



*For Immediate Release:*

## **Canadian Rocky Mountain Resorts Offers**

### **A Rejuvenating Spring Yoga Getaway**

*Banff, Alberta, Canada (March 9, 2009)* –Buffalo Mountain Lodge is offering guests the opportunity to spend a weekend practicing yoga with a well-known Calgary Yoga instructor while enjoying the beauty and serenity 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, enjoy delicious food and wine-and all just a short drive from Calgary,” explains Lisa Vinderskov, Director of Sales and Marketing for Canadian Rocky Mountain Resorts.

The weekend is happening April 17<sup>th</sup>-19<sup>th</sup> 2009, at Buffalo Mountain Lodge in Banff, Alberta. Kevin Elander, the owner of Yoga Mandala ([www.yogamandala.ca](http://www.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 three yoga sessions. There will be an introductory meet and greet Friday night, during which guests are welcome to order a glass of boutique wine and discuss any questions or concerns they may have. The package includes breakfast each morning, three yoga sessions, an in-room yoga gift, and free time Saturday afternoon, so guests may go for a hike or some retail therapy in downtown Banff. The weekend is suitable for everyone from beginners to the more advanced. The two night yoga package is available starting from \$296.00 plus tax per person, based on double occupancy.

The Yoga Getaway at Buffalo Mountain 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 Sleeping Buffalo Restaurant and Lounge are sure to 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 information please call 1-800-661-1367 or visit [www.crmr.com](http://www.crmr.com) .

To learn more about Kevin Elander or Yoga Mandala visit [www.yogamandala.ca](http://www.yogamandala.ca)

*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. **Now Open: Painted Boat Resort Spa & Marina, of which CRMR is the management company, on the Sunshine Coast of British Columbia, and THE RESTAURANT at Painted Boat.***

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