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### **MOHONK MOUNTAIN HOUSE UNVEILS NEW WINTER MINDFULNESS PROGRAMMING**

*The legendary resort embraces the winter season with fireside meditation, winter forest bathing and mindfulness lectures*

**NEW PALTZ, NY** – This winter, [Mohonk Mountain House](#), the legendary resort in New Paltz, New York, is introducing new winter wellness programming created by Director of Mindfulness Programming, Dr. Nina Smiley. Designed to help guests combat the “winter blues” and embrace the beauty of the season, the new mindfulness offerings include fireside meditation, winter forest bathing and mindfulness lectures.

“For years, Mohonk Mountain House has remained a thought leader in the health and wellness space,” said Dr. Nina Smiley, Director of Mindfulness Programming at Mohonk Mountain House. “These new winter mindfulness offerings have been designed to give guests the tools to make self-care and mindful living a priority during the winter season.”

Mohonk Mountain House’s new winter mindfulness programming includes:

- **In Search of a Good Night’s Sleep – Fireside Meditation:** According to the National Sleep Foundation, more than two-thirds of American adults say they have trouble sleeping a few nights a week or more, and many cite chronic insomnia. For many, meditation can be an effective natural approach to managing and improving sleep quality. This winter Mohonk Mountain House will offer a relaxing meditation around one of the resort’s many fireplaces where guests will learn simple techniques to quiet the mind and prepare the body for a restful night’s sleep.
- **Forest Bathing on Winter Trails:** Derived from ancient Japanese healing techniques, Forest Bathing is the act of being immersed in nature in order to reap the many benefits of the outdoors. This season, Mohonk Mountain House is offering Winter Forest Bathing sessions that bring guests outdoors so that they can notice the sparkle in the winter light, the crispness in the air and the true beauty of the winter months. Depending on the weather, guests will hike, snowshoe or cross-country ski through stunning paths in the Shawangunk Mountains and fully immerse themselves in the natural beauty of the Hudson Valley.

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- **Beating the Winter Blues:** With the colder weather and holiday season quickly approaching it becomes more difficult to focus on properly nourishing one's body. During the shorter days / longer nights of winter, the presence of holiday treats and the urge for comfort food can overwhelm even the best intentions. This season Dr. Nina Smiley will be offering a brand new lecture that teaches guests how to practice mindfulness in order to nurture the mind, body and spirit.

These three new programs will accompany the resort's robust list of winter activities and offerings. Mohonk Mountain House is the perfect place to embrace winter with activities including snowshoeing, cross-country skiing, ice skating, snow tubing, daily afternoon tea by the fire and a variety of rejuvenating spa treatments created to refresh winter skin and revitalize the mind, body and spirit.

### **About Mohonk Mountain House**

Mohonk Mountain House is a National Historic Landmark resort and Historic Hotel of America located in New York's Hudson Valley, just 90 miles north of New York City. Owned and operated by the Smiley Family since its founding in 1869, the resort has provided guests with recreation and renewal of body, mind, and spirit in a beautiful natural setting for 148 years. The Victorian Castle resort is honored on *Condé Nast Traveler's* Gold List, along with being named the Number One Resort Spa in the U.S. in *Condé Nast Traveler's* Readers' Choice Awards. *Travel + Leisure's* 2015 World's Best Awards highlighted the historic property as a Top 100 Hotel in the World, Best U.S. Resort and Best for Family Travel. The 30,000-square-foot Spa wing at Mohonk Mountain House, features 16 treatment rooms, a solarium, an outdoor heated mineral pool, an indoor heated pool, comprehensive fitness center, and yoga/motion studio. The eco-friendly Spa, recognized as "One of the Top Three Hotel Spas" in *Travel + Leisure's* World's Best Awards, is heated and cooled by a geothermal system and features a "green roof." A wealth of year-round recreation includes a spectacular Skating Pavilion, rock climbing, and 85 miles of trails for seasonal hiking, mountain biking, snowshoeing, and cross-country skiing. The grounds feature exquisite gardens, a nine-hole golf course, tennis courts, and stables for horseback riding and horse-drawn carriage rides. The glacial- formed Lake Mohonk is ideal for boating, fishing, and swimming. The Mohonk Kids' Club is lauded by *Travel + Leisure* as one of the Best Hotel Kids' Programs nationally and has been recognized by *USA Today* as one of the Ten Best Family Resorts. Over 40 theme programs are presented annually, including culinary classes, gardening workshops, music festivals, mindfulness meditation, and nature programs. Overnight rates at Mohonk Mountain House include charming accommodations, three meals, Afternoon Tea and Cookies, and most resort activities. For additional information, please call 855.274.4020 or visit [Mohonk.com](http://Mohonk.com). Become a Facebook fan at [Facebook.com/mohonk](https://www.facebook.com/mohonk).

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