

## PORTOLA HOTEL & SPA WELCOMES MONTEREY YOGA

*New Yoga Studio Offers Classes for Leisure Guests, Locals and Business Travelers*



**Monterey, CA — Feb. 4, 2020 — [Portola Hotel & Spa](#)**, the elegant Four-Diamond hotel situated along Central California's Monterey Bay, is pleased to announce its partnership with Monterey Yoga. The locally owned and operated studio has officially relocated to the Portola Hotel's new on-site yoga space.

Serving the Monterey Peninsula since 2010, Monterey Yoga offers daily traditional and Ashtanga Vinyasa yoga classes, including traditional Mysore, led group classes, workshops, private classes, and Yoga for Kids. Monterey Yoga's new home studio is located inside the Hotel's state-of-the-art Fitness Center along Alvarado Street with on-site sessions and a multitude of beautiful outdoor locations on the Monterey Peninsula for larger group classes.

"We are thrilled to be a part of Portola Hotel & Spa to help others develop and strengthen their practice in this beautiful new space," says Amy Wright, owner of Monterey Yoga. "The Monterey Peninsula is one of the most relaxing and cleansing places to reset and connect with yourself. We invite beginner and advanced yogis to experience this journey with us!"

Daily Ashtanga Yoga classes are designed for beginners through advanced practitioners and include a progressive series of postures, focusing on intimate movement, meditation and self-awakening. Mysore classes are "self-led," where students learn slowly and progressively with the personal guidance of the teacher. Group classes are based on the Ashtanga Primary Series (Yoga Chikitsa) that guide students through movement, breath and a challenging yet purifying flow. Classes are available for drop-in (\$20), self-practice (\$10) 5-class pass (\$75) and 10-class pass (\$135).

In addition to enhancing a relaxing getaway for Portola guests and Monterey locals, Monterey Yoga's offerings are also designed to stimulate the mind and foster teamwork for business travelers. Introducing 'Conference Yoga' for groups, Portola Hotel & Spa and Monterey Yoga have developed a yoga series aimed to reduce stress and increase energy and blood flow to the brain and muscles. As yoga is proven to enhance memory retention, productivity and efficiency, Conference Yoga allows conference participants to effectively concentrate in presentations, absorb more information and accomplish more in a shorter period of time. Classes offer a traditional style of yoga that is individualized and accessible to all levels and abilities. From strong and energetic to slow and restorative flows, Monterey Yoga tailors each session to groups' unique needs. Yoga packages start at \$90 per 30-minute sessions for 10 or more students and \$150 per 60-minute sessions for 5-30 students.

Monterey Yoga will host an Open House on Saturday, Feb. 22, 2020 from 11:00 a.m. to 3:00 p.m. The public is invited to visit the space, meet the yoga instructors and enjoy free classes, complimentary refreshments, massage and the chance to win free offerings from other local small businesses. RSVP to [info@monterey.yoga](mailto:info@monterey.yoga) by Feb. 18, 2020.

For class schedules, additional pricing and information, please contact the [Monterey Yoga studio](#).

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### **About Portola Hotel & Spa**

About Portola Hotel & Spa The AAA Four Diamond, Portola Hotel & Spa in Monterey, CA was one of the first U.S. Green Building Council LEED® Certified hotel on California's Central Coast. The full-service hotel offers guests a rich, historical ambiance, with residential style and a dedicated staff to ensure an unparalleled guest experience. The Portola Hotel features 379 well-appointed guest rooms and suites, ranging from 400 to 1,000 square feet. Home to the Monterey Peninsula's original craft brewery, Peter B's Brewpub, The Club Room, Jacks Monterey, and Peet's Coffee. The Portola boasts an award-winning 6,000-square-foot day spa. Spa on the Plaza offers beautifully appointed treatment rooms and an extensive spa menu of signature treatments. Overnight guests also have access to the hotel's spa and fitness facilities, complete with steam room, sauna, outdoor pool, Jacuzzi and yoga studio.

For more information, please visit [www.portolahotel.com](http://www.portolahotel.com).

**MEDIA CONTACT**

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