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## **SNOWMASS WELLNESS EXPERIENCE NURTURES THE WHOLE PERSON** **Best-selling authors & renowned experts converge for premier holistic wellness festival**

**Snowmass Village, Colo.** -- In only its fourth year, The Snowmass Wellness Experience announces an all-star line-up of wellness speakers for this August 17-19 celebration in the Rocky Mountain resort of Snowmass Village, Colorado.

"Unlike other wellness events that are confined to the classroom or conference center, our participants are learning how to nurture the whole person indoors, outdoors and through practical, hands-on opportunities throughout the resort," says Event Director Josh Behrman. "We've created a totally immersive, truly holistic lifestyle festival, from morning meditations to sampling healthy cuisine to heading out on a bike with a professional athlete."

Over two days the Snowmass Wellness Experience, which is sponsored by Body & Soul Magazine, Vitamin Cottage, the Denver Post, the Crestwood, and the Shakti Foundation, gives participants access to top nutrition, fitness, and spirituality & science experts, including six best-selling authors. While the popular Swing into Wellness presented by Vitamin Cottage gourmet dinner celebration kicks off the weekend on Friday, distinguished keynote speakers Marianne Williamson and Dan Millman address audiences on Saturday. Williamson examines the life-affirming principles first discussed in *A Course In Miracles* and in her forthcoming book, while Millman explores how to align one's life to fundamental principles at the heart of every health and healing tradition in the world.

Nearly 20 other internationally respected wellness and fitness presenters such as Dr. Pamela Peeke, Michael T. Murray, Steve Hess, Janet Stone, and Belleruth Naparstek, discuss wellness topics such as stress, super foods, gluten intolerance, the healing power of music, Anusara yoga, and the wellness programs used by NBA athletes.

This year's event raises the bar even further by also becoming certified as an approved program for up to 13 hours of Professional Continuing Education Credits. This new designation allows professionals ranging from nurses to psychologists the opportunity to gain knowledge and credit in the workplace for attending.

"No other wellness event in the U.S. offers such a comprehensive and intimate opportunity to explore wellness issues, both for individuals and professionals," says Marketing Director Susan Hamley. "It's not a wellness conference, but rather the opportunity to immerse yourself in a truly life-transforming weekend in a beautiful mountain destination."

Snowmass Village offers a wealth of activities for the mind, body & spirit including spa services at local hotels, golf, 40 miles of scenic hiking and biking trails in the surrounding Snowmass-Maroon Bells

Wilderness Area, and mountain adventures such as free concerts, horseback riding, and hot air balloon rides.

For the complete Snowmass Wellness Experience schedule, please visit the official website at [www.snowmasswellness.com](http://www.snowmasswellness.com). For general Snowmass information, visit [www.snowmassvillage.com](http://www.snowmassvillage.com) or call 1-800-SNOWMASS.

### **Keynote Speakers**

**Marianne Williamson** is an internationally acclaimed author and expert on transformational wisdom. Four of her nine books have been #1 New York Times bestsellers. Williamson has been a popular guest on programs such as Oprah, Larry King Live, and Good Morning America, and in 2006 Newsweek called her one of the 50 most influential baby boomers. ([www.marianne.com](http://www.marianne.com))

**Dan Millman** is a former world-champion athlete, university coach, martial arts instructor, and college professor. His thirteen books, including the bestseller *Way of the Peaceful Warrior* (adapted into a 2007 movie by Nick Nolte), have inspired millions of readers in 29 languages. His keynotes and seminars have influenced world leaders in the fields of health, psychology, education, business, sports, and the arts. ([www.peacefulwarrior.com](http://www.peacefulwarrior.com))

### **Featured Speakers**

**Michael T. Murray, N.D.** is widely regarded as one of the world's leading authorities on natural medicine. He co-authored the definitive textbook on naturopathic medicine for physicians and consumers and written over 20 other books, including multiple bestsellers. ([www.doctormurray.com](http://www.doctormurray.com))

**Swami Brahmananda and Swami Dharmavati** (Ed and Deb Shapiro) have been spiritual practitioners and teachers for over 20 years and the authors of 15 books, several of which are best-sellers. They write the daily Chillout inspirational messages for Sprint cell phones. ([www.edanddebshapiro.com](http://www.edanddebshapiro.com))

