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FOR IMMEDIATE RELEASE

Mountain Lotus At the Vail Athletic Club

In 2007, Mountain Lotus Will Operate in the VAC Bringing Clients Even More

VAIL, Colorado, January 1, 2006 — Beginning January 1, Mountain Lotus will move into the Vail Athletic Club (VAC) inside the Vail Mountain Lodge and Spa in the Vail Village. It's still Mountain Lotus ... just better!

The same great teachers plus a few other great VAC instructors will teach classes with a slightly modified schedule to bring you more classes within the club in the Vail Village.

Current Mountain Lotus clients' packages will be honored at the VAC until they naturally expire or until March 31, 2007. At which point clients will have the option of renewing their yoga packages in two ways between now and then:

- 1) Purchase a Mountain Lotus package that will be honored at the VAC until March, 2007.
- 2) Buy a \$90/mo. Mountain Lotus yoga membership with no initiation fee until the end of March - which is a significant savings to all of you from the Mountain Lotus monthly membership of \$139.

Both options enable clients access all yoga classes plus access to the entire Club - including gym and climbing wall, hot and dry sauna, hot tub, showers, discounts on personal training, etc. Beginning April 1, 2007 all Mountain Lotus clients will have to purchase the \$90 yoga membership to continue to be a client.

"Mountain Lotus needed to grow into a new location," said Kelly Major Heath, Mountain Lotus owner and instructor. "We have two choices: We grow, or we die. It's that simple. Growth is forward movement; anything else is stagnation or, worse, regression. I would even go so far as to say that growth is the answer to the age-old question of the meaning of life. It's the whole point of our journey: to grow and evolve so we can remove all the part of ourselves that keep us from living in the light, living from our essence, living as our authentic selves. When you remove blocks, you create flow in your life and go into new thresholds of personal potential. THAT is the goal, and growth is the only way to get there."

"We're very excited about the move into the Vail Athletic Club," said Heath "It's still us ... just getting better for you. We look forward to practicing with you at Mountain Lotus at the VAC!"

Mountain Lotus moving to the VAC 2-2-2-2

For more information about the content of this release or about Mountain Lotus, please contact Kelly Major Heath at 970.445.7825.

About Mountain Lotus

Mountain Lotus offers a variety of yoga styles including Vinyasa Power Yoga, Iyengar Yoga, Guided Meditation and Anusara Yoga. Located inside the VAC in the Vail Mountain Lodge and Spa, at 352 East Meadow Drive Vail, Colorado 81657, Mountain Lotus Yoga classes heal, detoxify and exhilarate the body and mind with emphasis on movement, balance and intention. Appealing to everyone from the working professional to the stay-at-home mom, during class, time and space and the worries of the day disappear. Mountain Lotus Yoga classes focus on core strength, balance and flow to build a solid practice based on strength and spirit.

Mountain Lotus Yoga can be contacted by logging on www.mountainlotus.com or emailing kelly@mountainlotus.com.

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