

## VAIL MOUNTAIN LODGE & SPA

### FOR IMMEDIATE RELEASE

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### **VAIL ATHLETIC CLUB CELEBRATES YOGA DAY USA**

- *An Unique and Extraordinary Opportunity to Practice Yoga for Free, or by Donation, with Mountain Lotus*

VAIL, Colo. – January 25, 2007 – In honor of Yoga Day USA, Mountain Lotus at the Vail Athletic Club (VAC), the yoga studio within Vail’s premier health club located in the Vail Mountain Lodge & Spa in Vail Village, will offer free, or by donation, yoga practice this Saturday, January 27 from 5 to 6:30 p.m. As part of its larger ‘Yoga for Humanity’ Program, all donations raised at the workshop will go directly to the Vail-based Efraimson-Sutphen Cancer Support Fund.

Celebrating its eighth year, Yoga Alliance created Yoga Day USA to raise awareness about yoga’s benefits by offering free, low cost or donation-only workshops in communities nationwide. Many workshops are also fundraisers for charitable organizations in the community.

“The Vail Athletic Club is very excited to be a part of this year’s Yoga Day USA celebration,” said Shannon Smith, club director. “The best part of supporting this program is our collective contribution to the local organization, Efraimson-Sutphen Cancer Support Fund.”

This Saturday marks the Vail Athletic Club’s first involvement with the program, with donations to be given to the Efraimson-Sutphen Cancer Support Fund, a local organization intended to help patients with essential living expenses that become burdensome during the treatment of cancer.

Mountain Lotus Director, Kelly Major Heath, encourages those who are curious but haven’t taken the plunge to attend this free class during the Saturday’s Yoga Day USA celebration. “There is a style of Yoga to suit everyone regardless of your age, body type or fitness level. You don’t need to be flexible, you just need to be open to the possibilities,” she said.

The Vail Athletic Club, in the Vail Mountain Lodge & Spa, is located at 352 East Meadow Drive in Vail Village, a short walk to Vail Mountain. For more information about Yoga Day USA at the Vail Athletic Club visit [www.vailmountainlodge.com](http://www.vailmountainlodge.com) or call (970) 445-7825.

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