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SNOWMASS WELLNESS EXPERIENCE DONATES PORTION OF PROCEEDS TO THE ASPEN SCHOOL LUNCH INITIATIVE

Wellness passes for Aug. 15-17 festival start at only \$30/day for a Yoga, Pilates & Hikes Day Pass

Snowmass Village, CO (August 9, 2008) – For the second year, the Snowmass Wellness Experience and the Shakti Foundation have joined forces to donate \$2.50 of each Yoga, Pilates & Nature Hike Day Pass to a local nonprofit organization. This year's recipient is the Aspen School Lunch Initiative, which provides all students in the Aspen school district with delicious, healthy, and seasonally-based meals made from locally grown, sustainable and organic ingredients to the greatest extent possible. In 2007, the Snowmass Wellness Experience and the Shakti Foundation donated \$500 to the Davi Nikent Center for Human Flourishing and Pathfinders, an innovative support program for cancer patients.

"We try to choose organizations that align with the festival's themes each year, and the Aspen School Lunch Initiative was a natural fit in 2008. We're pleased to be able to assist in their efforts to educate students in the kitchen, classroom and garden," says Snowmass Wellness Experience Event Director Josh Behrman.

The 2008 Snowmass Wellness Experience focuses on healthy living from the ground up and examines the entire food cycle from organic and sustainable growing practices to eating, diet and exercise. Diverse levels of passes are available, from the \$30 per day Yoga, Pilates & Nature Hike Day Pass to an all-inclusive weekend pass at \$175.

The festival kicks off Friday, August 15, with Harvest & Humor, a special evening event that features local sustainable grown foods, organic spirits, and gourmet tastings along with a comedy show by internationally known author and humorist Steve Bhaerman. Saturday and Sunday are filled with workshops, cooking demonstrations, fitness classes, a spa pavilion and green expo, and keynote presentations from two of the nation's most respected organic farmers, Eliot Coleman and Washington Post columnist Barbara Damrosch, both of the Four Seasons Farm in Maine.

Purchasers of the Yoga, Pilates & Nature Hike Day Pass can sample the following:

- **Chocolate Chakra Tour**, Yoga and Wine, and Livin' in the Moment yoga classes with internationally renowned **Yahoo Mind/Body expert David Romanelli**
- Body enlightening Yoga & Thai Massage and Fluid Power Vinyasa classes with **internationally respected yoga instructor Simon Park**
- An invigorating aerobic/anaerobic **morning workout on the trails of Snowmass** with Kelly Burke, R.D., L.D.
- A challenging workout combining body weight **strength exercise with cardio intervals** with Beth Danowsky
- **Yoga for Every Body** with **Megan Disabatino**, who has taught yoga in San Francisco, California, and Sydney, Australia.
- **Pilates mat classes** with Jacqueline Trombly and Sarah Kochis of the Aspen Club & Spa
- **Guided nature walks** on Snowmass mountain with an Aspen Center for Environmental Studies naturalist.

For more information on all the offerings of the Snowmass Wellness Experience—from respected speakers to cooking demonstrations to an onsite spa-- please visit www.snowmasswellness.com or call 1-800-SNOWMASS.

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