



# The Standard Spa, Miami Beach

## MARCH 2010

**The Standard Spa, Miami lists a comprehensive series of retreats, workshops, classes, seminars and events led by local, national + international luminaries in health, yoga, meditation, science, art, psychology and more... This is your in-point to the people, practices and ideas that can inspire you to achieve balance and perspective in your daily life.**

### **BE A MEMBER JOIN THE STANDARD SPA**

Join The Standard Spa, Miami Beach Membership Club. Feel like taking your lifestyle to the next level? Contact the spa for information on membership + programming availability. 305.704.3945.

### **INCREASE YOUR GURU STATUS 10 CLASS PASS \$150**

Deepen your practice, make Yoga, Movement + Meditation part of your lifestyle. During March receive 2 Monday - Thursday Day Passes with purchase of a 10 Class Pass card.

### **GIFT CERTIFICATE = THE GIFT THAT KEEPS GIVING**

Receive 2 BE FREE Yoga, Movement + Meditation Passes with purchase of a Gift Certificate. For first time guests to enjoy and experience. Redeemed for regularly scheduled classes only. Workshops, h2-OM, h2-ONG and special events are not included.

### **GET IN THE 2010 GROOVE 10 ONE ON ONE SESSIONS**

Keep up on your New Year's Resolution - Set up a series of 10 sessions of your choice, Massage, Personal Training, Pilates, Acupuncture, Thai On The Mat/Table, Gyrotonic... Receive 10 % discount + receive 1 complimentary session on us.

**INSIDE OUT** Let our Integral Living team customize your new regimen - Acupuncture, Natural Health Dr. prescribed Health-tox + De-tox, Body Talk, Life Coaching, Meditation, Sound Therapy and more.

### **LEARN THE ART OF BATHING, ANYTHING BUT STANDARD**

**OPEN HOUSE = BATH LAB WEDNESDAYS** Indulge in a steamy mix of health and hedonism and learn the ageless art of bathing indoors and out. Let us pour your holistic and healing bath, then soak, steam, sauna in the Hammam, explore our Bayside restorative hydrotherapies, cold plunge, water column,

roman waterfall, pool and more.... Relax, float, remember.... take your time...

See Spa Desk for your reservation + Open House Programming.

**HERBAL REMEDY** Prep your skin head to toe with an herbal clay mask. Then step into your herbal remedy bath, steeped with your choice of Chinese medicinal blend: More Qi Please, Restful Sleep, Detox \$30

**MUD LOUNGE** Get dirty with your choice of Mud. Simply ask one of our attendants to serve up the mud of your choice and apply liberally all over your body and face before relaxing in one of our bayside lounge chairs. These algae infused masks tighten up the pores, banish blotchiness, clear toxins and even out your skin tone. \$20 per serving

**TRIPLE DETOX** Banish those toxins from your body...until next time! Prepare yourself for this rejuvenating cure-all by spending some time in the Hamam for hot and cold therapy. Then we take over with the 60 minute Detox Cleanse massage partnered with our Blue Detox body treatment and followed with a detoxifying sea clay mineral soak. You will be feeling right as rain. 150 min. \$280

**SOUL TEMPLE** A definitive bathhouse experience. Find refuge in steam, heat, scent and touch with this restorative five-step hamam ritual. Melt as your therapist washes down your every curve in the Scrub Room with a purifying mint salt wash and lemon coffee blossom olive stone scrub. Then completely relax during a 60-minute cardamom amber oil massage. Afterwards, back in the Hamam, you'll detoxify with a clay polish, and then it's a luscious finish in a neroli cypress bath soak. 120 min. \$240

**TAG TEAM** Instigate a full mind and body revolution toward greater self-awareness and healing. First a one-on-one yoga session designed to activate and consciously open those hips, tighten that core + increase your breath. Follow your Savasana (final resting pose) by sharpening your focus with a 60 minute therapeutic massage. Our unified approach will leave you balanced, educated and - most importantly - integrated. 150 min. \$250

**K.I.S.S.** Keep It Sensual and Satisfying. Begin in the Hamam for some warm-up time. You will then receive a 60-minute Massage followed by a complete lathering with a Turkish Hamam Rub and Scrub. 100 min. \$195

## **SUNRISE YOGA @ 7:30 DAILY WITH JAYA OR MATEO**

"To place in a special way." Derived from the Ashtanga system, this creative, fluid and physically challenging practice aims to link breath and movement in order to stoke the agni-digestive fire not only used to digest physical food but also one's life experience and sensations. When our fire is strong we can better adapt to diverse challenges. \$18

## **INTRODUCTION TO THAI YOGA MASSAGE**

**FEBRUARY 27 - MARCH 1, 28 WITH DENNIS STOVALL + JAIRO CARDONA OF SACRED BODYWORK**

Thai Yoga Massage, like other forms of yoga, is a connection between heaven and earth through the recipient's body. The difference is that in Thai, you as the practitioner are helping to facilitate that connection for your recipient, as well as experiencing it yourself - the practitioner receives the same healing energy and benefits throughout the session as the recipient. Thai combines reflexology, myofascial release techniques, acupressure, compressions, stretching and energy work into an amazing multi-dimensional session. To experience this ancient modality for yourself and learn basic techniques, join us in this two-day class. Perfect for yogis, massage therapists, personal trainers and the curious. Class size is limited so advance registration is required - contact Spa Desk.

