



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

**SPA INTERCONTINENTAL'S COMPLIMENTARY SUMMER
'SUNRISE YOGA' ON HOTEL WATERFRONT LAWN BEGINS JUNE 2010**

Free Outdoor Morning Class Every Sat. from June 5 - Sept. 4, 2010 with Special Provence Yoga Breakfast' in Miel

WHAT: SPA InterContinental, InterContinental Boston hotel's 6,600 sq. ft. health club and spa, hosts a complimentary one-hour 'Sunrise Yoga' class on the waterfront lawn of the InterContinental Boston overlooking Boston's glistening Fort Point Channel. This outdoor class is open to the public and is led by rotating certified instructors. All skill levels are welcome. Mats and blocks (combined) will be available for a rental fee of \$10. Guests are welcome to bring their own mats and blocks. Reservations are not required. For more information, SPA InterContinental Boston can be reached at 617.217.5090.

After the session, InterContinental Boston's Provence restaurant, Miel "Brasserie Provençale" offers a special "Provence Yoga Breakfast" served on Miel's **outdoor waterfront terrace** amidst lavender bushes, lemon trees and planters overflowing with rosemary, thyme and basil. This refreshing and healthy "Provence Yoga Breakfast" consists of four small plates of sweet and savory Provence flavors to cleanse and refresh both body and mind, reinforcing the effects of the practice. Choices include Spinach Egg White or Egg Beaters Omelet; Lavender Blueberry Smoothie or Fruit Parfait; Turkey Sausage and Truffle Hash Browns. Reservations are not required. For more information, Miel "Brasserie Provençale" can be reached 617.217.5151.

WHEN: Each Saturday morning from June 5 through Sept. 4, 2010
8:00 a.m. – 9:00 a.m. (weather permitting)

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

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

ABOUT

THE HOTEL: A Four Diamond luxury 424-room hotel, the InterContinental Boston is located at the base of the city's Financial District, overlooking Boston's newest 21 acres of green space, the Rose Kennedy Greenway, and is also situated along Boston's historic and evolving waterfront known as the Fort Point Channel. The hotel, which opened in November 2006, is the first InterContinental hotel in New England and is one of the closest downtown luxury hotels to Logan International Airport accessible via water taxi directly to/from the airport from the hotel's private dock or via surface roads in just ten minutes.

The hotel is home to *SPA InterContinental*, a 6,600 sq. ft. spa and health club with indoor pool; *RumBa*, a rum and champagne bar, named among the "Top 100 Bars in the US" in *Food & Wine's* Cocktails '09; *Miel "Brasserie Provençale,"* a Provence-inspired brasserie and *Sushi-Teq*, a sushi and tequila bar/restaurant – the latter two offering seasonal outdoor waterfront dining. The hotel also offers 32,000 sq. ft. of meeting/function space, including the largest ballroom in downtown Boston. InterContinental Boston has been named one of ten "Best New Business Hotels of 2006" by *Forbes.com*, voted Best of Boston 2007 as "Best New Hotel" by *Boston Magazine* and was voted among the "2008 Best Business Hotels" in the world by *Fortune* and *Wallpaper* magazines. For more information on the hotel, visit www.intercontinentalboston.com or for reservations call 877-747-BOSTON or 617-747-1000.

MEDIA

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