



The Standard Spa, Miami Beach

OCTOBER 2010

The Standard Spa, Miami Beach lists a comprehensive series of retreats, workshops, classes 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.

OCTOBER BABY = STAY YOUNGER + FEEL BEAUTIFUL

Happy Birthday! We love to celebrate your Birthday - receive 20% off on your scheduled Spa Day during October.

BE A MEMBER

Join The Standard Spa, Miami membership club, anything but standard. Feel like taking your lifestyle to the next level? Join with a friend and receive 20% off second membership. Contact the spa for information 305.704.3945

GIFT CERTIFICATES = MIDWEEK RELAXATION

Receive 2 GET SWEATY DAY PASSES with purchase of a Gift Certificate. Enjoy and experience the holistic indoor and outdoor baths Monday – Thursday ... Schedule Day Pass visit with Spa Desk.

ONE-ON-ONE YOGA PROMOTION Enjoy the opportunity to begin a practice with personal guidance or deepen your existing practice with a private yoga session of your preferred path and with your preferred instructor 60 min. \$99

GURU STATUS 10 CLASS PASS \$150

Deepen your practice, make Yoga, Movement + Meditation part of your lifestyle. Receive 2 Monday - Thursday GET SWEATY Day Passes with purchase of a 10 Class Pass.

GET IN THE GROOVE SERIES OF ONE ON ONE SESSIONS

Get in shape - Sign up for 10-sessions of your choice - Massage, Personal Training, Pilates, Yoga, Acupuncture, Thai On The Mat/Table, and Gyrotonic. Receive 10 % discount + 1 complimentary session on us.

OCTOBER SPA RITUAL De-stress + re-energize with this soothing smoothing hamam ritual. First completely relax during a 45 min. massage. Then melt away as an exfoliating and purifying clay mask is applied on the hamam marble bed. Soak, steam...and take your time... \$110

INSIDE OUT Let our Integral Living team customize your new regimen; - Acupuncture, Natural Health Dr. prescribed Health-tox + De-tox, Life Coaching, Meditation, Healing Therapy, One-on-One Training and more.

OCTOBER HEALTH-TOX 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 mineral soak. You will be feeling right as rain. 150 min. \$245 (regular \$280)

OCTOBER MID WEEK ZEN

Create your balance! We love our community! Customize your mid week spa ritual! Receive 20% discount on Spa Services and Treatments Tuesday - Thursday

OCTOBER MANICURE + PEDICURE

A restorative manicure and pedicure treatment with a hydrating coconut bath soak, exfoliating organic salt scrub, and to finish a rich coconut body butter to heal and repair. \$55 (regular \$100)

OCTOBER STANDARD 90 MIN. MASSAGE 20% OFF

Anything but standard. Our holistically focused practitioners combine multiple bodywork techniques and create a highly individualized therapeutic massage experience. Receive 20% off any 90 min. massage + a DIY Hamam Bath Bar

FALL IN LOVE IN OUR NEW SKIN CARE Biologique Recherche is one of those “whispered about” brands that is now available at The Standard Spa. Skin care groupies adore the results oriented skin care treatments and must have home care products.

OCTOBER REPAIRER ENERGY This healthy firming facial repairs the skin on a cellular level. Gentle non-invasive current duplicates your own body's energy, improving the skin's texture and tone by scanning for cells that are not functioning at their peak and stimulates them toward optimal function. Skin re-hydrates, fine lines soften, muscles firm, dark circles lighten and puffiness is reduced instantly. 60 min. \$130 (regular \$160) 75 min. \$160 (regular \$200)

STAND-UP PADDLEBOARDING AT THE STANDARD

FRIDAY 4 - 7P, SATURDAY + SUNDAY 11 - 7P

Join us Bayside on the Yoga Dock for one hour group lesson
\$75 includes day pass \$50 for members and hotel guests

PILATES MAT

MONDAY + WEDNESDAY 5P WITH NARWEEN OTTO

Freedom is enhanced by stability. A strong foundation allows us to open safely and boldly. When practiced with awareness, pilates can be a transformative mind-body system, deeply connecting us to our physical and subtle bodies in new, interesting and fun ways. Cultivating a healthy, strong, connected center supports the lifelong yogic quest of exploration of the heart. In a series of mat based exercises this class will unlock areas of chronic congestion (hips, low back, it band, hamstrings, calves, neck & shoulders) while bringing tone to areas that are weak and disconnected. \$18