## **h2-0M FRIDAY MARCH 5 @ 8P - WAYNE KRASSNER MYSORE PARTNER YOGA**

Join Yoga Master Wayne Krassner, Miami's leading Ashtanga teacher and renowned teacher of teachers in a Yogi sharing group. Yoga is traditionally a solo experience or one to one guru/ disciple. In this class we will learn, give and receive powerful techniques, using our energy in a very positive, productive and efficient way. Learn the economy of movement of energy, through yoga and massage. In this partner class Wayne will teach Yoga Adjustments (assisted passive poses) + 'Mysore Yoga Massage' a combined massage technique designed by Wayne with tremendous therapeutic + yoga benefits. Come and enjoy yourself tremendously and share what you got! No partner needed - come and meet new friends! \$30 including indoor baths

## **JOURNEY DANCE MARCH 6 @ 8P WITH LISA BUELL**

JourneyDance is a grooving celebration that will have you loving your body and loving your life! Weaving simple guided movement sequences and free exploration, JourneyDance reconnects you with your innate state of joyous well-being. Your mind becomes clear, free and positive, and your body feels supple, energized and powerful. Practiced barefoot to inspiring world music, your dance is an empowering journey of transformation. JourneyDance begins by dancing the earth: slowing down, letting go, feeling grounded. From that solid, safe place, dance into your sensual water body: awakening fluidity and loosening the spine. Then get funky in community, dance your fiery rhythmic beats, dive into your ocean of emotion + clear your mind of negative self-talk. Inspire your heart to share its secrets, as you come into alignment with your true essence and intuition. Finally, rest and rejuvenate, feel radiant, embodied, full of joy and gratitude. JourneyDance invites you out of your mind and into your body. You feel connected, grounded, energized + vital. This holistic fitness practice tones your body and strengthens your core, as you sweat away toxins and excess weight. We encourage self-trust, self-approval, and divine knowing within every dancer. \$18 Journey Dance + baths \$30

## **ZODIAC LOUNGE**

**MARCH 10 @ 7:30 WITH LORI BELL + MARK SPRINGLE**

Astrology can help us to understand what the cosmic tide is bringing our way. New Moons are a time to set intentions and to position ourselves to maximize our use of the approaching energies. Join Lori Bell and Mark Springle for a discussion of the Pisces New Moon and what it means in terms of cosmic energy flow. For your chart information to be available in advance so that Lori and Mark can give specific advice on how to make this energy work for you. (+\$5) Send birth day, time, and place along with your questions to: lbell@standardhotel.com LIDO LOUNGE. \$20

## **h2-0M FRIDAY MARCH 12 @ 8P WITH ASHLEY CUMMINGS FEARLESS FLOW**

Ashley has a sense for what people need and strives to meet those needs utilizing the healing power of Yoga, thus helping people to feel and understand their true nature. If you can breathe, you can do Yoga. Whether you're a seasoned Yogi or Yoga Virgin, pack up your mat and head to be the BEST Yoga party in town! \$30 including indoor baths.

## **h2-ONG SATURDAY MARCH 13 @ 8P WITH RIC ROBERTS**

Truth In Action. Lion of God who is brave and courageous and walks with grace and courage throughout his life. Bahadur means the warrior that has strength to let the winds of time and space move by him without touching him, holding to his Soul with all his courage and fearlessness. Ric the Mic the animated Manic Maniac of Yogic energy spinning the Mer Ka Ba energy field into everything Mic encounters. Always Living in the Sacred Space of the Heart, enveloping those around him with Pure Love and Compassion. \$30 including indoor baths.

## **TAI CHI + CHI KUNG WORKSHOP**

**SUNDAY MARCH 14, 6:30-9P - MASTER WEI LUNG HUANG**

Tai Chi is like a great ocean deep and calm yet, reserves immeasurable power. Come experience the health and fitness benefits with Master Wei Lun one of the world's leading teachers of Chi Kung and Tai Chi. \$35

## **h2-0M FRIDAY MARCH 19 @ 8P WITH CHRISTY NONES HIP HOP HIP OPENERS AND SPRING CLEANING: ANUSARA YOGA + HIP HOP**

On the night before Spring Equinox, Certified Anusara Yoga® Teacher, Christy Nones, will teach hip opening postures set to the earthy rhythms of fun hip hop tunes. Hip Hop, with its primal bass beats and lower-chakra focus, is the perfect accompaniment for widening the pelvis and freeing the hips. Hip openers help to detoxify and ground, a great thing to do as we shake off Winter and move into Spring. This strong and playful practice will open up boundaries and bring balance between upper body and lower body. \$30 including indoor baths

## **TAROT READING**

**FRIDAYS - SUNDAYS @ 12 - 4P WITH SARAH**

TAROT QUESTION + ANSWER Answers to specific Questions \$30  
TAROT ½ DECK A general reading that will tell you your Past, Present and Future \$40  
TAROT FULL DECK Is a reading to give you more details about your Future + advice on your Future Path \$50



