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Mountain Lotus at the Vail Athletic Club Offers Intuition Immersion

More Than \$700 Available In Yoga Scholarship Fund Available To Community

Vail, Colo. –March 19, 2007– Mountain Lotus at the Vail Athletic Club, the yoga studio located within the Vail Mountain Lodge & Spa, will offer a two-day workshop.

“This weekend is designed to help you get more in touch with your gut feeling or intuition by engaging in the Course of Miracles and the Baptiste Power Vinyasa Yoga process so you can break through default patterns and unconscious commitments,” said Kelly Heath studio director.

The workshop runs Friday, March 28 5:30pm – 7:45pm and Saturday, March 29 9:00am - 5:00pm. This physically, mentally and spiritually challenging immersion is built around Baptiste Bootcamp Yoga practices. Through these epic practices and in dynamic sessions in between them, you will learn and experience the exact conditions that free you to the state of mind where intuition and joy arise naturally. We will draw on A Course in Miracles, and authors Katie and Csikszentmihalyi. You will also experience the Yoga Nidra. Everyone with experience of basic yoga poses is welcome. Lunch from Terra Bistro is included. Leave this weekend with a stronger sense of who you really are and a huge sense of accomplishment.

Additionally, an anonymous donor contributed more than \$700 to the Lotus Yoga Scholarship Program for financially needy students to attend 2008 workshops-starting with this Phillip Urso weekend workshop. Community members who are interested in attending and need the help financially, should send email or leave a voicemail for Kelly with 2-5 sentences detailing:

- 1) why you'd like to attend this workshop
- 2) why are need the scholarship
- 3) that if you are accepted you will attend 100% of the weekend workshop.

This information should be sent in no later than 5 p.m. on Wednesday, March 26. Emails should be sent to kelly@mountainlotus.com and voicemails should be sent to 970.445.7825.

Philip Urso is certified by Baron Baptiste to teach Yoga. He frequently assists Baron nationally and internationally at Teacher Training Bootcamps. Philip publishes "A Crash Course in Miracles," a popular podcast on iTunes on A Course in Miracles. He has been described as "in the vanguard of a new generation of Course teachers." His Baptiste yoga classes are also published on iTunes. He is based at his studio, Salt Pond Yoga in Rhode Island.

To pre-register for the workshop, please call the Vail Athletic Club front desk at 970.476.7960. Rates for the workshop include: Members: \$95 Nand on members: \$105. This price includes

lunch at Terra Bistro.

For questions or 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 and is run by lead instructor and 500 E-RYT Kelly Heath. The yoga studio offers primarily vinyasa power yoga classes-Baron Baptiste style suitable for both beginners and experienced yoga practitioners. Additional information can be located at www.mountainlotus.com.

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 VMLS visit www.vailmountainlodge.com.

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