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MEDIA RELEASE

Ruttger's to host Lakes Area Yoga Festival

Deerwood, Minn. – January 31, 2018 – Ruttger's Bay Lake Lodge will host the first annual Lakes Area Yoga Festival - a celebration of the innovative, life-affirming yoga and wellness available in the Brainerd Lakes Area – from 8 a.m. – 4:30 p.m. on Sat., April 28.

"Ruttger's has offered yoga classes for our guests for a number of years," Ruttger's President Chris Ruttger said. "We are proud to take our support of yoga to the next level by hosting this event."

The highlight of the Lakes Area Yoga Festival will be a day-long Lakes Area Yoga Expo – a day of workshops and instruction provided by local instructors and teachers. The event includes three class sessions, a vendor area for the latest gear and yoga merchandise, plus lunch, beverages and snacks throughout the day. There are three class choices during each session. Classes for all levels will be available and will focus on:

- Meditation and Relaxation
- Posture and Alignment
- Inversions – Getting upside down
- Partner Yoga
- Mudras (hand gestures)
- Reflexology in yoga
- Breathing techniques
- Yoga Nidra

Admission for the event is \$60 per person. People interested in attending, as well as yoga studios and vendors who wish to participate, can sign up or get more information at www.ruttgers.com/yoga-expo.

About Ruttger's Bay Lake Lodge

Ruttgers' Bay Lake Lodge is a premier family resort on the shores of Bay Lake in Deerwood, Minn. The Ruttger family has owned and operated the resort since its opening in 1898, making it the oldest continually owned family resort in Minnesota. Priding itself on treating all guests like family, Ruttger's features 27 holes of golf, full marina service, fine dining, retail establishments, meeting and convention space, a spa and more.