# The Standard Spa, Miami Beach

## **I.AM.YOU YOGA RETREAT + GETAWAY**

**MARCH 19 - 21 WITH LAUREN IMPARATO**

**I.AM.YOU.?** Who am I? Who are YOU? We are all one.

I.AM.YOU. aims to help us find the answers we have all been looking for, but in a place we have never looked. Inside us. Inside YOU. With a thorough and intense physical, philosophical, and musical yoga practice, start to find YOU, inside YOU. Deconstruct who you think YOU are to reconstruct who YOU are to be. I.AM.YOU. is Urban and Natural. Heels and Kicks. Flamenco and Punk. Grunge and Suits. Tutus and Hoodies. With a mixture of ancient yogic traditions and modern life experiences. I.AM.YOU. teaches YOU to heal yourself, so YOU can heal the rest. On the mat and on the street. Welcome to I.AM.YOU. – A 360 degree lifestyle experience - yoga, music, and nourishment. Sweaty, athletic, fun vinyasa classes set to tailored music mixes by I.AM.YOU.'s Resident Mixologist Sweat, rock out, and feed yourself what YOU need to become all of YOU. We are all one, so come be the I, because only YOU can change YOU. 2 Night Retreat from \$890

## **YOU CAN BE PURE LOVE**

**SATURDAY MARCH 20, 7 - 9:30P WITH RAM GIRI**

What your soul is seeking has been in you all along. Pure Love is the Silver Bullet and the gift of all gifts. It heals your mind, body and heart. It is the true Source of happiness. Spend a memorable evening with Ram Giri discovering the inner beauty and strength you already possess and learning about the most direct ways to keep and deepen this openness, the Skills for Awakening. This is the yoga of yogas. This is Bhakti Yoga. It comes to those of pure yearning. "Healing and Wholeness through the Power of Love" – Ram Giri. \$35 Ram Giri + indoor baths \$50

## **h2-OM FRIDAY MARCH 26 @ 8P WITH EKAYANI AND THE**

**TOM GLIDE SPACE US TOUR 2010**

**DISCO YOGA ON THE DANCE FLOOR**

Yoga on the Dance Floor with Ekayani and the Tom Glide Space US Tour 2010. "World class dance music combined with live vocals from the spiritual tradition of India. Prepare to get ready to join us at The Standard Spa in Miami Beach Friday, March 26 for a Yoga on the Dance Floor edition of H2OM yoga! If you have never been, do yourself a favor and take the trip as the place is dope! This is historic as it is the first "disco for yogis" that we know of happening during the Winter Music Conference where hundreds, if not thousands, of house music lovers converge to have fun in the sun. \$30 includes indoor baths.

## **DJ YOGA SATURDAY + SUNDAY MARCH 27 - 28 @ WITH MOSES ON THE RECORD!**

**A SPA YOGA RETREAT AND DJ YOGA PARTY AT THE WORLD'S LARGEST ELECTRONIC MUSIC CONFERENCE.**

Featuring YOGA INSTRUCTORS; Moses of I Love Yoga, Mark White of M Body Yoga, Deborah Williamson of Midwest Power Yoga.

Featuring DJ's - Jordan of Miami + Mike Check of Seattle.

Saturday: 7:00pm: Pre-DJ Yoga Party Festivities and Check In  
8:00pm: DJ Yoga Party

Sunday: 3:00pm: Pre-DJ Yoga Party Festivities and Check In  
4:00pm: DJ Yoga Party

\$45.00 per DJ Yoga Party, \$80 for both days

Includes: DJ Yoga Party, After Dance Party + indoor baths

## **HIGHLIGHTS AND COMING SOON.....**

**h2-OM FRIDAY APRIL 2 @ 8P WITH CHRISTY NONES**

**h2-OM FRIDAY APRIL 9 @ 8P WITH RICKY TRAN**

**h2-ONG SATURDAY APRIL 10 @ 8P WITH GANESHA**

**ZODIAC LOUNGE APRIL 14 @ 7:30 WITH LORI BELL + MARK SPRINGLE**

DISCOVER WHAT THE STARS HAVE IN STORE FOR YOU...

## **TAI CHI + CHI KUNG WORKSHOP**

**SUNDAY APRIL 11, 6:30 - 9P WITH MASTER WEI LUNG**

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**h2-OM FRIDAY APRIL 16 @ 8P WITH LISA PUMPER**

**RAM GIRI SATURDAY APRIL 17 @ 7 - 9:30P**

**h2-OM FRIDAY APRIL 23 @ 8P WITH TERRI COOPER**

**PAULA LYNCH YOGA RETREAT APRIL 22 - 25**

**ADRIAN MOLINA YOGA RETREAT APRIL 30 - MAY 2**

**INFORMATION ON WORKSHOPS, RETREATS, SPA SLEEPOVER, SPA SERVICES, YOGA, MOVEMENT + MEDITATION SCHEDULE + MORE.....305.704.3945 [www.standardhotels.com](http://www.standardhotels.com)**