

The Westin Edina Galleria and Galleria to Host “Root Down, Ramp Up” Complimentary Yoga Classes Throughout Summer

Classes begin on June 8 from 6-7 pm

Edina, Minn. (May 2016) - The Westin Edina Galleria and Galleria Shopping Center, in partnership with lululemon athletica Edina Galleria, will be presenting the second annual *Root Down, Ramp Up* complimentary yoga series throughout the summer. The yoga workshops begin on Wednesday, June 8 from 6 – 7 pm. Open to the public, yoga enthusiasts and beginners are invited to enjoy the complimentary evening yoga classes in Edina. There will be two classes held per month through the end of August.

“Yoga is a great path to a strong mind and body,” said Michael Kappel, sales and marketing director for The Westin Edina Galleria. “This series is a part of our commitment to helping and inspiring guests and community members to feel their best.”

The hour-long classes, led by yoga instructors from CorePower Yoga, will begin at 6 pm on the top level of Galleria’s parking deck – weather permitting. **Classes will take place on June 8 and 22, July 6 and 20 and August 3 and 17, 2016.** Local fitness enthusiasts and hotel guests of all skill levels are welcome to attend; there is no cost to participate. Participants should bring a yoga mat and will receive a complimentary water bottle (while supplies last), complete with a DIY fruit infusion bar provided by Galleria’s Good Earth restaurant. For more information on *Root Down, Ramp Up*, please visit Galleria’s *Root Down, Ramp Up* Facebook page.

This yoga class series is inspired by The Westin Well-Being Movement designed to motivate community members and travelers to discover new approaches to well-being at Westin and beyond. The Move Well pillar of the movement includes state of the art WestinWORKOUT facilities, Gear Lending, RunWestin running maps and programs to help guests and followers stay fit.

The Westin Edina Galleria, the award winning Westin hotel of the year, combines modern elegance with a sophisticated atmosphere. Connected to Galleria Shopping Center at 3201 Galleria in the heart of Edina, Minnesota, this Edina hotel offers dining options and exquisite art collections, making this the destination of choice for visitors to Minnesota. For more information and reservations, visit www.westinedinagalleria.com or call (952) 567-5000 or (888) 627-8245.

Galleria Shopping Center in Edina is a Twin Cities luxury shopping destination offering the finest in fashion, home, beauty & dining. The center is located at 69th and France Avenue in Edina, Minnesota; hours are Monday-Friday: 10 a.m. – 9

p.m., Saturday: 10 a.m. – 8 p.m. and Sunday: 11 a.m. – 6 p.m. Restaurants and some stores' hours may vary. For more information, visit www.GalleriaEdina.com, like us on [Facebook](#) or follow us on [Twitter](#), [Instagram](#), and [Pinterest](#).

lululemon athletica was founded in Vancouver, BC in 1998 with the intention of elevating the world from mediocrity to greatness. All lululemon locations have strong ties to our local communities and host in-store events ranging from goal-setting workshops to complimentary yoga classes led by our local community ambassadors. We make technical athletic apparel for yoga, running, dancing, and most other sweaty pursuits.

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