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MOUNTAIN LOTUS ADDS ANUSARA YOGA AND 4 NEW TEACHERS

*Striving To Provide A Studio For Practitioners To Learn from a Variety of Disciplines
& Share Their Knowledge and Skills*

VAIL, Colorado, Mar. 8, 2006 — Today, Mountain Lotus Yoga announced the addition of Anusara yoga classes and four new teachers. Located at 545 N. Frontage Rd inside the Vail Recreations District's Gymnastics Center, Anusara yoga and four new teachers will be available to Mountain Lotus students.

"My goal in opening Mountain Lotus is to provide a state-of-the-art studio experience where practitioners from a variety of disciplines share their knowledge and skills; encourage strong bonds between body, mind and spirit; and guide students to make their practice their own and their intention personal," said owner and instructor Kelly Major Heath. "Beginning today, I am so proud to bring on Tara Goike, Monica Gully, Holly Horvath and Rachel Nelson as teachers, and of course happy to announce that we've added Anusara yoga classes to our list of Vinyasa Power Yoga and Flow classes."



Tara Goike

Raised in Doylestown, Pennsylvania Tara was trained as a nationally competitive springboard diver, and eventually went on to receive an athletic scholarship to Penn State. "I first turned to yoga 5 years ago as an extension of my workout routine, and found peace, calmness and stability that I had never experienced in other areas of my life."

As a school teacher and a trained athlete, Tara naturally transitioned to teaching yoga 2 years ago. Tara has received her teacher training with Shiva Rea and Ame Onofrey, and also has been inspired by her numerous yoga workshops with Anna Forrest, Baron Baptiste, Jeannie Manchester, Camille Petrillo and Rusty Wells. She considers her yoga style a culmination of influences, particularly Vinyasa Power, Bikram and fluid flow. "In yoga classes I hope my students find confidence and inner happiness as well as learning to push themselves outside of their safety zone." Tara's teaching style focuses on positive reinforcement and body awareness.

Along with teaching adult yoga, Tara gained her "yoga for kids" training from the Next Generation Yoga Studio in New York City and teaches kid" yoga during the summer.

Tara recently gave birth to a beautiful boy and credits her pre and postnatal yoga for keeping balance in her life.

Holly Horvath

Holly is an Anusara-influenced instructor who has lived in the Vail Valley for 11 years. She found yoga 5 years ago as a compliment, to her active mountain lifestyle. She now loves to share this physical, mental, and emotional practice with her students.





Monica Gully

Affiliated Anusara Yoga Teacher, Monica has been practicing yoga since 1999. She discovered Anusara yoga in 2001 when she stepped into her teacher Maritza's class in San Francisco. It is there, when she experienced a spiritual transformation in her practice and began to explore meditation as well. Currently, she continues to study with Jamie Turner-Allison at the OmZone in Edwards, CO as well as attends workshops and retreats geared in the Anusara tradition. Monica is currently working towards her Anusara Certification while she teaches yoga and is also a yoga student in the Vail Valley.

Rachel Nelson

Growing up in the Vail Valley, Rachel has always been active. An avid snowboarder, Rachel has been snowboarding for 16 years and professionally for 4 years. Traveling all over the world with her sponsors for contests and photo shoots.

She began taking yoga as a form of training for snowboarding and fell in love with it. It helped with her balance, flexibility, and strength. "As I went deeper into my practice I noticed changes physically and mentally."

Rachel shares her love for power flow yoga every time she steps in to a class to teach. "I continue to take and teach yoga because it makes and keeps me happy, I love watching my students grow, and growing with them. I hope my students walk away feeling better about themselves mentally and physically, feeling growth inside and out."

Outside the classroom, Rachel can most likely be found in the snowboard park riding with her friends and having a good time. Rachel also teaches yoga to the Battle Mountain Dance team.

"I am very excited to start this journey at Mountain Lotus and be able to share my love for yoga with the community and the Valley."



Anusara Yoga

Mountain Lotus today offers Anusara classes. "Anusara Yoga® was founded in 1997 as a powerful hatha yoga system that unifies a Tantric philosophy of intrinsic Goodness with Universal Principles of Alignment™. Currently, Anusara Yoga is one of the most popular and fastest growing yoga styles in the world with over 1200 affiliated teachers and 100,000 students world-wide. Anusara's remarkable popularity is due in part to its uplifting philosophy, epitomized by a "celebration of the heart," that looks for the good in all people and all things. Consequently, students of all levels of ability and yoga experience are honored for their unique differences, limitations, and talents. This life-affirming vision sets the basis for a yoga system in which the harmony and joy of a tightly knit community is exulted. Not only is Anusara an elegant system of alignment principles and non-dual philosophy, but it is also a wonderful community of highly trained teachers and fun-loving students. Self-examination, discovery, and receptivity to new ideas are foundational to this dynamic system. Individual creativity and investigation are always encouraged within the bounds of basic alignment principles and philosophic precepts of Anusara Yoga. Anusara grows with harmony and integrity through the combined vision of our Anusara Yoga teachers to unveil the innate goodness, worthiness, and supreme nature of each student and every being." ~ John Friend.

Mountain Lotus Yoga 3-3-3-3

Anusara Inspired Yoga instructors, Monica Gully and Holly Horvath, will be teaching the Mountain Lotus Anusara classes. “Anusara Yoga is an all-inclusive yoga celebrating life and diversity. What could be better than getting together within a yoga community to share and grow,” said Mountain Lotus instructor, Monica Gully.

Vinyasa Power Yoga

Anusara is added to the list of Vinyasa Power Yoga classes at Mountain Lotus. Vinyasa Power Yoga is an intense practice that appeals to everyone from the working professional to the stay-at-home mom. For that class – the student’s class – time and space and the worries of the day disappear and the focus is solely on flow, movement, balance and intention. A Vinyasa-style yoga practiced in a heated, climate controlled environment, Vinyasa Power Yoga focuses on core strength, balance and flow to build a solid practice based on strength and spirit. A secular practice, Vinyasa Power Yoga honors the roots of yoga without imposing the preconceived spiritual practices of other programs. Our role is to guide students to make their practice their own and their intention personal - each student is encouraged to embark on their own spiritual journey. As is often said in class, “I am only here to be your guide. You know your body best, listen to it and follow your intuition.” At its’ core, Vinyasa flow, heat, intensity and music (you’ll hear everything from hip hop, rock, blues, dance, techno, new age and yogic chanting) are combined for an unparalleled yoga experience...This yoga is unlike anything you’ve ever tried before.

For more information, please contact Heath at 970.445.7825 or kelly@mountainlotus.com

About Mountain Lotus

Mountain Lotus offers a variety of yoga disciplines including Vinyasa Power Yoga, Flow Yoga and Anusara Yoga. Located at 545 N. Frontage Rd. held inside the Gymnastics Center 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 focuses on core strength, balance and flow to build a solid practice based on strength and spirit.

Mountain Lotus Yoga is located just east of the Red Sandstone School in the Vail Recreation District’s Gymnastics Center at 545 North Frontage Rd, and can be contacted by calling 970.479.2282 or emailing kelly@mountainlotus.com.