BRAZILIAN JIU-JITSU - FUNDAMENTAL + ADVANCED

FRIDAY + SATURDAY @ 6P + 7P WITH GUILHERME ARASHIRO

Join the path of the warrior thru Brazilian Jiu-Jitsu practice and discover an improvement in your focus, discipline, coordination, strength and flexibility. By using leverage, balance and technique, a weaker individual can defend himself against a stronger, more physically capable opponent. Along with learning practical self defense skills, you will forge your body to resist or adapt to any situation, decreasing chances of injury in sports and everyday life! \$18

TAIJI - QIGONG

THURSDAYS @ 8A WITH DASHI CHU KOCICA, AP

Experience the health-enhancing, rejuvenating benefits of Tai Chi with this traditional set of 18 forms. Taiji-Qigong exercises are practiced as warm-ups before martial arts. This will reduce pain and stress and limber the joints, while promoting overall health and inner peace. Easy to learn for the beginner, they will teach you how to move with ease and grace without having to spend months learning a complicated form. \$18

STANDARD SOUNDS IN THE LIDO LOUNGE

WEDNESDAYS 8 - 11P

Experience up close and personal performances by up + coming artists before they hit it big. We're dedicating this song to you. Listen. Drink. Connect.

SHAKTI YOGA RETREAT

OCTOBER 1 - 3 WITH SHARON FEANNY

**For more information and full schedule email Tamara, tamara@standardhotel.com

h2-0M FRIDAY OCTOBER 1 @ 8P WITH SHARON FEANNY

RIDING THE WAVES OF LIFE, ONE BREATH AT A TIME
The Mat is your surfboard, the waves are your breath, and your life is the vast, open ocean. Join Jamaica's top yoga instructor, owner of Shakti Mind Body Fitness and Newspaper Columnist, Sharon Feanny in an incredible journey of self discovery this H2om! Come prepared to breathe, sweat, relax and let go as you ride through the waves of this invigorating practice, one breath at a time. Like Life, it's not

the Waves, but how you ride them that makes the difference between living a life of fulfillment or one of struggle! Come - lets Surf together, learning to use the breath to maintain peace, love, joy and balance both on and off the mat. Class will end with a long savasana and chakra clearing before hitting the baths! Shakti Love! \$30 includes indoor baths

DR. ETTI'S SEXI JUICING - BEST BEAUTY SECRET EVER

SUNDAY OCTOBER 3, 1 - 4P WITH DR. ETTI BEN-ZION

This seminar is designed to help women reveal their inner beauty through health and nutrition. You will be introduced to raw foods juicing, you will be given tips for keeping your skin healthy and glowing, and you will be given the tools that you need to make positive changes in your overall health and nutrition. "Many of my Sexi Juicers have asked me what my secret is to keep my skin smooth and glowing and why I don't have any troubling cellulite. I often disappoint them for not having recommendations on cosmetic products as I don't use any. I strongly believe that natural beauty comes from within." Dr. Etti

**Includes 3 Servings of Dr. Etti's SEXI Juice, Body Movement, Lecture, Hamam "Spa" time, and gift bag
**\$195 includes full access to Spa facilities

HOOP - LA

SUNDAY OCTOBER 3, 6 - 8P WITH JENNY Z + FRIENDS

Join us for fun in the sun, music and hooping in the garden! This is a monthly 1st Sunday event. Hooping is the hottest new fitness trend and is great for weight loss + core toning. Get fit, dance, learn, laugh, and smile. Beginners welcome - hoops available. \$10

ZODIAC LOUNGE

TUESDAY OCTOBER 5 @ 7:30P WITH LORI BELL + MARK SPRINGLE

Astrology can help us 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 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, (+\$10) send birth day, time, and place along with your questions to: lbell@standardhotel.com \$20. To schedule an appointment for your in-depth Astrology Reading contact the Spa Desk.

