

SEA CREST

BEACH HOTEL

FOR IMMEDIATE RELEASE

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GET YOUR 'OM' ON: CAPE COD'S SEA CREST BEACH HOTEL TO HOST YOGA MOVES WEEKEND RETREAT



NORTH FALMOUTH, Mass. – March 9, 2016 – Yoga enthusiasts – pros and newbies alike – are invited to join Cape Cod's quintessential [Sea Crest Beach Hotel](#) for a weekend [Yoga Moves Retreat](#) on May 20. Led by Yoga Moves founder Mary Ellen Goodsir, the two-day retreat will encourage mind-body wellness with Sea Crest's glistening ocean views as a source of inspiration.

The weekend retreat kicks off at 4 p.m. on May 20 with an introductory yoga class. On Saturday morning, guests will rise and shine to a pre-breakfast yoga session, followed by an energy-boosting breakfast with views of Old Silver Beach. Guests are free to explore the Cape (sans crowds) before returning for an afternoon yoga stretch. Saturday night winds down with a healthy group dinner at Red's Restaurant and Lounge prepared by Executive Chef Glenn MacNayr. On Sunday morning, the group will meet one last time for yoga, followed by a breakfast buffet in the hotel's Ocean View Room. The retreat is priced at \$545 per person based on triple occupancy, \$595 per person for double occupancy and \$795 for a single room. Rates include accommodations, yoga classes, resort fees, taxes and gratuities. Guests will have plenty of free time between yoga classes to explore the Cape. The town of Falmouth is bustling with quaint shops, museums and restaurants, and ferries to and from Martha's Vineyard are just minutes away.

Mary Ellen Goodsir has been a certified yoga instructor for 14 years and teaches Bikram, The Barkan Method and PranaVayu styles. She teaches with a style that speaks to the individual student - finding awareness, fitness and calm through the sequencing of poses and the flow of breath. With her extensive teaching experience, Mary Ellen focuses on alignment to create a safe and open environment for students of all abilities. Using humor and insight, her classes are a haven where all students can learn to thrive and balance mind, body and soul.

Guests can register for Yoga Moves at Sea Crest Beach Hotel [here](#). For more information, visit www.seacrestbeachhotel.com or call 800-225-3110.

About Sea Crest Beach Hotel

Set on a private beach in Cape Cod's legendary North Falmouth and surrounded by traditional New England cottages along Buzzards Bay, Sea Crest Beach Hotel is the quintessential hotel for a new generation of travelers. With 264 guest rooms and suites, some with fireplaces and private water-view balconies, and a three-bedroom cottage that sleeps up to eight, the hotel is equally ideal for families seeking a fun beachfront setting and couples drawn by the romance of the Cape. It's Nauset Center, the largest meeting and events space on Cape Cod, provides planners with expansive function space combined with superb dining and warm, personalized service. Red's, named for legendary Boston Celtics coach and president Red Auerbach, serves a delightful menu in a setting replete with memorabilia. Sea Crest Beach Hotel is managed by Scout Hotel & Resort Management. For more information or reservations visit. www.seacrestbeachhotel.com or call 800-225-3110. Connect online via Facebook and Instagram.

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