

Contact: Abbi Whitaker, Lyman Public Relations
775-323-2977 or abbi@lymanpr.com



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The Napa Fresh Aire Festival, Featuring Dr. Andrew Weil, Set to Enrich the Body, Soul and Planet, August 28 – 30, 2009

*Event Includes Lodging Package at The Westin Verasa, Napa,
Inspiring Lectures, Outdoor Activities, Yoga, and Concert by Laurence Juber*

Napa, Calif. (April 6, 2009) – On August 28-30 the Napa Fresh Aire Festival is set to provide a weekend of total health, wellness and relaxation, with programs, workshops and outdoor activities conducted by the world's leading authorities on healthy living and eco-conscious awareness. Health enthusiasts will gather in one of the country's most relaxing destinations to hear noted speakers such as Dr. Andrew Weil, attend a concert by two-time Grammy® Award winner Laurence Juber, participate in outdoor fitness programs and yoga classes, learn about bio-dynamic food and wine, and sample treatments and demonstrations of health and healing modalities.

Billed as an educational retreat, the Napa Fresh Aire Festival focuses on personal well-being and ecological consciousness with three days of empowering programs and activities offering attendees fresh perspectives and new points of view on health and wellness; fitness and nutrition; spiritual well-being; and eco-conscious living.

A highlight of the weekend will be the keynote presentation by Dr. Andrew Weil, a best-selling author and world-renowned leader and pioneer in the field of integrative medicine who *TIME* magazine named one of the Top 25 Visionaries in 2007. Dr. Weil is an internationally recognized expert for his views on leading a healthy lifestyle, his philosophy of healthy aging, and the future of medicine and health care. As founder and director of the Program in Integrative Medicine at the University of Arizona, Dr. Weil has devoted his career to developing, practicing and teaching others about the principles of integrative medicine.

Friday keynote speaker Dan Buettner is the best-selling author of "THE BLUE ZONES: Lessons for Living Longer from the People Who've Lived the Longest," published by National Geographic Books in March 2008. Buettner is the founder and president of Blue Zones™, an organization that helps people live longer, better lives.

Other featured speakers include Dr. Steven Pratt, a board certified ophthalmologist at Scripps Memorial Hospital and the author of *The New York Times* bestseller *SuperFoods Rx* and his latest book, *SuperHealth; 6 Simple Steps, 6 Easy Weeks, 1 Longer, Healthier Life*; and motivational insomnia-busting expert Robert deStefano, author of "The Z Factor™" due out fall 2009 who is changing the lives of people across America with his unique better sleep method.

Guests can mingle with Dr. Weil and other select presenters at the Napa Fresh Aire Benefit Reception on Sunday, August 30 at 1:00 pm. The benefit will include an informal reception with weekend presenters along with healthy food, wine and music.

On Saturday night, festival attendees will gather for another soul-nourishing event—a concert by Laurence Juber, two-time GRAMMY® Award Winner, Fingerstyle Guitarist of the Year, and former lead guitarist for Paul McCartney's band, Wings. At the festival, attendees will hear Juber perform in what is his most satisfying milieu for his own personal, artistic expression—as an acoustic, fingerstyle soloist.

In between these other activities, guests can attend all level of classes at the Napa Fresh Aire Yoga Campus or participate in “A Taste of Napa” at downtown Napa wine tasting rooms and restaurants within walking distance of The Westin Verasa Hotel.

The Napa Fresh Aire Festival also includes two events that are free to the public. The Fresh Aire Exposition on Saturday, August 29 from 10 a.m. to 5 p.m. features high-end exhibitors offering traditional, alternative, spiritual health, fitness, recreation, and eco-conscious products and services. The Wellness Area offers sample treatments and demonstrations of health and healing modalities.

Cost of the festival is \$260 for a 3-day Fresh Aire Pass, which includes all programs (except the Fresh Aire Benefit Reception), keynote speakers and Juber concert. A Friday Only or Saturday Only Pass is \$130 and includes the Friday program with Friday keynote speaker Dan Buettner, or Saturday's program with Saturday concert. Tickets for the Saturday evening concert can be purchased separately for \$30, for the Friday keynote speaker \$40, and for Dr. Weil's Keynote address \$55. The Benefit Reception is \$80 per person. For those that register before June 1, special early registration pricing is available. CE and CME credits are available for medical professionals. There will be a variety of special post-event activities offered Sunday afternoon and evening. For more information, visit <http://napafreshairefest.com>.

Programs and activities will take place at the Westin Verasa, River Terrace Inn, Oxbow Public Market and the Napa Valley Opera House. Visitors can stay within walking distance from programs, workshops, and evening events at The Western Verasa, Napa with the Napa Fresh Aire Festival Lodging Package. Two-night packages are offered with rates starting at \$719/single occupancy in a Deluxe one-bedroom suite, and \$918/double in a two-bedroom suite. Both include three-day all-access Fresh Aire passes. Visit www.westin.com/verasanapa for more information.

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