DHARMI WORKSHOP

WEDNESDAY OCTOBER 6, 6 - 8P WITH CHRISTELLE CHOPARD

DHARMI is a simple yet powerful process of transformation that teaches you to identify your reactions to life's situations. With the Dharmi Practice you will learn to develop more options for facing situations that trigger the masks we began to develop as children and now wear to cope with difficult situations. Life is a Journey in which we dance step by step. When you look at life as a dance, your attention is driven to each step in the dance, in the creative aspect, intention, connection, and interaction, rather than expectations. This seminar includes teachings, conversation, visualization, and movements. \$55 includes indoor baths



The Standard Spa, Miami Beach

WATER PLAY WORKSHOP

THURSDAY OCTOBER 7, 3 - 6P WITH SANDY FRIEDLAND

Ever wondered what it was like back in the womb? Floating, weightless, hardly any sound, not a thing in the world to worry about. Ever wish you could go back there? In this experiential workshop you will give and receive massage in our mineral pool under the guidance of our resident water guru. In this massage, muscle work, stretches and breathing blend into the gentle waves + floating movements to a timeless dance. Escape for a while and surrender yourself into bliss. \$50 includes indoor baths

*One on One Water Massage 60 min. \$135

NEW MOON SEQUENCE

THURSDAY OCTOBER 7, 6 - 7:30P WITH ALEXANDRA SANTOS

Join us for a wonderful healing evening of yoga, live music and meditation. As the moon reaches the place in our sky where it can be fully illuminated by the sun, we can all use a reminder to take a good look at the fullness of our lives. This vinyasa class is based on Moon Salutations – a graceful, flowing sequence of postures suitable for all levels of practitioners. A great compliment and/or alternative to regular vinyasa classes, Lunar Yoga puts considerably less stress on the wrists and shoulders – two commonly injured areas. This class can be either restorative or extremely challenging, a full range of options are given for each sequence. Discover the grace and strength that lie within you! \$18

h2-0M FRIDAY OCTOBER 8 @ 8P WITH AMANDA HARRIS
BLINDFOLDED YOGA

Amanda Harris is known for her passionate positive approach to life and all that she does. Her teaching style offers a dynamic blend of classic Vinyasa yoga mixed with a true to life personal theme, allowing her students to leave the class knowing a little more about themselves and their karmic footprint in the world. In this H2Om, Amanda will teach a powerful Vinyasa class with a blindsided twist! Experience yoga without judgment. No one is looking at you, not even yourself. It's just you and the practice. The class will flow through a standing and sitting series all while blindfolded. Truly experience life without sight as you become aware and appreciative of all of your senses. Walk away with a whole new "look" on the world and the way you live in it. \$30 includes indoor baths

NEW MOON MANIFESTATION MADNESS

SATURDAY OCTOBER 9, 1 - 4P WITH JENNIFER SAFINA

Please join, Stanford University Creative Insight Journey Instructor Jennifer Safina and Certified Journey Dance Instructor Nava, for a transformative workshop where you will be expertly guided through experiential exercises and creative visual meditations to design a clear mental picture of the love you want to create in your life. Next, through guided movement and creative sounds, you will discover how to raise your vibrational and emotional frequency to tap into the powerful energetic universal field of possibility, and call more love into your life! Learn how to let go of old relationships, attachments, and self-limiting belief systems to powerfully cultivate self-love, heighten passion in a current relationship, or manifest a brand new love! Dress in comfortable, loose clothing. No experience necessary... just bring YOU! \$35/\$50 includes indoor baths

h2-ONG SATURDAY OCTOBER 9 @ 8P WITH SADHU
SAILING ON HIGHER GROUND

Kundalini Yoga awakens our higher destiny and actually delivers it to us on a silver platter- immediately and deeply! In this H2Ong session led by Sadhu we will lift each other up beyond old fears and sail together into the clear light of awakened intuition and higher consciousness. Be prepared for powerful movement, magic mantras, transformational breath-work, sacred dance and meditation. Bring friends to this one - let's pack the house and rock the Light, BIGTIME! All levels + paths welcome. \$30 includes indoor baths

BUDOKON CHARITY CHALLENGE SUNDAY OCTOBER 10, 1 - 7P WITH CAMERON SHAYNE

THE WAY OF THE WARRIOR SPIRIT EXTENDS BEYOND THE DOJO...

