



LAGUNA BEACH

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SPA MONTAGE PARTNERS WITH ORANGE COUNTY'S POPULAR RITUAL YOGA
Acclaimed Oceanfront Spa to Offer Ongoing Yoga Series

LAGUNA BEACH, Calif. (February 8, 2018) – Relax. Exhale. Forbes Five-Star rated Spa Montage at [Montage Laguna Beach](#) expands its yoga offerings by bringing in local, popular Ritual Yoga to lead a new series of classes designed for yoga enthusiasts of all ages and aptitudes. Open to the public as well as resort guests, sessions are held both in the morning and afternoon, with class highlights including:

- **Gentle Flow:** Offering a relaxed pace and individualized attention – with deep stretching, mindful Vinyasa and breath work.
- **Mindful Meditation:** Allows deep, intuitive focus into complete well-being and internal shifting of energy and consciousness.
- **Power Yoga:** A dynamic combination of strength, sweat and spirituality, with an emphasis on strong standing poses while toning muscles and calming the mind.
- **Restorative Yoga:** Sustained stretching poses release stagnate energy while supporting and preserving joints, bones and connective tissue health.
- **Sound Meditation:** A multifaceted sound healing practice, releasing emotional blockages and expanding consciousness via guided visualization, Tibetan bowls and more.
- **Vinyasa Flow:** Comprised of vigorous, dynamic sequences linking breath and movement.

The cost for each class is \$40. Packages and unlimited monthly passes are available as well: a package of five classes is \$190; package of 10 classes is \$350; package of 20 classes is \$680; monthly unlimited classes are \$750. Those who purchase packages of 10 or greater will enjoy spa access on the day of their class for three hours after class to enjoy the spa's luxurious fireplace lounges, whirlpool, steam and sauna areas, oceanfront lap pool and fitness facilities. And those who purchase a package of 20 or an unlimited monthly pass will receive an additional 20% discount on salon services (hair and nail) during the time the package is active in addition to three hours of spa access after each class.

To book a class, visit the MindBody app and search "Montage Laguna Beach" or visit montagehotels.com/spamontage. For more information, call Spa Montage at (949) 715-6010

Where: Montage Laguna Beach
30801 Coast Highway
Laguna Beach, CA 92651
(949) 715-6000

www.montagehotels.com/lagunabeach

About Montage Laguna Beach

Montage, set on a coastal bluff overlooking the Pacific in the heart of the vibrant arts community of Laguna Beach, offers 30 acres of oceanfront luxury. The 250-room craftsman-style resort features beachfront accommodations; a 20,000-square-foot spa; destination dining at Studio; a wealth of outdoor recreation, including three pools, beach and water sports; a fine art collection; and more than 20,000 square feet of indoor and outdoor meeting space. For information and reservations, please contact Montage, toll-free, at 1-888-715-6700; or visit www.montagehotels.com/lagunabeach.

About Montage Hotels & Resorts

Montage Hotels & Resorts is a hospitality management company founded by Alan J. Fuerstman. Designed to serve the ultra-luxury traveler and homeowner, the company features an artistic collection of distinctive hotels, resorts and residences in stunning settings that offer comfortable elegance, a unique sense of place and spirit, impeccable hospitality and memorable culinary, spa and lifestyle experiences. The portfolio of hotels, resorts and residences includes: Montage Laguna Beach, Montage Beverly Hills, Montage Deer Valley, Montage Kapalua Bay, Montage Palmetto Bluff, and opening in 2018, Montage Los Cabos. For more information, follow @montagehotels or visit www.montagehotels.com.

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