



FOR IMMEDIATE RELEASE

Media Contact

Kelly Heath

970-445-7825

Kelly@mountainlotus.com

Mountain Lotus Offers Pranayama Workshop

Master Viniyoga Teacher Sheds Light On The Universal Benefits Of Conscious Breathing

VAIL, Colo. –July 8, 2008– Mountain Lotus at the Vail Athletic Club, the yoga studio located within the Vail Mountain Lodge & Spa, will host yoga master Viniyoga Teacher River Cummings. The community is invited to attend.

Pranayama, or regulated breathing, lies at the very heart of traditional yoga practice. In this workshop River sheds light on the universal benefits of conscious breathing and presents the Viniyoga approach to this ancient art and science. This weekend will teach you the basic theory and application of traditional pranayama elements such as ratio and threshold development, preparation and compensation for seated breathing, and valve techniques. Guidelines will be given for developing a personal breath practice safely and exploring the energetic effects of various asana and pranayama techniques during practices.

“This workshop is one that will appeal to yogis in various styles of practice, doctors or other physicians who are interested in learning more about mind/body healing, and other individuals who are interested in developing a personal breath practice,” said Mountain Lotus studio director Kelly Heath. Students of all levels and abilities are encouraged to attend and no prior experience with pranayama is necessary.

Over the last 17 years, River Cummings has been blessed to have studied with world renowned teachers and lamas throughout the US, India and Tibet. She is a devoted long-time student of Gary Kraftsow and is a certified American Viniyoga Institute instructor and therapist. More information on River at www.yogawithriver.com.

WORKSHOP DETAILS

Session 1 July 25 5:30 - 8p.m.

In the first session we will discuss what pranayama is and the role it plays in traditional yoga practice. River will then guide students through an relaxing practice.

Session 2 July 26 10a.m. - 12:30p.m.

After a brief discussion of the therapeutic use of pranayama to balance physiology and increase vitality, we will share a energizing practice.

Session 3 July 26 2 - 4:30p.m.

Experience a balancing practice after a lecture on esoteric anatomy and valve techniques. In this session we will also explore strategies for building a personal breath practice safely. Please bring a notebook or journal and a writing implement to the workshop.

Investment: \$35 per class if preregistered by July 20 \$43 after.
\$95 for the whole weekend if preregistered by July 20. \$105 after.

To Pre-Register: Stop by or call the Vail Athletic Club front desk at 970.476.7960.

Questions: 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 is located inside the Vail Athletic Club, located at the Vail Mountain Lodge & Spa. Mountain Lotus offers primarily free-style vinyasa yoga classes- 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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