



**FOR IMMEDIATE
RELEASE**

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**THE FAIRMONT WASHINGTON, D.C. KICKS OFF 2007 WITH
A WEEKEND DEDICATED TO BETTER SLEEP SOLUTIONS AND KEEPING
NEW YEAR'S RESOLUTIONS.**

No matter what your resolutions are ...everything from losing more weight to making more money hinges on getting enough sleep. Discover how with Sleep Garden's safe-sleep, self-help pioneer Robert de Stefano and yogic dream weaver Ann Dyer.

WASHINGTON, DC – Why is it so hard to keep our New Year's resolutions? One frequent reason is that we're too tired to stick with them, says former chronic insomniac and Sleep Garden founder and product innovator Robert de Stefano. With that in mind, on Saturday, January 5th through Sunday, January 6th, 2007, the Fairmont Washington, D.C. will explore how to get better sleep with an array of everything from disclosing the secret to ending the 'negative sleep narrative' by de Stefano - to the live demonstration of Sleep Garden's best-selling yoga for sleep DVD, "zYoga, The Yoga Sleep Ritual™", featuring nationally renown yoga teacher and "near perfect sleep guru", Ann Dyer.

After checking in to a luxurious guest room, guests will have time to stroll leisurely through historic Georgetown, enjoy a spa treatment, savor a healthy dinner in the hotel's Juniper restaurant or simply relax in the tranquil courtyard garden.

Beginning at 8:00 p.m., guests will meet in the ballroom for zYogaLIVE. The Boston Globe called zYogaLIVE; "...a yogic snore-a-thon." At approximately 10:00 p.m., guests will dreamily head to the elevator and up to their rooms. There, they will find a complimentary CD of zMusic, The Sound Way to Sleep™, a soothing sleep smoothie and the serious promise of a good night's sleep. Now in over twenty countries worldwide and in homes, spas, and sleep clinics across America, zMusic is the gold standard of sleep music.

The next morning, feeling rejuvenated after a restful and uninterrupted night's sleep, all guests are invited to enjoy a healthy Sunday morning Continental breakfast followed by an casual question and answer session with safe-sleep, self-help pioneer de Stefano as he sheds light on how to create a sleep-positive narrative to everyday practical issues like how to build your own perfect sleep sanctuary. Following deStefano, guests will join Dyer once again, this time for an exhilarating "Revive and Thrive" AM Yoga Session. To top it all off, all guests will depart with their own copy of "zYoga, The Sleep Ritual," compliments of the Fairmont, Washington, D.C. Please note: No previous yoga experience is required for either "zYoga" or the "Revive and Thrive" yoga classes.

Although getting a good night's sleep is priceless, the Yoga Sleep Ritual Experience is being offered at only \$199 for single or double occupancy. deStefano and Dyer's seminars alone are worth \$150 per person, and both the zYoga DVD and the zMusic CD retail for \$24.95 each. This package offers a savings of 50%. The Fairmont Washington, D.C. together with Sleep Garden, The Yoga Journal and Healing Lifestyles and Spas Magazine are offering all of this because you deserve to Revive and Thrive with a good night's sleep!

For reservations go to www.fairmont.com/washington and click the "reserve this package" link, or call 1-888-423-5655. The Yoga Sleep Ritual Experience is available on Saturday, January 5, 2007. Participants are asked to bring a yoga mat. Credit card will be charged for entire stay inclusive of taxes. Non-refundable deposit. Booking Restrictions: Rates are based on single or double occupancy. \$60.00 extra for additional guest. Not applicable for group bookings of 11 rooms or more, nor combinable with any other promotions or special rates. Subject to availability.

Located at 2401 M Street, NW, The Fairmont Washington, D.C. is convenient to the finest museums, theaters (including the Kennedy Center), shopping and dining. Close to two metro stations, it is five miles from Reagan National Airport and 33 miles from Dulles International Airport. At 415 rooms and luxury suites, The Fairmont Washington, D.C. offers a wealth of facilities while maintaining an air of tranquility insured through the design of intimate spaces, plenty of natural daylight, and a cascade of plants both inside and out.

Featuring a collection of fabled castles, secluded lodges, storied meeting places and modern retreats, Fairmont Hotels & Resorts opens the doors to some of the world's most celebrated addresses. With locations throughout ten countries, our 50 distinctive hotels - including The Fairmont San Francisco, The Fairmont Banff Springs and London's Savoy - promise travelers rich experiences and lasting memories in unparalleled settings. Committed to growing its portfolio of world-class hotels, Fairmont will soon reflag four hotels in Kenya and anticipates the 2007 re-opening of New York's famed Plaza Hotel. Future Fairmont Hotels & Resorts also include locations in Cairo, Abu Dhabi, Vancouver and South Africa. Fairmont Raffles Holdings International owns and operates over 120 hotels worldwide under the Fairmont, Raffles, Swissôtel and Delta brands, as well as vacation ownership properties managed by Fairmont Heritage Place. For more information or reservations, please call 1-800-441-1414 or visit www.fairmont.com.

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