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FRESHEN UP BEFORE THE DNC WITH A WEEKEND OF MOUNTAIN WELLNESS Tickets now on sale for this rejuvenating festival celebrating its 5th anniversary

Snowmass Village, CO (August 5, 2008) – Whether Democrats want to look and feel their best before the Democratic National Convention or Republicans need a reason to smile, the Snowmass Wellness Experience (Aug. 15-17) offers the ideal chance to bone up on key issues and head to the mountains for rejuvenation and wellness before the Democratic National Convention. Even during and after the convention, Snowmass offers lodging specials and a perfect mountain retreat as well.

The Snowmass Wellness Experience offers something for any political affiliation, from fitness classes, cooking demonstrations and tastings, to a green expo, a comedy and spirits tasting, and an on-site spa. Additional Snowmass activities range from hot air balloon rides to an award-winning golf course to miles of hiking and biking trails ensuring participants arrive back in town refreshed and relaxed.

Tickets and a full event schedule are now available at www.snowmasswellness.com. For additional lodging specials and Snowmass resort information, visit www.snowmassvillage.com or call 1-800-SNOWMASS.

Political Reasons to Put Wellness on the Calendar:

Worried about the rising cost of food? Learn how to grow your own. In their ONLY Colorado appearance, internationally respected organic farmers Eliot Coleman and Barbara Damrosch of the Four Seasons Farm in Maine have over sixty years of combined experience with organic farming and share a wealth of information. Nationally recognized permaculture expert Jerome Osentowski shares how to incorporate edible plants into residential landscapes along with insights into agroforestry and other new methods of organic farming.

Need a reason to laugh in economic hard times? Comedy can be used as a healing art, and Steve Bhaerman, has audiences laughing until the sacred cows come home. Bhaerman, who performs as Swami Beyondananda, the “Cosmic Comic,” is an internationally known author, humorist, and workshop leader and offers a comedy show paired with an organic tasting along with a healthy humor workshop.

Seeking comfort food over the real estate market? Here’s an Edible Extravaganza. From chocolate and yoga classes to an organic spirits tasting to a wellness expo with plenty of free goodies, Snowmass Wellness Experience participants can soothe their soul with delicious, healthy foods.

Worried about the convention? Learn how to focus on the moment instead. In his only Colorado appearance this summer, nationally respected and popular Yahoo Mind-Body Expert David Romanelli leads Yoga and Chocolate, Yoga and Wine classes, and Living in the Moment workshops. Co-founder of At One Yoga, he now tours the world with his Yoga and Chocolate class, designed with Vosges Haut-Chocolat founder Katrina Markoff. Diverse additional yoga and pilates workshops are available through the Shakti Foundation and the Aspen Club & Spa, including yoga guru Simon Park’s popular Thai Massage class.

Need to bone up on green topics? From organics to sustainability to the slow food movement to the rise in green products, participants can learn about environmental issues and how they affect our health and well being. There’s no better place to learn about green issues than Aspen/Snowmass which is a leader in environmental responsibility.

Combat diabetes and obesity, which continue to be two of the nation's top health concerns. This festival teaches the tools needed for healthy eating habits. Mariana Bozesan, author of Diet for a New Life, shares her highly respected integral 8-step approach to life that also reveals the weight loss secrets of centenarians and successful dieters. Other wellness workshops include how to harvest and preserve an organic garden, how to create healthy snacks for people on the go, and how to read nutritional labels.

Local and sustainable are two of the hot words these days, but when you live at high altitudes it can seem like mission impossible. Learn about these two terms from a talented regional roster of chefs, nutritionists, gardeners, and experts so participants can begin making connections to local sources of food, spirits, and inspiration.

Relax and Retreat. Everyone is entitled to a little R&R. Yoga classes, nature hikes, morning meditations, and a spa pavilion all offer opportunities to relax in Snowmass before the big convention. Each day pass comes with one complimentary mini-spa treatment through Aspen Club & Spa, and participants are welcome to sign up for more as space allows.

Costly? Well, no! Although fuel prices are on the rise, wellness shouldn't come at a price that's painful to your mind, body, or spirit. The Snowmass Wellness Experience is substantially more affordable than other wellness festivals. An all-inclusive weekend pass is only \$175, while day passes, keynote speech passes and fitness/expo passes start as low as \$30 per day, allowing attendees the flexibility to see it all or just a little. For every yoga pass sold, the Shatki foundation donates \$2.50 to a local nonprofit.

Lodging Specials during the Snowmass Wellness Experience:

For the Girls (and guys are welcome...): August 14-18, 2008 For the ultimate girlfriends' mountain getaway, Snowmass Village, Colorado, offers adventure, relaxation, and pure rejuvenation August 14-18, 2008. Timberline Condominium rates start as low as \$52/person (double occupancy) for a deluxe studio within walking distance to all activities and includes free airport transfer and on-site yoga classes. Stay at the Timberline and additionally receive \$15 off your weekend pass to the 5th annual Snowmass Wellness Experience (August 16-17). Finish off the vacation by signing up with the award-winning Snowmass Club for a special rate of two spa services for \$185. To book, visit www.snowmassvillage.com

Massage in the Mountains Package: Relax and rejuvenate in the mountains with this special Snowmass package. Stay at the Silvertree Hotel and choose a spa treatment ranging from a standard massage to a Jet Lag massage to reflexology or an 85-minute couple's massage. Rates start at \$326/person based on a 2 night stay and a spa service per person per day. Package is per person based on double occupancy, not including tax. To book, visit www.snowmassvillage.com

Lodging Specials: Democratic National Convention Escapes August 25-28:

(For additional before and after specials, visit www.snowmassvillage.com)

Snowmass Mountain Chalet. Snowmass stays cool while Denver heats up during the Democratic National Convention August 25-28. Head to the hills for a different kind of wildlife with miles of hiking and biking trails, mountain adventures, and affordable activities. The Snowmass Mountain Chalet is offering 15% off rack rates August 25-28, 2008. For details visit www.snowmassvillage.com.

The Pokolodi Lodge. Escape the crowds and summer heat and head to the mountains during the Democratic National Convention in Denver. The Pokolodi Lodge is offering a \$99/night special and the Snowmass Inn is offering \$85/night special good 8/25 to 8/28. Some restrictions may apply. For details, visit www.snowmassvillage.com.

To learn more about Snowmass as an ideal getaway before, during or after the Democratic National Convention, visit www.snowmassvillage.com. For media information, contact Allison Johnson at 970.309.5485 or visit www.snowmasspress.com.