



FOR IMMEDIATE RELEASE

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Mountain Lotus at the Vail Athletic Club Offers All Day Yoga Bootcamp Saturday, November 17

Vail, Colo. –November 12, 2007– Mountain Lotus at the Vail Athletic Club, the yoga studio located within the Vail Mountain Lodge & Spa, will offer an all day yoga bootcamp Sat., Nov. 17.

“Cross the threshold and experience extraordinary results that will catapult your life,” said Kelly Heath studio director. “This program is designed to help you question the answers you've been living by so you can break through default patterns and unconscious commitments. Learn to experience a new way of being where you can access power, freedom and peace of mind.”

This event on Saturday will include Baptiste Power Vinyasa, meditation, a healthy lunch from Terra Bistro and self-discovery group exercise. Leave this day with a stronger sense of who you really are and a huge sense of accomplishment.

The Days Schedule:

Arrive a minutes early to set up
8:00 a.m. morning silent hike with Ellen Miller and seated meditation
9:00-11:30 a.m. Asana Practice
11:30 a.m. Lunch (provided by Terra Bistro)
After lunch until 2 p.m. Discussion and Group Activities
2:00-4:00 p.m. Asana Practice

Investment: Members: \$95; Nonmembers: \$115

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 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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