

**SPA MONTAGE LAGUNA BEACH ANNOUNCES NEW APPROACH
TO WELLNESS CLASSES**

Select 'Bliss,' 'Blast' or 'Balance' Offerings;

Newest 'Bliss': Montage Water Workout Features Pilates, Yoga and T'ai Chi in the Pool

LAGUNA BEACH, CA (June 14, 2007) - Spa Montage Laguna Beach has unveiled a new approach to the wellness classes it offers daily to all guests as well as in private, by-appointment one-on-one training sessions or for select corporate groups of 3-20 people.

WHAT: Classes are designated as 'Bliss,' 'Blast' or 'Balance' to permit guests and groups to select classes best-suited to their moods and needs.

Bliss classes are designed to quiet the mind and lift the spirit:

- **Montage Water Workout** is the newest Bliss class, and combines cardio, strength and core training, including a unique opportunity to enjoy Pilates, yoga and T'ai Chi in the pool
- One-to-one Bliss sessions include Montage Water Workout, Salsa, Hip-Hop and Reiki
- Group Bliss classes include Chakra Flow, Retro Groovin, Hip-Hop and Salsa

Blast classes are fun, high-energy cardio conditioning classes:

- One-on-one Blast sessions include Weight Training, Assisted Stretch, BOSU Core Workout, Running/Hiking, Personalized Cycle, Kickbox/Kung Fu and Sports Conditioning
- Group Blast classes include Beach Bootcamp, Kickbox, Core Conditioning, Indoor Cycling and Fusion Cycle/Yoga

Balance classes use mindful movement to bring body structure, energy and motion into harmony and equilibrium:

- One-on-one Balance sessions include Mat Pilates, Pilates Reformer, Yoga or Yoga Duet, T'ai Chi or T'ai Chi Duet, Meditation and Guided Visualization, Hypnotherapy and Thalassic Beachwalk
- Group Balance classes include Pilates, Yoga, Piloga, T'ai Chi, Thalassic Beachwalk and Montage Meditation

WHY: The new classifications underscore the holistic approach that Spa Montage takes to wellness, and help guests more easily navigate the ever-rotating, very robust course schedule.

HOW: All scheduled classes are complimentary to resort guests. Private one-on-one training sessions are available by appointment, beginning at \$125 for 60 minutes. Private group classes, for groups of 3-10 or 11-20 people, are available by appointment, beginning at \$325 or \$460 for 60 minutes.

WHERE: Spa Montage, 30801 South Coast Highway, Laguna Beach, CA 92651
(866) 271-6953 or (949) 715-6000

AVAILABLE FOR INTERVIEWS: Wellness Manager David-Dorian Ross, a renowned T'ai Chi master and life coach who is responsible for all wellness programs and classes at Spa Montage, is available to speak about the roles of movement and mind-body balance in achieving optimal personal wellness.

About Montage Laguna Beach

Montage Laguna Beach, set on a coastal bluff overlooking the Pacific in the heart of the vibrant arts community of Laguna Beach, offers 30 acres of oceanfront luxury.

The 250-room craftsman-style resort features beachfront accommodations; a 20,000-square-foot spa; destination dining at Studio; a wealth of outdoor recreation, including three pools, beach and water sports; a fine art collection; and more than 20,000 square feet of indoor and outdoor meeting space. For information and reservations, please contact Montage Laguna Beach toll-free, at 1-888-715-6700; or visit the Web site at www.montagelagunabeach.com

[<http://www.montagelagunabeach.com>](http://www.montagelagunabeach.com) .

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