

“VINEYARD YOGA” presented by JACKSON-TRIGGS and HOTEL YOGA

Outdoor Yoga at its best!

April, 2013

Back by popular demand-- after a successful season last year, **Jackson-Triggs Niagara Estate Winery**, in partnership with **Hotel Yoga**, will again be featuring a series of beginner/introductory yoga sessions on the **Jackson-Triggs Amphitheatre** stage followed by a three course rustic lunch.

This unique setting on the stage allows for a panoramic view of the surrounding vineyards and stunning state-of-the-art winery while immersing yourself in your yoga session. We invite you to bring a friend, plan a girls outing or celebrate a special occasion with friends or family! Last year this unique way to enjoy wine country saw Canadians and Americans enjoying themselves and looking forward to a return visit.

Monthly sessions start in May 2013 with the following dates confirmed:

May 26, June 30, July 21, August 25, September 15 or set up a private booking.

YOGA: A licensed instructor from Hotel Yoga will lead the group through a relaxing yoga session focusing on stretching and breathing techniques.

LUNCH: Guests will enjoy a locally inspired lunch created by Jackson-Triggs Estate Chef Tim Mackiddie paired with a glass of our fine VQA table wine and Icewine. Lunch will be served in a scenic location at the winery.

PLACE: An outdoor setting in a sheltered environment so it is a rain or shine event at Jackson-Triggs Niagara Estate Winery, 2145 Niagara Stone Road, Niagara on the Lake.

TIME: Yoga session is an hour long -11:00 a.m. with lunch to follow from 12:15 to 1:15p.m.

PRICE: \$50.00 per person, tax included

Reservations: Please contact Hotel Yoga: Alana Hurov 647-998-9942

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