

Press Release

The Beverly Hills Hotel introduces 9021-OM™ yoga program for guests and non-guests alike



Breathe in breathe out The Beverly Hills Hotel will hold weekly yoga classes every Saturday from 9:30 am to 10:30 am. Celebrated yoga instructor Amy Rose will conduct the hour-long classes, priced at \$25* and open to the public. Fresh fruit, water, yoga mats and blocks will be provided complimentary to all participants.

This new wellness initiative was derived from The Beverly Hills Hotel's Innovation Committee, a multidisciplinary team comprised of innovation champions from each department. After conducting guest surveys, the Committee determined that hotels with inspired health and fitness options reflective of their destinations have a significant positive impact on a guest's emotional connection to them. From this, the idea of al fresco yoga classes overlooking The Beverly Hills Hotel's legendary pool was born, creating an offering that captures the landmark building's storied heritage as well as LA's health conscious and outdoor lifestyle.

Certified and trained through the American Yoga School in Malibu, California, Amy Rose specializes in vinyasa flow set to soul soothing music. Her instruction is ideal for beginner to advanced levels, with an emphasis on bringing great light and love into her classes. Amy's focus on building endurance and strength, while at the same time respecting the connection between the body and the mind, allows for a synergistic physical and mental experience. For additional information on Amy Rose, please visit <http://amyrosefitness.com/about.html>.

For additional information and reservations, please call 310-887-2006.

The Beverly Hills Hotel
Beverly Hills
Dorchester Collection

Health and wellness enthusiasts will also appreciate the hotel's Spa by La Prairie, located adjacent to the pool area. Open daily from 8 am to 9 pm, the Spa offers an extensive treatment menu of signature services and remedies that allow clients to experience La Prairie's one-of-a-kind body therapies. For additional information, please visit <https://www.dorchestercollection.com/en/los-angeles/the-beverly-hills-hotel/spa/>.

**exclusive of an \$8 valet parking charge if complimentary street parking is not utilized*

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Notes to the editor:

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