



PO Box 43396
Tucson, AZ 85733
520-270-4759
www.soljourneys.com

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FOR IMMEDIATE RELEASE

One Day Mountain Bike Clinic combining skills practice using a variety of obstacles and techniques, a desert ride on the newly built Arizona Trail, yoga for cyclists and chair massages to wrap up the day.

April 28 Clinic is 10:00 AM – 4:30 PM includes: top notch instruction broken into skill levels, lunch, yoga and chair massages. Additional 2007 Clinics in October, November and December. Cost \$125.

The skills learned are progressive with multiple ride levels. All participants will gain more confidence and improved mountain bike handling. We have special instruction for beginning riders. Instruction is also geared to those who have experience but want to take their riding to the next level.

Chair massages and a yoga class designed to help cyclists stretch their muscles will close out our day. The chair massages and the yoga class help to bring balance into the cycling activity and are often rated as a must for the event by past participants.

To register, contact Sol Journeys at (520) 795 - 0035 or email info@soljourneys.com for more information. Applications may be downloaded from the Sol Journeys Website, www.soljourneys.com

Sol Journeys offers life-enriching experiences through epic journeys, travel journeys and retreat journeys. The company's approach is to integrate the outer travel experience with a look inward - at how people can live more fulfilling lives. Epic and travel journeys include hiking, kayaking, backpacking and bicycling opportunities. **Transformational Experiences are the cornerstone of Sol Journeys adventure and retreat vacations.**

2007 Journeys include: Radical Self-Care Retreats, Women's Surf Camp in San Diego, Santa Fe & Taos Retreat Travel Journey, Hiking & Yoga trips, Backpacking Trips in Northern Arizona, and Kayaking in Sonora Mexico.

While traveling in locations selected for their natural beauty, Sol Journeys' guiding philosophy is to provide experiences that explore the possibility of who we can be. The journeys combine the elements of fun, relaxation, delicious food, great lodging, yoga and massage with inspired guides.