complete. We have become conditioned to believe that every minute should count and that we should always be working, doing as much as possible.



On a physical level, regular meditation has been proven to greatly influence the body’s metabolic processes and reduce high blood pressure, depression, and anxiety.

## Guided Meditation at Mountain Lotus 2-2-2-2

“We have many thoughts running through our minds,” said meditation instructor Eric Lavigne. Thoughts range from love, compassion and rejoicing in the happiness of others to negative thoughts including attachment, aversion and jealousy. To recognize and directly experience the nature of your mind is true freedom. By the cultivation and practice of mediation it’s possible to realize where emotion, feelings, and perceptions reside and that is the true beauty.”

### **Eric Lavigne**

Eric R Lavigne has been a resident in the Vail Valley for 14 years. He is currently an Anusara influenced practitioner and has been studying yoga for 9 years thanks to many learned and wonderful teachers. He is a student of Ven Gen-la Chokyi Dhakpa, V.V. Ringu Tulku Rinpoche, and soon to be student of Ven Tenzin Legphel Priyadarshi. “I dedicate whatever merit may be created through these teachings to the flourishing of the Buddhadharma, to peace among sentient beings, and to the long life of his holiness the Dalai Lama and other great spiritual teachers and practioners of all traditions.”

### **Guided Meditation Offered**

Monday/Wednesday 8-9:15 a.m.

### **Guided Meditation Class Description**

This class is based on the teachings and instructions of the Buddhadharma and particularly the Vajrayana and Mahayana teachings. Based on quintessential thought of past, present, and future masters of Indo-Tibetan Buddhism. It is intended to help us gain control of the mind, to free it from being dominated by disturbing emotions, and to increase its familiarity with positive feelings like love, compassion, generosity, patience, and allow our minds to become more serviceable and flexible, our way of speaking and acting more constructive. We will put these teachings into practice by sitting and discussing revealing we need have no hesitation about their effectiveness.

The principal focus of Mahayana teaching is on cultivating a mind wishing to benefit other sentient beings. With the cultivation of meditation and an increase in our own sense of peace and happiness we will naturally be better able to contribute to peace and happiness to others.

Transforming the mind and cultivating a positive, altruistic and responsible attitude is beneficial right now whatever problems and difficulties we may have thereby face them with courage, calmness, and high spirits. These teaching are useful and remain pertinent in our modern times.

For more information on meditation, Eric Lavigne or Mountain Lotus, please contact Kelly Major Heath at 970.445.7825.

### **About Mountain Lotus**

Mountain Lotus offers a variety of yoga styles including Vinyasa Power Yoga, Guided Meditation and Anusara Yoga. Located inside the Gymnastics Center, at 545 N. Frontage Rd, East of the Red Sandstone School in Vail, Mountain Lotus Yoga classes heal, detoxify and exhilarate the body and mind with emphasis on movement, balance and intention. Appealing to everyone from the working professional to the stay-at-home mom, during class, time and space and the worries of the day disappear. Mountain Lotus Yoga classes focus on core strength, balance and flow to build a solid practice based on strength and spirit.

Mountain Lotus Yoga can be contacted by logging on to [www.mountainlotus.com](http://www.mountainlotus.com), calling 970.479.2282 or emailing [kelly@mountainlotus.com](mailto:kelly@mountainlotus.com).