



**CANADIAN  
MOUNTAIN HOLIDAYS**  
CMH HELI-SKIING / CMH HELI-HIKING



## PRESS RELEASE

# YOGA - LAY HEE HOO!

*CMH OFFERS HELI-YOGA IN 2009*

**Banff, Alberta - April 20, 2009:** High alpine meadows, glaciers, majestic mountains, and abundant wildflowers in the Canadian Rockies - with all these components, Heli-Hiking with **CMH (Canadian Mountain Holidays)** has long had a reputation for instilling a sense of peace and serenity in its guests. This year, the company is taking this reputation to new heights with the introduction of a **Heli-Yoga** trip - offering the ultimate in body and soul restoration.

From July 24 - 27, 10 guests will have the opportunity to join yoga master Anne Douglas at CMH's remote Bugaboo Lodge in the mountains of Western Canada. In addition to morning yoga sessions at the lodge, a walking meditation session and seated guided meditation session will be offered out in the mountains during the daily Heli-Hiking. Special evening sessions, after a casual gourmet dinner, will include:



- *Yoga Nidri:* A lying-down meditation that provides profound relaxation while helping participants to release tensions and embrace new, life-affirming thoughts and actions
- *Living with Joy:* Douglas is also a Holistic Lifestyle Coach and, through a lively, fun, and inspiring evening, will impart information on how to infuse lives with greater joy, less stress and more ease.

Yoga and hiking are tailored to all abilities. Cost per person is CAD \$2,490 (double occupancy) and includes all meals, guided hikes, yoga sessions, use of hiking equipment, helicopter rides, transportation to and from Banff.

For more information, go to [www.canadianmountainholidays.com](http://www.canadianmountainholidays.com) or call 1-800-661-0252.

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