



FOR IMMEDIATE RELEASE

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Mountain Lotus Offers Love & Light Weekend Yoga Workshop

Brilliant Combination of Vinyasa, Anusara and Kundalini Yoga Led By Kate Greer July 19 & 20

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 instructor Kate Greer. The community is invited to attend.

Special guest instructor, Kate Greer's teaching style has been sculpted from her love of yoga-various styles of vinyasa including Shiva Rea and other forms of free style vinyasa, Sri Dharma Mittra, Kundalini with Gurmukh Kahl Khalsa and Hari Kaur, and Anusara with Elena Brower, Amy Ippoliti, Noah Maze, Desiree Rumbaugh. "I try to offer from the heart in everything I do," said Greer. "Through so many beautiful teachers, I have enhanced my connection between the physiological and energetic. I have deepened my understanding of both where to apply more energy in practice and life and where to soften. I make it my goal to wake up each morning saying 'yes' to life and to pause throughout the day with gratitude for the many people who fill it."

WORKSHOP DETAILS

Dates: Saturday, July 19- Sunday, July 20

Session 1 - FLOW CLASS - Sat., July 19 - 10 a.m. -12:30 p.m.

Get your groove on with this invigorating and creative flow, New York City-style. In this sweaty 2.5 hour class Kate will share some of her favorite sequencing, including lots of inversions and arm balances incorporated into the flow. While this will be an advanced class, modifications will be offered as well as techniques for how to approach more challenging asana. We'll cool it down with some deep hip opening and pranayama. End this class stretched and warm, and ready for the rest of the weekend!

Session 2 - INVERSIONS - Sat., July 19 - 2 p.m. - 4:30 p.m.

What's the deal with going upside down? Some days it feels effortless and some days you can't breathe. Inversions ask us to confront a number of fears including a dramatic shift in perspective and venturing into the unknown. In this workshop we will take a systematic approach to getting upside down in head-, forearm-, and handstands. Whether you are still working on getting your legs up in any position or refining your "float" technique, this class will offer techniques for all levels on getting into and out of inversions, as well as how to stay up! So come get down with getting upside down!

Session 3 - BACKBENDS - Sun., July 20 - 10 a.m. -12:30 p.m.

Deep backbends require both a courageous heart and the strength to offer the opening safely. Starting from cobra we will work to approach backbending from a place of stability and grace. Specific alignment working with stabilizing the lower body, integrating the shoulders, and lengthening the spine before backbending will prepare you for your deepest backbending- whatever that level is. Working toward more advanced variations such as backbends in inversions and balancing postures, this workshop will provide you with essential tools for how to protect your low back and open your heart!

Investment: \$35 per class. \$95 for the whole weekend. To pre-register for the workshop, 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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