**Dr. Barry Bittman** is a neurologist, author, international speaker, inventor, and award winning producer/director. As CEO and Medical Director of the Mind-Body Wellness Center in Meadville, PA., Dr. Bittman has pioneered a new paradigm for treating the "whole person." He is the host of the first nationally-syndicated integrative medicine weekly Public Radio program and been featured in major publications such as the New York Times, Scientific American O (Oprah Magazine), and on CNN Headline News. ([www.mind-body.org/bittman.html](http://www.mind-body.org/bittman.html))

**Belleruth Naparstek** is the creator of the bestselling Time Warner Health Journeys guided imagery audio series used by nearly 2,000 hospitals, mental health centers, spas, and recovery centers. Her first book is considered the primer on imagery and healing, her second book on intuition has been translated into 9 languages, while her latest book on posttraumatic stress won the Spirituality & Health Top 50 Books Award. ([www.healthjourneys.com](http://www.healthjourneys.com))

**Dr. Pamela Peeke** is a nationally recognized expert in the field of Integrative Fitness and author of the New York Times bestselling *Body for Life for Women* and *Fit To Live*. Chief Medical Correspondent for Discovery Health Television and a member of Oprah Winfrey's O Team of Medical Experts, Dr. Peeke is a Pew Foundation Scholar and Assistant Professor of Medicine at the University of Maryland. ([www.drpeeke.com](http://www.drpeeke.com))

**Karlene Karst, RD**, is a leading specialist in the areas of essential fatty acid (EFA) research and supplementation. Co-author of *Healthy Fats for Life*, she also writes for diverse health and nutrition publications and appears on radio and television shows across North America. She is the current Director of Education for Nature's Way. ([www.fatsforhealth.com](http://www.fatsforhealth.com))

**Steve Hess** is the assistant coach/strength and conditioning for the Denver Nuggets. Hess oversees the team's strength training, conditioning, stretching, nutritional programs, and supplementation in addition to

designing their weight room. Hess been featured on NBA Inside Stuff, The Eating Network, and Altitude Sports and Entertainment Network. ([www.nba.com/coachfile/steve\\_hess](http://www.nba.com/coachfile/steve_hess))

**Neil E. Levin**, CCN, DANLA, is a board-certified clinical nutritionist. He is a professional member of the International & American Associations of Clinical Nutritionists and the Nutrition Education Manager and product formulator for NOW Foods. Neil is routinely interviewed for trade magazines, has published articles in numerous magazines, newspapers, and scientific journals, and has been a guest on numerous radio shows. He is the president of Nutrition for Optimal Health Association, Inc. ([www.honestnutrition.com](http://www.honestnutrition.com))

### **Wellness Activities:**

**Swing into Wellness presented by Vitamin Cottage:** The Snowmass Wellness Experience kicks off with an exceptional evening dinner dance featuring organic gourmet cuisine prepared by Chef Jason Friendly. The menu includes items such as Drake's Bay Pacific Oysters served on the half shell with a ponzu mignonette and Rosewater poached Pacific Black Cod topped with peach and strawberry salsa, while the evening also includes organic wine samplings and classy live music for dancing. See below for cost.

**Cooking Demonstrations:** Featured speaker Karen Falbo is a certified nutritionist and the National Nutritionist Coordinator for Vitamin Cottage Natural Grocers. With over a decade of counseling experience and author of The Vital Abundance Cooking Series, Falbo teams up with chefs Susana Jimenez Lyons of the Cooking School of Aspen and Lisa Ruoff of the organic vegetarian catering company Eco Goddess Edibles for cooking demonstrations on Saturday and Sunday.

**Yoga:** The non-profit Shakti Foundation hosts this year's eight yoga workshops. \$2.50 of every yoga & activities pass sold will be donated to local non-profits Pathfinders ([www.pathfindersmbs.org](http://www.pathfindersmbs.org)) and Davi Nikent ([www.davinikent.org](http://www.davinikent.org)). Yoga instructors include nationally respected instructors Lisa Black, Peter Avolio, Janet Stone, Katchie Ananda, Aaron King, and Simon Park.

**Guided Nature Walks:** 2006 Colorado Book Award winner Janis Huggins and "The Humorous Herbalist" Laurel Dewey lead scenic guided walks around Snowmass Village looking at the medicinal and unique qualities of local plant life.