Join Kancho Cameron Shayne, Founder of Budokon, for the Budokon Charity Challenge!! Sway to the Music + Watch Choreographed Performances featuring: Budokon, Capoeira, Karate, Taiji-Qigong, Brazilian Jiu-Jitsu and Bootcamp - Event sponsored by ECOMB, VitaCoco, The Electric Bike Shop, and I Love Yoga. *Purchase Day Pass \$50 and receive full spa access including Infinity Pool. Percentage of Proceeds to Benefit ECOMB. Space limited – Reservations required 305.704.3945 way you live in it. \$30 includes indoor baths

BUDOKON ACADEMY ACCELERATED PROGRAM

OCTOBER 15 - 19

A 200-hour / 4-weekend intensive course. Open to all belt levels, the Academy Accelerated Program is held at Budokon International Headquarters at the Standard Spa and is taught exclusively by Kancho Cameron Shayne

h2-0M FRIDAY OCTOBER 15 @ 8P WITH CHRISTY NONES

ANUSARA® YOGA + BUDDHA LOUNGE-STYLE GROOVES
Certified Anusara® Yoga teacher, Christy Nones, will lead a delicious flow class set to a wide variety of Buddha Lounge-style electronica music. Buddha Lounge is a musical style of artfully arranged slow trance, multicultural world beats and ambient music tracks that transport the listener to a dreamworld of smooth healing beats, beckoning a flow with breath and rhythm, profound mindfulness and deep relaxation. Anusara® Yoga's emphasis on flowing with the breath will be perfectly accompanied by this groovy and ethereal music. This class will be a strong vinyasa-like flow through a wide variety of postures.
Class is open to experienced yogis \$30 includes indoor baths

3D DANCE +SPIRITUALLY FIT

SATURDAY OCTOBER 16, 2 - 4P WITH PAULETTE BETHEL

Choreographer Paulette Bethel will lead a 45 min. 3D dance class + a 45 min. Spiritually Fit class . She has invented a dance technique that utilizes two light weight resistance bands that clip on the eyelet of any athletic shoe. 3D dance music ranges from The Eagles to The Doors, while Spiritually Fit is choreographed to soothing music. Students hold light resistance bands that attach to the eyelet of their athletic shoes. The bands connect their upper bodies to their legs and feet. The movements are a combination of Hatha Yoga, Kundalini Yoga, stretching, dance and meditation. \$35/\$50 includes indoor baths

YOGA NIDRA

SUNDAY OCTOBER 17, 5 - 7P WITH JOY KOCHMER

Yoga Nidra is a powerful technique to progressively release muscular, emotional and mental tensions. The mind of man has lost the point of balance and harmony in every sphere of existence. We are now faced with a new epidemic of stress-related disorders caused by our inability to adapt to the fast pace of modern life. Yoga Nidra is the secret of transformation. When we are in a conscious relaxed state, peace of mind becomes natural. When this natural state occurs, reality and truth become known. Knowledge of truth only comes when we are free from tension. \$30 includes indoor baths

INTRODUCTION TO CREATIVE INSIGHT JOURNEY - MASTERING THE ART OF MANIFESTATION

TUESDAY OCTOBER 19, 7 - 9P WITH JENNIFER SAFINA

By blending the magic + science of quantum physics and practical tools for transformation, you can become a powerful creator of your destiny. Both ancient wisdom traditions + modern day quantum physics tell us that everything is made up of vibrating energy. You, your soul, your thoughts, habits, and practices, as well as your work, and your relationships, at their essence, are all energy in motion. Manifestation is the art of aligning intention, thought, belief, and action to achieve and sustain the greatest

possible result. Join Jennifer Safina, Certified Stanford University Creative Insight Instructor for a two hour workshop where you will learn experiential exercises that will teach you how to powerfully design the life you were meant to live. FREE DEMO CLASS

WATER PLAY WORKSHOP

THURSDAY OCTOBER 21, 3 -6P WITH SANDY FRIEDLAND

Ever wondered what it was like back in the womb? Floating, weightless, hardly any sound, not a thing in the world to worry about. Ever wish you could go back there? In this experiential workshop you will give and receive massage in our mineral pool under the guidance of our resident water guru. In this massage, muscle work, stretches and breathing blend into the gentle waves + floating movements to a timeless dance. Escape for a while and surrender yourself into bliss.
\$50 includes indoor baths

BOLLYWOOD LOUNGE

THURSDAY OCTOBER 21 @ 8P WITH AMRITA - A TRADITIONAL BOLLYWOOD BAND

Join us in the Lido Lounge for a night of Live Music and delicious Vegetarian cuisine, this month featuring Bollywood Band. Enjoy this joyful offering and plentiful traditional Indian cuisine including dessert and lassi (a traditional yogurt drink). Come enjoy a peaceful powerful evening for your mind and soul. Dress the part! \$15

h2-0M FRIDAY OCTOBER 22 @ 8P WITH STACEY GLASSMAN + LIVE MUSIC

RAISE YOUR VIBRATION!

