



*****MEDIA ADVISORY*****

BACK BY POPULAR DEMAND: SPA INTERCONTINENTAL REINTRODUCES 'SUNRISE YOGA' ON WATERFRONT LAWN THIS SUMMER

Outdoor Morning Class Every Sat. from May 30 – Sept. 5, 2009 with Special Power Yoga Breakfast at Miel

WHAT: For the second consecutive summer, **SPA InterContinental**, InterContinental Boston hotel's 6,600 sq. ft. on-property spa, will be hosting a complimentary one-hour 'Sunrise Yoga' class on the waterfront lawn of the InterContinental Boston overlooking Boston's Fort Point Channel. This outdoor class will be open to the public and will be led by an instructor from Boston's Yoga Power Studio. All skill levels are welcome. Mats and blocks (combined) will be available for a rental fee. Reservations are not required. SPA InterContinental Boston can be reached at 617.217.5090.

After the session, InterContinental Boston's Provence-themed Brasserie restaurant, **Miel "Brasserie Provençale"** will be offering a special "Power Yoga" quartet breakfast at \$20 per person and will be served on Miel "Brasserie Provençale's" **outdoor terrace** amidst lavender bushes, planters overflowing with rosemary, thyme and basil and lemon trees along Boston's glistening waterfront. This refreshing and healthy "Power Yoga" breakfast full with sweet Provence flavors will cleanse and refresh both body and mind, reinforcing the effects of the practice. Reservations are not required. Miel "Brasserie Provençale" can be reached 617.217.5151.

WHEN: **Each Saturday morning beginning May 30 through Sept. 5, 2009
7:30 a.m. – 8:30 a.m.**

HOW MUCH: 'Sunrise Yoga' Class: Complimentary and open to the public
Yoga Mat + Block (combined) - \$10 rental fee
Miel "Brasserie Provençale" - Special "Power Yoga" quartet breakfast - \$20/per person

WHERE: **Waterfront Lawn/InterContinental Gardens and Miel "Brasserie Provençale"**
InterContinental Boston
510 Atlantic Ave.
Boston, MA 02210

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