

For Immediate Release  
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## **\$25 Snowmass Wellness Experience ticket offers access to incredible bounty of goodies, expertise and wellness this weekend**

**(Snowmass Village, CO).** The Snowmass Wellness Experience offers an unbeatable smorgasbord of Wellness speakers and activities this weekend. All workshops, demonstrations, wellness experts, fitness classes, and a host of goodies are available for only \$25/day.

Looking for reasons to attend? Here are ten:

1. Value. Individually, these foremost wellness experts regularly command over \$100 per ticket, and you can see them all at Snowmass for only \$25/ day along with access to *all* lectures and activities. A workshop with bestselling authors Hale Dwooskin or Debbie Ford would normally cost \$150 each. A ride with Carmichael Training Systems would cost \$250.
2. Goodies, goodies, and more free goodies. The first 500 tickets sold come with a goodie bag that alone is worth the price of admission. Add in all the organic and natural food freebies in the vendor village and the special Body & Soul tent, the raffles that include Donna Karan products and a George Foreman grill, the free yoga mats to the first 5 people to sign up for each exercise class, and much more, and you could go home with lots o' loot.
3. HOT! HOT! HOT! We're not talking about the weather, but rather smokin' celebrity Chef Cat Cora, who will bring the heat and know-how from her famous kitchen to yours. Additional renowned chefs such as Dava Parr and Kendra Wilcox offer personal tips and cooking demonstrations as well.
4. Interested in the Tour De France scandal or high altitude fitness? Don't miss an appearance by Lance Armstrong's personal coach Chris Carmichael or Dr. Robert Roach, an internationally recognized expert on high altitude fitness. Plus, take a ride with CTS, Carmichael's legendary team of fitness experts at no extra cost.
5. Make Friday your date night in Snowmass with Swing into Wellness Presented by Vitamin Cottage. This event is only \$40 with purchase of a weekend pass or \$45 separately and comes with an organic dinner presented by the Silvertree Hotel's chef Jason Friendly valued at \$100, a goodie bag filled with products from Vitamin Cottage, and an evening of music & dancing with the group Fraga. This 10-piece Cuban-Jamaican Big Band Jazz group promises to have guests swinging all over the dance floor.

6. Having sleep problems? Check out Dr. Michael Weisberg, one of the preeminent sleep experts in the nation for answers. Then design the bedroom of your dreams for relaxation, romance, and rest with Feng Shui expert DeAnna Radaj.
7. Get Physical: Tired of paying \$15 a pop for different exercise classes in the valley? For only \$25/day, you can try 10 different fitness classes in yoga and pilates, ride with Carmichael Training System experts or participate in guided nature hikes.
8. Celebrity Sightings: Cat Cora, Dawna Stone (the winner of the first ever Martha Stewart's *Apprentice*), Chris Carmichael, best-selling author Debbie Ford, and other celebrities in the field of Wellness abound. Come mingle with the stars at Snowmass.
9. Motivate yourself. From top motivational expert Sue Frederick to Dr. Barry Bittman's new paradigm for treating the "Whole Person" to bestselling author Deb Ford's transformational expertise to Hale Dwoskin's Sedona method for letting go of fear and stress, the Snowmass Wellness Experience puts some of the foremost wellness experts in the nation at your disposal.
10. Yoga and Chocolate Class with David Romanelli: This heady combination is the perfect conclusion to each day. Need we say more?

For a full schedule and to purchase tickets, visit [www.snowmasswellness.com](http://www.snowmasswellness.com). Tickets are only \$25/day. Prize drawings for items such a George Foreman Grill or Donna Karan gift baskets will be held throughout the weekend as well. For media information & speaker interviews, please contact Allison Johnson at [aj@snowmasspress.com](mailto:aj@snowmasspress.com) or (970) 704-9988.

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