

July 13, 2005

Let Yoga Guide You to Better Golf

New Workshop at Ste. Anne's Spa Aimed at Helping Women Golfers

GRAFTON – Performing under pressure is often cited by women as a major challenge they face when golfing. Learning how to manage this intensive stress and improve overall golf performance is the focus of a new yoga-for-golf workshop series developed by Ste. Anne's Spa entitled "Golf Goddesses".

Designed by Golf Performance Specialist Peggy Brigham for Ste. Anne's Spa, "Golf Goddesses" teaches women how to bring the mental focus and physical grace of yoga to their golf game. With its emphasis on flexibility, balance, strength, and alignment, Peggy reveals over 2 _ days the many valuable tools that yoga offers for better golfing.

In addition to these physical skills, a key aspect of the yoga-for-golf instruction is on Meditative Focused Training. Women golfers are taught the skills to become more positive thinkers, which produces confidence and a belief in ones self and ability. "The body never makes a mistake - it acts out the messages the mind sends," says Peggy. "With the calming and supportive environment provided at Ste. Anne's, golfers effectively learn to keep the messages clear and focused on the best outcomes."

Each day is interlaced with time for spa treatments to ensure women have the time to completely relax during the workshop and internalize the new skills they have learned. Spa treatments are seen as an integral part of the "Golf Goddesses" experience, as the increased circulation and massaging of tired muscles help participants remain in optimum form throughout the course.

The "Golf Goddesses" workshop series runs three times in 2005, with sessions planned for:

August 28 – 30, 2005
September 23 – 25, 2005

Workshop details are available at http://www.spavillage.ca/Yoga_and_Golf.html

Each all-inclusive package includes workshop sessions, 2 nights accommodation, all meals and afternoon teas, yoga mat, visualization CD, and a \$100 spa allowance towards a selection of relaxing treatments. Full use of Ste. Anne's extensive fitness and spa facilities is also included. Early bird rates are available, starting from \$815 per person, based on double occupancy.

Ste. Anne's Spa is located 75 minutes east of Toronto, near Grafton, Ontario. To inquire about rates availability, please call 1-888-346-6772.

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