



HARBOR VIEW

MARTHA'S HOTEL VINEYARD

FOR IMMEDIATE RELEASE

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FEED YOUR MIND AND MIND YOUR MOVEMENT: HARBOR VIEW HOTEL TO HOST WINTER WELLNESS RETREAT ON MARTHA'S VINEYARD

EDGARTOWN, Mass. – Jan. 5, 2015 – With a new year comes positive changes, and [Harbor View Hotel](#) located on Martha's Vineyard is teaming up with Martha's Vineyard-based fitness and nutrition expert Emily Phillips to offer a wellness retreat from Feb. 27 to March 1. Phillips, who holds master's degrees in fitness management and clinical psychology and counts fitness expert Kathy Smith among her former clients, has designed the retreat to teach participants how to eat and exercise intelligently. Throughout the retreat, guests will enjoy cozy accommodations, locally sourced, organic meals, and fun fitness classes—including indoor cycling, corrective movement, barre and yoga—in the hotel's Edgartown Meeting Room, gym, and at the Mansion House Health Club.



Photo: Alison Shaw

Rates for the retreat start at \$789 for single occupancy and \$689 for double occupancy, and include two nights' accommodations, five meals and five fitness classes. To find out more about Harbor View Hotel or to reserve a spot, please call 800-225-6005 or visit www.harbor-view.com. To learn more about Emily Phillips, please visit www.epyoga.com.

About Harbor View Hotel

A beloved fixture on the Vineyard since 1891, the Harbor View Hotel offers luxury guest rooms and suites in the heart of historic Edgartown. From its broad veranda, the hotel boasts spectacular views of Edgartown Harbor, the Vineyard's premier sailing and yachting location. Its popular restaurants, Water Street and Henry's Hotel Bar, offer a casual, yet sophisticated atmosphere for island-to-table dining, utilizing the Vineyard's freshest ingredients. In 2014, Harbor View Hotel was one of the top ten "Best Hotels in the Northeast" in *Condé Nast Traveler's* annual Readers' Choice awards, and in 2012, it was listed among the "Top 50 U.S. Resorts" in *Travel + Leisure's* "World's Best Awards" issue, "Best Hotel on the Vineyard" by *Martha's Vineyard Magazine*, and "Best Resort/Hotel" by *Cape Cod Magazine's* Gold

Awards. The Harbor View is a member of Historic Hotels of America® and is managed by Scout Hotel & Resort Management. For more information call (800) 225-6005 or visit www.harbor-view.com.

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