



For Immediate Release

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**MONTAGE DEER VALLEY CELEBRATES GLOBAL WELLNESS DAY
WITH COMPLIMENTARY MOUNTAIN YOGA**

*The luxury, alpine retreat introduces **NEW Summit Yoga Series** dedicated to living well*



PARK CITY, UTAH (June 8, 2019) – [Montage Deer Valley](#) is celebrating [Global Wellness Day](#) 2019 by kicking off a complimentary **Summit Yoga Series** throughout the summer that offers opportunities for locals and guests to rejuvenate their mind, body and spirit. Taking place on June 8, 2019, Global Wellness Day is an annual, international initiative dedicated to living well. Montage Deer Valley is supporting the ‘living well’ concept through the new Summit Yoga Series, and continues to highlight its dedication to wellness through additional new initiatives including group fitness classes, nutritional guidance and holistic spa therapies.

“We are delighted to celebrate Global Wellness Day by helping guests and the local Park City community incorporate wellness into their everyday life,” said Shana Ominsky, director of spa, Montage Deer Valley. “This experience was specifically designed to highlight the resort’s natural, majestic mountain landscape and inspire guests and locals alike to prioritize self-care on Global Wellness Day and beyond.”

The Summit Yoga Series will include a weekly, 60-minute guided meditation and yoga session, led by one of the resort's in-house fitness and wellness experts. The class will take place on the Mountain Lawn, an intimate outdoor setting overlooking the Wasatch Mountain Range surrounding the resort, and will accommodate up to 40 people per session.

The series will take place at 9:00 am each week beginning Friday, June 14 through Friday, August 16. The full schedule will run as follows:

- Friday, June 14
- Friday, June 21
- Friday, June 28
- Friday, July 5
- Friday, July 12
- Friday, July 19
- Friday, July 26
- Friday, August 2
- Friday, August 9
- Friday, August 16

To further help attendees manage their health and well-being routine, the series will also feature local Park City partners including Athleta, Ritual Chocolate, Land Juicery, Leafy Mama, Mamachari Kombucha and more.

All levels are welcome, and yoga mats will be provided. Attendees are encouraged to bring water and wear sunscreen. Space is limited; RSVP is recommended. In the event of rain, the event will be cancelled. Participants are encouraged to follow @MontageDeerValley and use the hashtag #MontageMemory.

To RSVP, contact the [Spa Montage Deer Valley](#) at (435) 604-1400. For more information, please visit our website at www.montagehotels.com/deervalley.

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About Montage Deer Valley

Montage Deer Valley is located in the year-round community of Park City, Utah, less than ten minutes from Park City's celebrated Main Street. This refined mountain craftsman resort features 154 deluxe accommodations, and more than 66 suites and 81 privately owned Montage Residences ranging from one to four bedrooms including fireplaces and expansive views of the majestic Wasatch Mountains. The resort offers extensive 24-hour services and several inventive dining options, including a gourmet pub with bowling lanes, darts and nostalgic arcade games; an award-winning, 35,000-sq. ft. alpine-inspired Spa Montage; outdoor pool and whirlpools; outdoor terrace with fire pits; one-of-a-kind retail shops, a collection of hand-selected and commissioned fine art and 60,000-sq. ft. of indoor and outdoor event and meeting space. Montage Deer Valley is a member of Preferred Hotels & Resorts'

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