



The Standard Spa, Miami Beach

SEPTEMBER 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.

SEPTEMBER BABY = STAY YOUNGER + FEEL BEAUTIFUL

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

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

YOGA MONTH

September is National Yoga Month - Get One Week Free Yoga with your Yoga Month Card - welcome and refer...for new students only. Visit Yogamonth.org to print Yoga Month Card for The Standard Spa.

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, Acupuncture, Thai On The Mat/Table, and Gyrotonic. Receive 10 % discount + 1 complimentary session on us.

SEPTEMBER YOGA APPAREL DISCOUNT

Get inspired - see our favorite yoga items - featuring I Love Yoga, Dharma Gear, Yogitoes, Manduka and more... Receive a 10% September Yoga Month discount.

SEPTEMBER 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

SEPTEMBER 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)

THE SEPTEMBER 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)

THE SEPTEMBER STANDARD MASSAGE 90 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 Experience.

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.

SEPTEMBER 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)

SEPTEMBER MID WEEK LOCAL ZEN

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

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

SUNRISE YOGA

7:30A 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

PILATES MAT

MONDAY, TUESDAY, WEDNESDAY + THURSDAY 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.

P90X - BY THE BAY @ THE STANDARD SPA

THURSDAY SEPTEMBER 2, 8 - 11A WITH TONY HORTON

Join this exclusive fitness class (8 - 9A) with Tony Horton, creator of "P90X", followed by "Shakeology" sample and

"BeachBody Coaching" (9:30 - 11A). \$40 includes Day Pass for Pool + Spa. Space is limited (100 max) Pre-registration required. Register at www.regonline.com/miamitonyhortonevents

h2-0M FRIDAY SEPTEMBER 3 @ 8P WITH CAMERON SHAYNE

Cameron Shayne's Budokon style Yoga is breaking molds and traditional perceptions of hatha yoga. Cameron's use of hatha yoga and martial arts to infuse bold and unconventional movement is revolutionizing the yoga world. This dynamic blend of traditional hatha yoga asanas builds upon the yoga practitioner's base knowledge of traditional hatha yoga while challenging the practitioner to push past conventional ideologies in order to find an authentic expression of movement. If you love hatha yoga and want to see its evolutionary potential, this is the workshop for you. \$30 includes indoor baths

PRAVASSA LABOR DAY WEEKEND RETREAT

SEPTEMBER 3 - 6

Celebrate the end of summer by consolidating the summer light and raise consciousness as we move towards the fall equinox. Join Pravassa along with Paramatma Siri Sadhana, Joseph Amanbir Young and Michelle Barge as we say goodbye to one season and welcome the next. Immerse yourself in yogic traditions. Deepen, expand and enhance your practice. We invite you to experience this profound and soul lifting experience. All levels welcome. All classes are open to drop-ins **For more information and full schedule email Tamara, Director of Yoga, Movement + Meditation tamara@standardhotel.com

PRAVASSA KUNDALINI EVENT

SATURDAY SEPTEMBER 4, 8 - 10PM

Join Paramatma Siri Sadhana for a very sacred and special evening of Kundalini Yoga and Meditation. On this night we will practice a powerful kriya for Sacred Embodiment and Meditations for the Arcline and Radiant Body to integrate and consolidate the energetic ascension, radiance and light of the summer months and prepare ourselves to align with the emerging fall energies. Come embody your light and move, dance, chant and meditate with us as we acknowledge the beauty of our journeys and make space for even more love + more ecstasy in our lives. \$30 with indoor baths

BUDOKON ACADEMY TEACHER TRAINING

SEPTEMBER 3 - 9 WITH CAMERON SHAYNE

Join Kancho Cameron Shayne and become certified to teach Budokon YOGA level 1-2. Interested and qualified Yoga & movement teachers please apply or inquire by contacting info@budokon.com

HOOP - LA

SUNDAY SEPTEMBER 5, 6 - 8P WITH JENNY Z + FRIENDS

Join us for summer fun, 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



The Standard Spa, Miami Beach

ZODIAC LOUNGE

TUESDAY SEPTEMBER 7 @ 7:30 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, (+\$5) 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 SEPTEMBER 8, 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. People who practice The DHARMI as an ongoing experience report life-changing results. This seminar includes teachings, conversation, visualization, and movements. \$55 includes indoor baths

