



For Immediate Release:

'Days of Wine and Yoga'

Canadian Rocky Mountain Resorts Offers a Unique Yoga Getaway

Field, British Columbia-Travelers have come to Emerald Lake for years searching for the extraordinary on the shores of the isolated turquoise waters. Now, for the first time in its long and colorful history, **Emerald Lake Lodge** is offering guests the opportunity to spend a weekend practicing yoga with a well-known Calgary Yoga Master while enjoying the luxuries of the Lodge

"This is a fantastic chance for groups of friends to get together in a breathtaking location, learn about yoga from an instructor like Kevin Elander, and enjoy delicious food and wine," explains Lisa Vinderskov, Director of Sales and Marketing for Canadian Rocky Mountain Resorts.

The weekend runs March 7th-9th, 2008 at Emerald Lake Lodge in Field, British Columbia. Kevin Elander, the owner of **Yoga Mandala (yogamandala.ca)**, a yoga studio in Calgary with a devoted following, will be organizing the yoga portion of the weekend. He will be welcoming questions about the philosophies and practices involved as well as guiding several yoga sessions throughout the weekend. There will be an introductory reception with appetizers and a glass of wine Friday night. The package includes breakfast each morning, as well as a bagged lunch Saturday, so guests may go for a hike during the afternoon. The weekend is suitable for everyone from beginners to the more advanced.

The Yoga Getaway at Emerald Lake Lodge is a wonderful opportunity to participate in a yoga experience that is invigorating, inclusive and fun. The award-winning wine list and acclaimed Rocky Mountain Cuisine in the Mount Burgess Dining Room will enhance a weekend that will leave guests more flexible, relaxed and ready to handle hectic city life than they were when they arrived.

For more details, please go to www.crmr.com or call 1-800-663-6336

Canadian Rocky Mountain Resorts is a family of companies consisting of Emerald Lake Lodge in Field, British Columbia, Deer Lodge in Lake Louise, Alberta, and Buffalo Mountain Lodge in Banff, Alberta. CRMR also owns four Calgary restaurants: Cilantro, Velvet, The Ranche, and Divino Wine & Cheese Bistro, as well as a game ranch, The Canadian Rocky Mountain Ranch, a Calgary wine boutique, Bin 905, as well as a bakery in Canmore, Panino.

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