



FOR IMMEDIATE RELEASE

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Bike and Yoga Workshop Saturday, May 31

In honor of National Bike Awareness Month

VAIL, Colo. –May 22– Mountain Lotus at the Vail Athletic Club, the yoga studio located within the Vail Mountain Lodge & Spa, will offer a bike and yoga workshop Saturday, May 31 with cyclist and certified yogi, Eric Lavigne. The community is invited to attend.

“In honor of National Bike Awareness Month, we wanted to do something fun to support the awareness of cycling in combination with yoga,” said Mountain Lotus studio director, Kelly Heath. “On Saturday, we hope to bring a group together to get outside, ride and learn how yoga builds a cyclist’s strength and endurance and introduces flexibility to chronically tight muscles.”

On Saturday, May 31, we’ll start with a half hour warm-up yoga class at Donovan Park, followed by a brisk 15-mile ride, and complete our journey with an hour and a half open-level yoga class suited for all cyclists!

WORKSHOP DETAILS

Date: Saturday, May 31

Time: 10 a.m.-1:30 p.m.

Meeting place: Meet at Donovan Park at 10 a.m. In case of bad weather, meet at the VAC.

Schedule:

10 - 10:30 am:

warm-up yoga class at Donovan Park

10:30 - 12 pm:

bike ride

12 - 1:30 pm

yoga class at Mountain Lotus

Investment: \$40. To pre-register for the workshop, stop by or call the Vail Athletic Club front desk at 970.476.7960.

The workshop is open to all yoga and cycling levels. Please bring your own bike, bike helmet, and water bottle. No mats or props will be needed for our mini-class at Donovan Park.

According to workshop guide, Eric Lavigne, “A cyclist repeatedly overtaxes some muscles and underutilizes others. Watch a cyclist coming toward you, and you can see the imbalances,” he said. “Rocking side to side signals that one hip is compensating for the other’s weakness/inflexibility. Hips are the core of movement for the cyclist. If the core is weak, then the upper body works harder, and this can lead to back strain. These among other cyclist-specific issues will be addressed in the yoga class.”

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 Club

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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