Join Hatha Yoga Instructor Stacey Glassman and Violinist Alexandra Early for a yoga journey that will calm your mind, strengthen your body and ENERGIZE your SOUL! The vibration of the violin strings, coupled with a focus on expansion of the breath and an opening of the heart, allow for a truly inspiring practice. Music is the language of the soul. "Flowing" with the rhythm of the world's favorite classical songs helps us to connect with our higher purpose and find inner peace. This evening has a focus on pranayama, meditation, asana and an awareness for cleansing the organs and nervous system. \$30 includes indoor baths

CAPOEIRA WORKSHOP

SATURDAY OCTOBER 23, 2 - 4P WITH BRIAN "CAVALO" DE FARIA

Capoeira blends elements of dance, music, rituals, acrobatics, and fighting. Many people see it as a martial art -- others as a dance, and there those who believe that it is their religion and cultural identity. Brazilians call Capoeira a game. Capoeira is "played", not fought. With over 10 years experience, Brian "Cavalo" De Faria will lead this workshop with first class instruction in all aspects of Capoeira including self-defense, flexibility, acrobatics, dance, culture and music. All levels welcomed.
\$35/\$50 includes indoor baths

FREE YOURSELF OF THE ROOT OF ANXIETY

SATURDAY OCTOBER 23, 2 - 4:30 WITH RAM GIRI

It is with us all the time - sometimes as a hardly noticed sense of nervousness and discomfort, sometimes as a disturbing fear or invisible dread that robs us of sleep, strength and happiness. It poisons our life and our relationships. In this seminar you will learn how to uproot anxiety and fundamentally improve your life. This is an important opportunity to gain the revolutionary, easy to - practice skill of Open Attention for Peace of Mind and Emotional Harmony. \$35/\$50 includes indoor baths

12 STEPS OF YOGA FOR THE SOUL

SUNDAY OCTOBER 24, 1:00 - 4:00P WITH PHILLY T

Do you notice the compulsive patterns in yourself or others? Do you feel helpless over these patterns? This helplessness is the doorway to healing. Addictive patterns live in the body and the mind. The 12-Steps of Yoga for the soul, Yoga for Recovery assists us in releasing the experiences stored in the physical body, while freeing the mind. Through asana, meditation and pranayama we investigate areas of tightness and tension, allowing for the gentle release of that which no longer serves us. \$35/\$50 includes indoor baths

CREATIVE INSIGHT JOURNEY WITH JENNIFER SAFINE

8 WEEK SERIES TUESDAY OCTOBER 26 - DECEMBER 14 7 - 9P

The Creative Insight Journey is a transformational course for women based on the Stanford University Masters Course, Creativity in Business, which has revolutionized the Art of Success. Please join Jennifer Safine for an 8-week course designed for women who are seeking clarity and direction in their lives. Whether you are in the middle of a job transition, a life transition, or simply stuck in one area of your life, this course is filled with experiential exercises and profound teachings that will ignite self-discovery, awaken personal insight, and empower you to step fully into leading a life you love! Group Class Special Offer: Only \$475 (Regular cost \$850) **Early Bird Special if registered by October 15, only \$450

h2-0M FRIDAY OCTOBER 29 @ 8P WITH "L"

KURILIAN YOGA BHARATA BASH

In this h2om "L" will guide us through a high energy Kundalini Yoga Set that will peak with eruptions of Bhangra dancing. Bhangra music is a fusion of North Indian Folk + Hip Hop, marked by rhythms no one can stand still for. "L" is a world-traveling teacher + artist. He is initiated in The Jivamukti Yoga Method and trained in the science of Kurilian Yoga as taught by Yogi Bhajan through the Kurilian Research. \$30 includes indoor baths

PILATES FOR PINK CLASSES

TUESDAY, OCTOBER 26 @ 9:30AM DIANNA BRAGINTON - SMITH

WEDNESDAY, OCTOBER 27 @ 5PM NARWEEN OTTO

Come show your support for National Breast Cancer Awareness month! Wear pink and receive a free mud lounge pass! Please bring a Check/Money Order Payable to The Breast Cancer Research Foundation or visit bcrcure.org and bring the printed receipt to the class. Suggested \$10 minimum donation.

