

FOR IMMEDIATE RELEASE

***** MEDIA ALERT *****

**BACK TO BLISS: WILLOWS LODGE HOSTS YOGA RETREAT
WITH LOCAL YOGABLISS STUDIO OWNER**

Maria Bliss and Willows Lodge offer a custom weekend of yoga to restore one's peace and balance before the holiday season

- WHO:** Willows Lodge, a Northwest retreat in the heart of Woodinville Wine Country, and Yogabliss, owned and operated by Maria Bliss in Mercer Island, Wash.
- WHAT:** Willows Lodge hosts **Back to Bliss**, a custom yoga retreat with Maria Bliss, yoga instructor and Yogabliss studio owner.
- WHEN:** Saturday, November 7 – Sunday, November 8, 2009
- WHERE:** Willows Lodge
14580 NE 145th Street
Woodinville, WA 98072
- DETAILS:** The Back to Bliss yoga retreat is offered as a 2-day journey to relaxation, where Maria Bliss will lead participants through an exploration of inner vitality, peace, renewal and balance. The retreat includes Vinyasa yoga classes, a focus on breathing techniques, restorative yoga poses, silent meditation and downtime for personal reflection. Throughout the weekend, Willows Lodge will provide all meals from Barking Frog and there will be a wine tasting hosted by Hollywood Hill Vineyards.

Located on five landscaped acres bordering the Sammamish River in the heart of Woodinville Wine Country, Willows lodge offers the ideal venue to getaway and relax. The property includes Barking Frog, a bistro-like restaurant known for its American regional cuisine with Pacific Northwest influences. The menu consists of simple entrées prepared with Executive Chef Bobby Moore's characteristic European flair and an extensive Northwest wine collection. Fireside Cellars, one of the Eastside's premier gathering places for Happier Hour, offering a casual atmosphere tucked away in the lobby by the massive fireplace, an outdoor patio and fire pit overlooking the expansive surrounding landscape.

Yoga instructor and studio owner, Maria Bliss has received advanced Vinyasa yoga training with internationally known yoga instructors Baron Baptiste, Seane Corn and Shiva Rea. She has studied extensively with world-renowned yoga instructors Ana Forrest, originator of Forrest Yoga, and Aadil Palkhivala, founder

of Purna Yoga. As owner of Yogabliss, Bliss has created a peaceful and energizing atmosphere for the community, offering a wide variety of yoga classes and workshops. Her instruction blends a strong asana practice with inspirational readings and dialogues, inviting students into a space of calm presence both on the mat and after practice.

Sample Back to Bliss yoga retreat itinerary includes:

DAY 1

- 7-7:45 a.m. – Meet at Willows Lodge for a continental breakfast
- 8 a.m. – Silent meditative walk outside throughout Willows Lodge’s expansive landscape.
- 8:45 a.m. – Seated meditation and breathing techniques
- 9:15-11:15 a.m. – Detox Vinyasa yoga practice
- 11:15 a.m.-4 p.m. – Free time for lunch, personal relaxation and spa treatments
- 4-6 p.m. – Second Vinyasa yoga practice, restorative poses, personal journaling
- 6 p.m. – Wine tasting with Hollywood Hill Vineyards
- 7p.m. – Dinner provided by Barking Frog

DAY 2

- 8-9 a.m. – Continental breakfast
- 9 a.m. – Seated meditation and breathing techniques
- 9:30-11:30 a.m. – Third Vinyasa yoga practice and personal journaling
- 12 p.m. – Lunch provided by Barking Frog
- After lunch – Check-out of Willows Lodge

For participation in the complete two-day weekend, including all meals noted above, taxes, and gratuities, the Back to Bliss yoga retreat is only \$525 for single occupancy or \$430 per person for double occupancy. Special Friday night rate of \$169 available, including complimentary meditation session that evening. Space is limited. To make a reservation or to view a complete Back to Bliss Yoga Retreat itinerary, please visit www.willowslodge.com. For additional information or background on Maria Bliss, please visit www.yogabliss.org.

Willows Lodge, a Northwest style lodge located in Woodinville Wine Country just outside of Seattle, features 84 luxury guestrooms, a full-service spa and high-tech equipped meeting space. Executive Chef Bobby Moore’s American regional cuisine at Barking Frog reflects the seasonal and organic produce found in Puget Sound, and is artfully paired with an extensive list of Washington wines. Willows Lodge also boasts Fireside Cellars, offering a casual and sophisticated atmosphere tucked away in the lobby with an outdoor patio overlooking the expansive surrounding landscape. www.willowslodge.com.

Woodinville-based, Willows Lodge, is managed by MTM Luxury Lodging, operating the Northwest’s premier collection of boutique hotels. Among its other exquisite properties in the Northwest are Cave B Inn at SageCliffe (Quincy); Hotel 1000 (downtown Seattle); Willows Lodge (Woodinville); and Woodmark Hotel, Yacht Club & Spa (Kirkland). Other MTM luxury properties from coast to coast include The Liberty Hotel (Boston) and Bardessono (Napa Valley). Without

exception, MTM managed hotels are among the very best in the markets they serve.
www.mtmluxurylodging.com

Media Contacts:

Kirsten Bell / Kristin Riefflin

greenrubino

Direct: 206.957.4272 / 206.452.8172

kirstenb@greenrubino.com / kristinr@greenrubino.com