NEW MOON SEQUENCE

WEDNESDAY SEPTEMBER 8, 6:30 - 8P WITH JAYA + ALEXANDRA SANTOS

Join us for a wonderful healing evening of yoga, live music and meditation. This vinyasa class is based on Moon Salutations – a graceful, flowing sequence of postures 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

WATER PLAY WORKSHOP

THURSDAY SEPTEMBER 9, 4 - 7P 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

**h2-0M FRIDAY SEPTEMBER 10 @ 8P WITH TERRI COOPER
FUNCTION VS. DYSFUNCTION**

It is said that how you do one thing is how you do everything! Using this principle we can explore the ways we move on our yoga mats to understand how we do the important things in our life such as how we relate to other people. Or how we maneuver in our working or personal lives. By exploring our relationship to boundaries and form we are offered the opportunity to not only witness how and perhaps why we do what we do; we are able to apply new methods of moving and being so as to allow for permanent change. In this workshop we will specifically explore the relationship between our nervous system's responses and our actions. \$30 includes indoor baths

SATYA GRAHA YOGA

SATURDAY SEPTEMBER 11, 2 - 4P WITH TERRYANN DEANGELES

Challenging dynamic vinyasa style that honors the beauty of life + the power of the spirit. It is an inspiring practice that builds flexibility, bodily intellect, and strength while helping to deepen the relationship with your authentic Self. The intuitively designed combination of breath, yoga postures, meditation, traditional + contemporary dance + martial arts uncover + release individual obstacles allowing movement towards personal empowerment + freedom. Satya Graha - The Truth + the Pursuit of Truth is the same title Gandhi used for the treatise he constructed out of his stance to create justice + liberty for the people of his country. Feel serene while getting a good wholesome workout. Be exhilarated, live your inner warrior!!! \$35 / \$50 includes indoor baths

h2-ONG SATURDAY SEPTEMBER 11 @ 8P WITH GANESHA

DEVELOP YOUR HIDDEN GREATNESS!

Kundalini Yoga and Meditation teaches that each individual must remember their personal commitment to the Beloved. The Beloved is called by many, many names; i.e. the Inner Teacher, Guru, Soul or Divine. When will we finally stop looking outside for our "soul-mate" and recognize that it has never left our side? According to Yogi Bhajan our Soul is our Soul-Mate. By recognizing one's soul and aligning with its purpose you are made beautiful in the radiance of your own Love. This practice makes you even more attractive and magnetic so that finding healthy, happy and holy relationships become easier and easier. Come Develop Your Inner Greatness and Quit Hiding From Your Soul! This class will be fun, challenging and uplifting. Come prepared to sweat, laugh + open your Heart! \$30 includes indoor baths

RESTORATIVE YOGA - ROLL, REST + REJUVENATE SUNDAY SEPTEMBER 12, 7 - 9P WITH NARWEEN OTTO

Most Miami residents live in a constant state of chronic over-stimulation, which diminishes the body's ability to heal itself. Many chronic complaints including insomnia, back and neck pain, skin conditions, digestive and elimination disruptions are often attributed to "stress." Restorative Yoga helps relieve the stress of modern living by allowing the body to deeply rest. In this 2 hour workshop we will open the body and breath for 30 minutes using a foam roller, increasing circulation and pranic flow. For the remaining 90 minutes the body is placed in comfortable positions supported by yoga props – all you need to do is lie down, close your eyes, unwind and rest deeply. By the end of class you will feel rejuvenated, grounded and open. Restorative Yoga is a great gateway practice for meditation. \$30 includes indoor baths

h2-0M FRIDAY SEPTEMBER 17 @ 8P WITH KINO MACGREGOR YOGA GIVES BACK

Ashtanga Yoga: Practice, Practice, Practice!
Experience the power of the Ashtanga Yoga method and learn to build strength, movement coordination, body integration, and flexibility in one dynamic and fast-paced fun session. With an emphasis on technique, alignment, tradition, and inspiration, we'll flow through most of the postures in the Ashtanga Yoga Primary Series. Come develop a relationship of meditative awareness between the body and mind to help you experience a deeper level of yourself. Whether you wish to take your existing yoga practice to a new level or are just beginning your journey of self-discovery in yoga, this class is perfect for you. Be prepared to sweat. Fundraiser for Yoga Gives Back yogagivesback.org \$30 includes indoor baths

