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FOR IMMEDIATE RELEASE

Mountain Lotus at the Vail Athletic Club Hosts Yoga Expert Jamie Allison to Instruct Anusara Workshop: Alignment, What's the Big Deal?

- *Former Vail-based Om Zone Yoga founder will lead an all-level Anusara Workshop on Saturday, July 28 at Mountain Lotus at the Vail Athletic Club*
- *Cost is \$47 for VAC members in advance, \$57 day of; \$55 for non-members in advance, \$65 day of*

Vail, Colo.—July 19, 2007— Mountain Lotus at the Vail Athletic Club, located within the Vail Mountain Lodge & Spa, will host Jamie Allison, Vail-based yoga instructor and now one of the most respected inspiring yoga instructors in North America, for an exclusive one day Anusara Yoga Workshop. The workshop, entitled “Alignment, What’s the Big Deal,” will take place on Saturday, July 28 from 10 a.m.-1 p.m.

Founder and director of the Om Zone Yoga Studio, formally located in Edwards, Allison was one of the first yoga instructors to become certified in the Anusara Yoga system and is a long-time student of Rajanaka Tantra. She has also studied closely with Anusara Yoga Founder, John Friend, and world-renowned scholar of Rajanaka Tantra, Dr. Douglas Brooks.

“It’s an honor and privilege to host Jamie at Mountain Lotus,” says Kelly Major Heath, Mountain Lotus director. “Her Anusara expertise is quite extraordinary – she travels and teaches workshops nationally and internationally. This workshop is a once in a lifetime opportunity.”

During the Anusara Workshop at Mountain Lotus, Allison will offer a mixture of Anusara Yoga and Rajanaka Tantra through the incorporation of physical and spiritual practices. Allison will address how body alignment on the yoga mat integrates and expands both physical understanding and personal spirituality.

In addition, workshop attendees can join Allison and other Mountain Lotus instructors for a buffet lunch at Terra Bistro following the workshop. Menu items will include \$18 pasta, salad and wraps and interested parties should be sure to pre-register for this additional option.

For more information, or to register for Anusara Workshop: Alignment, What's the Big Deal, contact Kelly Major Heath, Mountain Lotus director, at 970.445.7825 or kelly@mountainlotus.com.

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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