**Guided Bike Rides:** Professional Vitamin Cottage team riders Lance Loedhing and Dave Twinam talk about the world of biking in Colorado and lead group rides on the roads around Snowmass.

**Snowmass Village Wellness Expo:** Over 40 Wellness vendors fill the Snowmass Village Mall with the latest mind, body & spirit products ranging from aromatherapy to sports products.

**Additional Activities** include a centering morning meditation with Ed & Deb Shapiro and an evening Drum Circle gathering.

### **Tickets:**

Various prices and packages are available. The first 500 to purchase Individual Day Passes will receive a goody bag of Wellness products. Tickets are available for purchase online at [www.snowmasswellness.com](http://www.snowmasswellness.com) or at local outlet: Sounds Easy, Carbondale, 970.963.1303.

**Individual Day Pass** (Sat or Sun) \$125 (Includes admission to all presentations, workshops, and yoga/activities. Keynotes not included); **Weekend Wellness Package** \$200 (Includes admission to all presentations, workshops, and yoga/activities for Saturday and Sunday. Keynotes not included); **Keynote Speaker Ticket**, August 18, 5 pm & 7:30 pm \$45 (Ticket includes both Marianne Williamson and Dan Millman); **Yoga & Activities Pass** (Sat or Sun) \$25 (Includes admission to all yoga workshops, meditations, cycling workshops, and guided nature hikes/walks); **Wellness Exhibitor Village & Vitamin Cottage Cooking Demonstrations:** Free;

**Swing into Wellness Evening Dinner** Presented by Vitamin Cottage, \$70 or \$130/couple. (A limited number of tickets are available. For reservations please contact: Denise Farver: [dfarver@silvertreehotel.com](mailto:dfarver@silvertreehotel.com) or 970.923.8286); Continuing Education: To receive professional CEUs, please add a \$30 administration fee to the price.

**Lodging Specials & General Information:**

**The Crestwood.**

Stay at The Crestwood condominiums and nurture your whole self at the Snowmass Wellness Experience August 17-19. Rates start at \$306.50 per person for 1 night (not including tax) or \$368 per person for 2 nights for a one bedroom condominium (based on double occupancy). The individual's package includes a full weekend event pass and lodging. To book, contact 800.356.5949 or visit [www.thecrestwood.com](http://www.thecrestwood.com).

**The Timberline Condominiums**

The Timberline Condominiums offers a special lodging rate for the Snowmass Wellness Experience August 17-19. Rates start at \$45/person per night plus tax based on double occupancy and availability. A minimum 2-night stay is required. To reserve this special offer please call the Timberline reservations office at 1-800-922-4001 or email [reservations@thetimberline.com](mailto:reservations@thetimberline.com)

**Snowmass Inn**

Stay within a short walk of all the Snowmass Wellness Experience activities. Rates start at \$80/night based on availability and a 2-night minimum August 17-19, 2007. For more information, call 800-635-3758, visit [www.snowmassinn.com](http://www.snowmassinn.com), or email [lodging@snowmassinn.com](mailto:lodging@snowmassinn.com).

**Woodrun V Townhomes**

Now open again in summer! \$7 Million remodel of pool area and stunning new exteriors just completed. Just four minutes' walk to the Village Mall and the Snowmass Wellness Experience. Stay two or more nights starting at \$225 a night. [www.woodrunv.com/](http://www.woodrunv.com/) or email [rentals@woodrunv.com](mailto:rentals@woodrunv.com) or call 800-718-3694, 970-922-0017.

**The Silvertree Hotel**

The Silvertree Hotel is offering a discount of 20% off lodging until August 29, 2007 for direct bookings based on availability. Call 1-877-766-1999 or visit [www.silvertreehotel.com](http://www.silvertreehotel.com) for details.

*The resort town of Snowmass Village, Colorado, is located in the heart of the Elk Mountains 9 miles from Aspen, Colorado. Snowmass is accessible via four regional airports (Aspen, Eagle, Grand Junction, and Denver). NEW this summer is daily service to Aspen from Los Angeles on United and expanded Delta service to Aspen from Salt Lake City. Snowmass offers diverse lodging and daily activities for families, adventurers, and couples. For a summer media guide of this popular mountain destination, please visit [www.snowmasspress.com](http://www.snowmasspress.com).*

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