



ESPERANZA
An Auberge Resort

**GUEST YOGA INSTRUCTOR ERIN FLEMING TO TEACH TWO EXCLUSIVE CLASSES
AT ESPERANZA, AN AUBERGE RESORT**

Guests Can Experience Complimentary Classes Taught By Northern California Yoga Expert This Fall

CABO SAN LUCAS, MEXICO (September 6, 2011) – [Esperanza, an Auberge Resort](#), welcomes Erin Fleming as a guest yoga instructor October 31 – November 5, 2011. As Yoga Director at Northern California's prestigious Bay Club Marin, Fleming brings over 20 years of experience to the resort, enhancing the caliber of yoga offerings during Esperanza's peak season. Fleming's extensive training stems from world-wide experience in Ashtanga Vinyasa, Iyengar, Viniyoga, Anusara, Qigong and Yin Yoga.



Guests staying at Esperanza can enjoy two types of complimentary classes taught exclusively by Fleming, including Vinyasa Flow and Yin Yoga. Vinyasa Flow will cater to beginners as well as seasoned practitioners, offering poses and movement that sync with each inhale and exhale. Fleming's specialty, Yin Yoga, is a profound practice incorporating long yet passive poses enhancing flexibility while instilling lightness and grace in the body. Each class will emphasize on cultivating deep breath and body awareness, the foundation of yoga practice. Fleming's Vinyasa classes will be held daily at 10:15am and Yin Yoga classes every Monday, Wednesday and Friday at 5:00pm.

The Spa at Esperanza also recently added a pair of complimentary new yoga classes to its fitness offerings. Each Thursday at 6:00pm, guests can end their day with a calming evening yoga session by candlelight. On Saturdays at 7:00am, guests can begin their day on the resort's private beach with an energizing session set to the rising sun and the natural soundtrack of crashing waves.

Esperanza encompasses a 57-room resort, 60 privately owned villas, 36 private residences, a full-service spa and a signature restaurant, located on the bluffs overlooking two private coves at Punta Ballena near Cabo San Lucas. The resort is a member of the prestigious Relais & Châteaux collection. For reservations or more information, please call toll-free 866-311-2226 or visit www.esperanzaresort.com.

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About Auberge Resorts

Auberge Resorts is a collection of exceptional hotels, resorts and private clubs, each with a unique personality that assures a memorable guest experience. While Auberge Resorts nurtures the individuality of each establishment, all are characterized by a set of communal elements: intimate, understated elegance; captivating locations that inspire exceptional cuisine and spa experiences; and gracious yet unobtrusive service. Among the Auberge collection of distinctive properties are: Auberge du Soleil, Napa Valley, Calif.; Calistoga Ranch, Napa Valley, Calif.; Encantado, Santa Fe, N.M.; Esperanza, Cabo San Lucas, Mexico; The Inn at Palmetto Bluff, Bluffton, S.C.; Rancho Valencia Resort and Spa, Rancho Santa Fe, Calif.; Element 52, Telluride, Colo.; and the Aspen Club, Aspen, Colo., with several others currently in development. For more information about Auberge Resorts, please visit www.aubergeresorts.com.

About Erin Fleming

Erin Fleming is an inspiring, nurturing and knowledgeable teacher at the forefront of the Yin Yoga movement in Northern California. With over 20 years of experience, Fleming has successfully built a sizeable yoga program of 46 classes a week along with periodic workshops and teacher trainings, and has cultivated a team of over 65 extraordinary teachers. Fleming also teaches private yoga sessions, and has created a program for the employees at Lucas Films that has been thriving since 2004. For more information on Erin Fleming and Yogadeva, please visit www.yogadeva.com.

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