CORE ACTIVATION WORKSHOP SATURDAY OCTOBER 30 10A - 12P WITH "L"

CULTIVATING THE ENERGY AT THE SOLAR PLEXUS
In this workshop, world renowned teacher "L", will guide us through a full-on Core Activation, the Kundalini Yoga way. We will harness the energy of Manipura Chakra, located at the solar plexus, through asana, meditation, breathwork and chanting. This whole-istic approach to yoga leaves one feeling 'complete' and with energy to excel for days after. Relaxation will be enhanced by the harmonic + penetrating sounds of the gong. Be prepared to sweat, smile + dance! \$35/\$50 includes indoor baths

VING TSUN WORKSHOP

SATURDAY + SUNDAY, OCTOBER 30 + 31, 2 - 4P WITH TERRYANN DEANGELES

"THE STYLE BRUCE LEE MADE FAMOUS"

Learn how to meet conflict yielding a positive outcome. As you learn to RELAX in all situations + with all people your life becomes increasingly stress + resistance free. This practice builds tremendous energy (chi), that supports longevity, youthful rigor + cultivates being mentally grounded. By learning to work honestly at your edge, you develop tools to cope with fear + struggle. This makes it possible for integrity, awareness + a relaxed state of mind to become part of your daily life. You will walk with strength, courage, confidence + spirit as you develop this martial art prowess. \$35/\$50 includes indoor baths

ROMPER ROOM SATURDAY NIGHT - STANDARD STYLE SATURDAY OCTOBER 30 @ 8P WITH ARIANNE TRAVERSO

Once a month we gather to play around - Recess for grown-ups! Let your inner child shine, with FUN partner yoga flows, learn Thai massage techniques, and flying yoga. Connect + grow, meet new people, bring your friends to laugh + learn new ways to deepen your practice. Join Ari + surprise teachers to add flavor to the mix and enjoy great music to keep you moving and flowing. No partner needed, no experience necessary. \$30 includes indoor baths

KARMA KIDS TEACHER TRAINING DECEMBER 10 - 12 FRIDAY - SUNDAY, 9:00A - 6:00P

The Karma Kids Yoga Teacher Training program is for anyone who loves working with children. Experience our interactive yoga asanas, yoga with songs, creative breathing, visualization and relaxation techniques for leading a successful children's yoga class. Over 350 yoga poses, activities, and age appropriate games for toddlers through teens! Join us and become a child all over again as you learn, practice, teach, discuss, laugh and play in this wonderful training workshop (includes full spa access). **\$845, includes Certification, the KKYTT manual, our KKY "come play yoga!" cd to use in your classes and a listing on our website. For registration call (646) 638-1444 For accommodations call (305) 673-1717

CURRENT HIGHLIGHTS AND COMING SOON.....

ZODIAC LOUNGE

TUESDAY NOVEMBER 2 + 30 @ 7:30 WITH LORI BELL + MARK SPRINGLE

WATERPLAY WORKSHOP

THURSDAY NOVEMBER 4, 3 - 6P WITH SANDY FRIEDLAND

THE GREAT ESCAPE RETREAT

NOVEMBER 5 - 7 WITH VYDA BIELKUS

Healthworks Fitness Centers, in partnership with B1 Community and lead teacher Vyda Bielkus, invites you to The Great Escape! A weekend of deep relaxation, enlivening yoga classes, healthy eating, and explorative sessions for your inner growth. Learn strategies to re-balance your life while enjoying the company of like-minded women. This program is suitable for individuals of all fitness levels and yoga experience. Includes: hotel accommodation, daily meditation and power vinyasa yoga classes, health and wellness seminars, meals, and full access to Spa facilities. **2-day retreat \$521 shared room, \$720 single room **3-day retreat \$770 shared room, \$1069 single room ** For more information contact Tamara Director of Yoga Movement + Meditation tamara@standardhotel.com

