

Contact:
Kelly Major
Mountain Lotus
C: 970.445.7825
kelly@mountainlotus.com

FOR IMMEDIATE RELEASE

Yoga Al Fresco

Mountain Lotus Only Yoga Studio To Offer Outdoor Yoga Classes

VAIL, Colorado, May 9, 2006 — To reconnect with the true spirit of yoga, Mountain Lotus is getting out of the studio—into nature. Beginning May 22, we will offer classes outside regularly through the summer.

To begin, the following classes will be taught outside west of the studio parking lot, in the Red Sandstone School fields- unless there is bad weather.

- * Monday Vinyasa Level 1 5:15-6:15 p.m.
- * Friday Vinyasa Level 2 5:15-6:30 p.m.
- * Saturday Vinyasa Level 2 5:15-6:30 p.m.
- * Sunday Vinyasa Level 2 5:15-6:30 p.m.

Students should plan to arrive 5 min. early for classes outside so that we can take the short (1.5 min.) walk over to the fields together.

“Sometimes it’s hard to see that yoga is far more than a physical activity confined by time, space, and a mat,” said Kelly Major Heath, Mountain Lotus owner and instructor. “Too often we rush to be on time to class and begin our practice without taking note of our surroundings.”

By getting out of the studio and into nature, students can experience yoga as it was originally intended. “Being outdoors gives you access to a whole other world of sensations. It helps you feel part of a boundless existence, at one with an intelligent and sympathetic universe,” says Garrett Sarley Dinabandhu, president of the Kripalu Center for Yoga & Health in Massachusetts’ Berkshire Mountains. The pure unpredictability of being outside and exposed to the elements can strengthen an existing practice or inspire a new one, says Dinabandhu.

Each outdoor class will include a unique yoga-based emphasis and routine that’s meant to be an out-of-studio experience.

This may include part or all of Four Elements—Earth, Wind, Fire, and Water—designed to awaken your senses, enhance your focus, and help you reconnect to the natural world. “Outdoor yoga is a coming home to yourself,” says Dinabandhu, “a way to tune in and embrace the universe itself.” That’s what the original yogis had in mind.

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For more information on outdoor yoga classes or 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, Guided Meditation and Anusara Yoga. Located inside the Gymnastics Center, at 545 N. Frontage Rd, East of the Red Sandstone School in Vail, 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, calling 970.479.2282 or emailing kelly@mountainlotus.com.

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