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Mountain Lotus at the Vail Athletic Club Offer Mommy Flow — Pre-Post Natal Yoga on Sundays

VAIL, Colo. –February 21, 2008– Mountain Lotus at the Vail Athletic Club, the yoga studio located within the Vail Mountain Lodge & Spa, will begin offering a pre-post natal yoga class on Sunday mornings 9:15-10:30 a.m.

The classes are led by Kelly Heath, Mountain Lotus director and lead instructor who is now 4 months pregnant. “Yoga is such a wonderful way to create comfort and ease during pregnancy and also to foster the healthy growth of both the baby and mother,” said Heath. “Yoga can also be a great way to prepare for labor and delivery plus the physical demands of being a mother. As a new mother carries the baby around, she will need a lot of upper body strength.”

Whether you'd like to move through your pregnancy with joy and ease or are working to regain your strength after childbirth, integrate these Mommy Flow classes into your Sunday mornings. Before childbirth, yoga will help you move through the transformations of pregnancy. Yoga has proved beneficial in preparing the body for labor, birth and recovery. Poses are specifically chosen to promote strength, flexibility and mental strength and calmness and provide a very loving, community atmosphere for mothers to be. After childbirth, feel free to bring your new infant to class with you and discover ways to integrate yoga into their busy days. These classes are also an opportunity to connect with other moms to share birth stories and parenting tips. All moms welcome in this gentle restorative class.

The classes are open to the local community members for 5 classes for \$100 or 10 classes for \$150 (several other options also exist.) 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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