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Mountain Lotus at the Vail Athletic Club Offers Raw Beginner Workshop March 8

Vail, Colo. –February 21, 2008– Mountain Lotus at the Vail Athletic Club, the yoga studio located within the Vail Mountain Lodge & Spa, will offer a raw beginners workshop on Saturday, March 8 10 a.m.-1 p.m.

“We continue to hear the community request a place for beginners to begin their vinyasa yoga journey,” said Kelly Heath studio director. The workshop is geared towards brand new beginners or for those who feel like they never got the basics down. “We will cover everything you need to know in order to soar right into a strong Power Vinyasa Yoga Practice,” said Heath.

During the three hours, topics addressed will include:

- Intro to Yoga and why we are here
- Breathing through Vinyasa (what is Vinyasa?)
- Core Elements of the practice: ujayii (breath), drishti and uddiyana banda
- Break down and detail alignment of each pose within a basic flow sequence—how to modify, intensify
- How to put it all together, seamless flow

“I can’t believe how much I learned in such a short period! I felt intimidated before this workshop. Now, I feel ready to teak a yoga class with confidence,” said Mountain Lotus student, Chris Burns.

The Investment for the workshop is \$35 before March 3 or \$48 anytime after. On this day, an opportunity to join the studio and Vail Athletic Club with the initiation fee waived will be offered to all participants.

To pre-register for the workshop, please call the Vail Athletic Club front desk at 970.476.7960. 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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