h2-0M FRIDAY NOVEMBER 5 @ 8P WITH JASON LAWNER

NEW MOON SEQUENCE THURSDAY NOVEMBER 6, 5 - 6:30P WITH ALEXANDRA SANTOS

HOOP - LA SUNDAY NOVEMBER 7, 5 - 7P WITH JENNY Z + FRIENDS

DHARMI WORKSHOP WEDNESDAY NOVEMBER 10, 6 - 8P WITH CHRISTELLE CHOPARD

h2-0M FRIDAY NOVEMBER 12 @ 8P WITH CHRISTY NONES

h2-ONG SATURDAY NOVEMBER 13 @ 8P WITH SOL TEMPLE

RESTORATIVE YOGA SUNDAY NOVEMBER 14, 7 - 9P WITH NARWEEN OTTO

WATERPLAY WORKSHOP THURSDAY NOVEMBER 18, 3 - 6P WITH SANDY FRIEDLAND

BOLLYWOOD LOUNGE THURSDAY NOVEMBER 18 @ 8P WITH LILA KIRTAN

PILATES FOR NATIONAL WILDLIFE FOUNDATION BENEFIT SUNDAY NOVEMBER 21 1 - 3P WITH DIANNA BRAGINTON-SMITH + NARWEEN OTTO

FLAVORINGS SUNDAY NOVEMBER 21, 4 - 7P WITH MAINA, ELI, + VIC

ROMPER ROOM SATURDAY NOVEMBER 27 @ 8P WITH ARIANNE TRAVERSO

889 YONGE YOGA RETREAT NOVEMBER 18 - 21

Dive deeply into personal retreat and experience full rehydration of the body and soul with vinyasa flow yoga and healing hydrotherapy. Led by 889 Yonge Yoga Community Leader, Nicky Poole. This retreat experience will include: 3 nights accommodation, Retreat Spa Treatment, Breakfast, Lunch, Dinner (2), Sunrise and Sunset Outdoor Yoga Classes, h2-OM Friday night Yoga Ritual, Saturday night live music and bonfire celebration, full access to Spa facilities and 10% discounts on spa services.

***889 Yonge Retreat Package from \$1298 and from \$998 for shared room

YOGAWORKS 200-HOUR TEACHER TRAINING 2011

LED BY EDWIN BERGMAN

JANUARY 29 – JUNE 26, 2011, SATURDAYS + SUNDAYS
INFORMATION SESSION DECEMBER 4, 2 - 4P (FREE)

Since 1990, YogaWorks has trained hundreds of teachers world-wide, including some of the most celebrated modern-day yogis. The YogaWorks teacher training program in MIAMI BEACH, FL is a 200-hour foundational teacher training for serious students and aspiring teachers of yoga. The YogaWorks comprehensive program blends yoga traditions from East and West, integrating both into a practical and unique method that combines Vinyasa flow with an emphasis on alignment and skillful sequencing. ** Times vary. See schedule for exact details. Call Fay at or email fayc@yogaworks.com for more information and to RSVP.

NARWEEN OTTO RETREAT DECEMBER 10 - 12

Relax and play in the warm Miami sunshine. Experience our world class holistic + hydrotherapy - centered spa , relax by the bayside infinity pool and enjoy six different Yoga and Pilates classes with instructor Narween Otto . Classes include Friday night h2om ritual , Power Vinyasa, Pilates Mat and her much loved Restorative Yoga workshop: Roll + Rejuvenate . You are free to design the weekend as you wish - this is your Winter Weekend Escape! **Narween Otto Retreat Package from \$708 and from \$493 for shared room. Contact Tamara, Director of Yoga, Movement + Meditation tamara@standardhotel.com 305.704.3945

INFORMATION ON WORKSHOPS, RETREATS, SPA SERVICES, SPA SLEEPOVER, YOGA, MOVEMENT + MEDITATION SCHEDULE + MORE.... CONTACT SPA DESK 305.704.3945 AND TAMARA ARUJ, DIRECTOR OF YOGA, MOVEMENT + MEDITATION TAMARA@STANDARDHOTEL.COM AND MINA GOUGH, SPA DIRECTOR MGOUGH@STANDARDHOTEL.COM WWW.STANDARDHOTELS.COM/MIAMI