

RELAX WITH YOGA

Rocky Mountain Yoga Conference coming soon

The Lodge and Spa at Cordillera hosts it Feb. 8-10

DAILY STAFF REPORT

Experience Yoga en Espanol, Yamuna Body Rolling, Mandala Drawing, Anusara Yoga, Forrest Yoga, Kirtan musical celebrations and meditation at the first annual Rocky Mountain Yoga Conference, hosted by The

Lodge and Spa At Cordillera. Leading yoga instructors from the Rocky Mountain region are volunteering their time to offer meditation, workshops and music Feb. 8-10.

All net proceeds from the conference benefit the nonprofit Yoga World Reach, bringing yoga and alternative therapies to underserved populations throughout the country and the world.

The Lodge and Spa at Cordillera is offering discounted rates on rooms and massage, and 25 instructors are

volunteering their time and teachings.

Many yoga conferences have become very expensive and therefore possibly exclude the people who could benefit most. Although the conference is hosted at a luxurious resort in the Vail Valley, the cost of the conference is affordable in order to create an inclusive yoga community.

For more information, or to register for one class, one day or the whole conference, visit www.yogaworldreach.com or www.rockymountainyogaconference.org.

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