

FOR IMMEDIATE RELEASE:

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**MARLISE KARLIN
INVITED TO PRESENT "REBOOT YOURSELF IN A BREATH" PROGRAM
AT INTERCONTINENTAL MONTELUCCIA RESORT & SPA**

Public Invited to Experience Benefits of The Simplicity of Stillness®

SCOTTSDALE, ARIZONA: November 16, 2009 - Marlise Karlin, www.marlisekarlin.com, who has travelled the globe since 2004 teaching people how to reboot their lives through The Simplicity of Stillness®, will be presenting "Reboot Yourself in a Breath" at the InterContinental Montelucia Resort & Spa, Scottsdale's newest luxury resort. This rejuvenating program will be offered on Saturday, November 21, 2009 from 10:30 a.m. – 12:30 p.m. The cost to participate in the 2 hour program is \$45 per person.

Countless people from every culture around the world who have practiced *The Simplicity of Stillness* attest to the extraordinary benefits *Stillness* has brought to their lives, from experiencing a sense of peace rarely felt, to finding balance and wellbeing, from releasing years of road blocks, to discovering what they really want out of life and how to create it.

"People are living with more stress than ever before, and are constantly feeling overloaded with responsibilities and distractions. By practicing *Stillness*, we can connect to our true essence and bring peace and balance back into our lives on a daily basis," says Karlin.

The "Reboot Yourself in a Breath" program will offer participants ways to:

- Discover peace of mind – within a breath
- Connect with a core strength that empowers your life
- Access creative intelligence to reinvent yourself
- Clear negative mind chatter

For reservations, please call 480-627-3020

ABOUT Marlise Karlin:

Marlise Karlin is a person just like you and me who teaches people to reboot their lives by experiencing *The Simplicity of Stillness*®. After a series of profound experiences shifted her perception of life, Marlise developed *The Simplicity of Stillness*, simple methods for people everywhere to reboot themselves so the journey of life can be more enjoyable.

Marlise's authentic personality allow her to connect with people at a real level to bring balance to their lives through The Simplicity of Stillness. Identified by SheKnows.com as an inner-peace expert, Marlise Karlin is also an ongoing contributor to The Huffington Post and Mallika Chopra's Intent.com website. Marlise has been interviewed on numerous U.S. and international newspapers, magazines & radio programs.

ABOUT InterContinental Montelucia Resort & Spa:

InterContinental Montelucia Resort & Spa opened November 4, 2008 as a signature property for the InterContinental Hotels Group PLC of the United Kingdom [LON:IHG, NYSE:IHG (ADRs)], the world's largest hotel group by number of rooms. Set in the breathtaking foothills of Camelback Mountain in Paradise Valley, Arizona, the property features 293 guest rooms as well as 34 multi-million dollar privately-owned villas on 34 acres of lush desert landscape. With all of the amenities standard in luxury resorts, the resort also offers 24-hour concierge service, a signature restaurant, Prado, as well as poolside dining, the 31,000 square foot Joya spa, shopping areas, art gallery, a wedding venue and 27,000 square-feet of meeting space including multiple ballrooms, five pools and other luxuries for use by resort guests and villa owners.

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