



EMBASSY SUITES®

WAIKIKI BEACH WALK®

**NEWS RELEASE  
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## **Yoga at Embassy Suites-Waikiki Beach Walk**

*Complimentary yoga classes and in-room yoga video is newest amenity for guests at this Hawaii resort*



Download high resolutions images of Embassy Suites-Waikiki Beach Walk here: <http://tinyurl.com/eshyoga>

**WAIKIKI, HONOLULU, HAWAII** – [Embassy Suites-Waikiki Beach Walk](#), renowned for its spacious accommodations in paradise, brings the art of yoga to its already abundant list of complimentary amenities.

Guests of this Hawaii resort now have the opportunity to participate in free one-hour yoga classes on the resort's Grand Lanai or practice yoga in the privacy of their suite with a new yoga video channel that has been added to the resort's in-suite television offerings.

"Wellness is a guiding principle at Embassy Suites-Waikiki Beach Walk and our new yoga platform is an exciting extension of this," said Susan Koehler, sales and marketing director for the resort. "A poolside morning yoga class is a glorious way to start the day and the new in-suite yoga offering enables our guests to find a bit of Zen in their own space."

The "basic yoga flow" classes on the Grand Lanai are taught by a certified instructor and take place from 7 to 8 a.m. every Tuesday and Friday morning\*. Yoga mats from Lululemon Athletic are provided free of charge, so no need to pack one! Having plenty of room to stretch out has always been a benefit of staying at Oahu's only all-suite resort; now with a one-hour yoga class looped into the Embassy Suites-Waikiki Beach Walk TV system on Channel 40, guests can utilize the living room space to enjoy the art of yoga.

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The in-suite videos are taught by Hawaii residents, one being Lilly Barels, an accomplished yoga instructor, ambassador for Lululemon Athletic, professional dancer and high school physics teacher. She has been evolving her yoga practice in Hawaii since 2003, incorporating yoga philosophy, anatomy and physiology as well as sacred path energy work.

"Like the serenity and peace found uniquely in Hawaii, yoga has the same potential to balance the practitioner," said Barrels. "It is my hope that the instruction will help foster a feeling of wellness on and off the mat for the guests of Embassy Suites-Waikiki Beach Walk."

Accommodations at [Embassy Suites-Waikiki Beach Walk](#) include one and two-bedroom suites with a separate living room. Guests can request either a king or two queen-beds in each room; the two-bedroom suites can easily sleep up to six people and feature separate entrances, allowing children and/or relatives their own private room, closed-off from the main suite. All suites feature deluxe bedding, two or three flat-panel LCD TVs, mini refrigerator, wet bar, microwave, coffee maker, high-speed Internet access and a MP3/CD player clock radio.

After a morning yoga class, the Grand Lanai is the place to find a complimentary, Full Cooked-to-Order breakfast. Healthy options include egg-white omelets and fresh fruits alongside traditional favorites including pancakes and pastries. In the evening, the Grand Lanai hosts a nightly manager's reception\* with complimentary refreshments, snacks and live Hawaiian entertainment on select evenings.

[Embassy Suites-Waikiki Beach Walk](#) is located in the heart of Waikiki Beach Walk, a promenade of more than 40 notable restaurants and shops, as well as an outdoor stage offering free live concerts and dance performances from some of Hawaii's top artists. Location, value and hospitality make Embassy Suites-Waikiki Beach Walk one of the top resorts in Waikiki. TripAdvisor consistently ranks Embassy Suites-Waikiki Beach Walk in the top 10 out of nearly 85 Honolulu hotels. Unsolicited comments from guests say it all: "Excellent value, incredible service, great location." Come earn or redeem your Hilton HHonors points and see what everyone is raving about.

Rates at Embassy Suites-Waikiki Beach Walk start at \$279 per night and a variety of value packages at this Hawaii hotel are also available. Reserve a Hawaiian vacation today by consulting with your preferred travel professional, online at [www.EmbassySuitesWaikiki.com](http://www.EmbassySuitesWaikiki.com) or over the phone at 1-800-EMBASSY. Rates are per suite, per night and taxes are not included.

\*The poolside yoga classes are for guests 16 years and older, are weather permitting and location subject to change; please contact the front desk to reserve a spot and obtain a class confirmation voucher. Space is limited.

Get social with us! Receive up-to-date resort information and exclusive treats from Embassy Suites-Waikiki Beach Walk on **Twitter** @EmbassyWaikiki and **Facebook** at [www.facebook.com/EmbassySuitesWaikiki](http://www.facebook.com/EmbassySuitesWaikiki)

**About Embassy Suites-Waikiki Beach Walk**

Embassy Suites-Waikiki Beach Walk, Oahu's only all-suite resort, is steps away from Waikiki beach and is located in the heart of the \$535 million Waikiki Beach Walk®. As the Embassy brand's flagship leisure resort, Embassy Suites-Waikiki Beach Walk is owned and operated by Outrigger Enterprises Group. The resort consists of two towers and offers one- and two-bedroom upscale suites, each appointed with design elements that capture Hawaii's sense of place, a wet bar and private bedrooms separate from living rooms.

Guests are welcomed with a variety of complimentary services and Hawaii-inspired amenities including daily, complimentary, Full Cooked-to-Order breakfast, nightly Manager's Reception with entertainment, refreshments and light snacks, high-speed Internet access, free local and domestic long distance phone calls, 24-hour fitness center and 24-hour business center. For an unforgettable and convenient Hawaiian getaway, Embassy Suites-Waikiki Beach Walk outshines ordinary Waikiki resorts. For reservations or more information, visit [www.EmbassySuitesWaikiki.com](http://www.EmbassySuitesWaikiki.com) or call 1-800-EMBASSY.

**About Embassy Suites Hotels**

Embassy Suites Hotels is a member of the Hilton Family of Hotels and opened its first hotel in 1984. It was the first all-suite upscale hotel brand to enter the industry and today has more than 210 hotels. To make reservations or learn the locations of Embassy Suites Hotels in urban, suburban, airport and resort areas, travelers can visit the Embassy Suites Hotels Web site at [www.embassysuites.com](http://www.embassysuites.com), call 1-800-EMBASSY or contact their professional travel agent.

Hilton Hotels Corporation (NYSE:HLT) is the leading global hospitality company, with nearly 3,675 hotels and over 600,000 rooms in more than 82 countries. The company owns, manages or franchises a hotel portfolio of some of the best known and highly regarded brands, including Hilton, Conrad, Doubletree, Embassy Suites Hotels, Hampton Inn, Hampton Inn & Suites, Hilton Garden Inn, Hilton Grand Vacations, Homewood Suites by Hilton and The Waldorf-Astoria Collection. \*Subject to state and local laws. \*Must be of legal drinking age.

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