SEDUCTIVE SATURDAYS

SATURDAY SEPTEMBER 18 10A - 5P WITH DAWN PRICE

A POLE FITNESS AND EXOTIC DANCE EXPERIENCE

The ladies of Miami Seduction Dance + The Art of Exotic Dancing For Everyday Women have teamed up with The Standard Spa to bring you an Experience you won't soon forget. Join us as we release our Inner Seductress! A full schedule of Pole Fitness, Exotic Dance, Chair Dance, Pole Choreography, and Video Choreography class. Gather your girlfriends + make it a "Girls Day Out". We look forward to dancing with you all day

long! **Included in package: All Classes, Lunch at Lido Grill (\$25 Value), Access to pool + spa after workshop (\$50 Value) + Gift Bag + Free admission to the Seductive Saturday after party \$125.00. Call Spa desk to register 305-704-3945

WATER PLAY WORKSHOP

THURSDAY SEPTEMBER 23, 4-7P 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

NICKI DOANE YOGA CLASS + A BENEFIT FOR THE KURMA ALLIANCE TO SAVE THE SEA TURTLES

THURSDAY SEPTEMBER 23, 6 - 8P WITH NICKI DOANE

In the world as it stands today, it is becoming increasingly obvious that Sustainability is no longer an option for us all but a much needed Reality. How to create that in our own lives and yoga practice is what Vinyasa Fusion has to offer. Vinyasa Fusion combines the breath and flow of vinyasa style yoga with alignment principles which support safety, postural integrity, and personal awareness in the practice. Since our practice is a representation of our lives, we will explore how this sustainable approach to our asana practice helps us to create and sustain balance in our lives. We invite you to explore Nicki's unique approach to vinyasa yoga because it will strengthen all aspects of your being through dynamic structural alignment, conscious breathing, and practical yogic philosophy! \$45 includes indoor baths
HELP SAVE THE SEA TURTLES! for more information on the benefit and how you can help see:
yogisanonymous.com/Events-kurmalliance.htm or
www.gravitycowboy.blogspot.com

h2-0M

FRIDAY SEPTEMBER 24 @ 8P WITH JULIE SCHUETTE

Julie Schuette believes that yoga practice contains the perfect metaphors for daily life and her approach is playful + challenging as well as meditative. Julie views yoga as a spiritual, philosophical, and energetic journey that inspires greater understanding of and connection to the true Self within. She is a YOGA WORKS certified teacher and did teacher trainings in Ashtanga, Vinyasa Power Yoga. She teaches regular vinyasa flow classes heavily influenced by ashtanga and Iyengar alignment principles, along with laughter. Join us for an evening vinyasa yoga class that emphasizes the journey to be grounded, to be stable and to be aligned before you fully express yourself. This FUN h2-0M will feature live DJ - Come - Celebrate your existence! \$30 includes indoor baths

ROMPER ROOM SATURDAY NIGHT - STANDARD STYLE
SATURDAY SEPTEMBER 25 @ 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. Arianne's expertise in Yoga, Acrobatics and Thai Massage help students to build their own well-balanced understanding of the practice through the use of clear, technical teaching skills, compassionate adjustments, and intuitive body awareness. 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. Bring your bathing suit for spa after class. \$30 includes indoor baths

SEASONAL SUNSET YOGA SOIREE

TUESDAY SEPTEMBER 28, 6:30 - 7:45P WITH CHRISTY NONES

Join us as resident Certified Anusara Yoga Teacher, Christy Nones, leads a flowing and heart-felt class at sunset, while the bay breezes caress your skin and the ocean air enlivens your spirit. Surrounded by fellow yogis, expert teachers offering delicious adjustments, the sound of rustling palm fronds, and the sweet music of local musicians, we will gather together to celebrate life and mark the movement of the seasons from Summer to Fall with mindfulness, love and celebration. This class will benefit 305 Spiritual Gangsters, an organization founded by local yogini Terri Cooper, that offers yoga, mindfulness and stress reduction to intercity youth at community and detention centers. Suggested Minimum \$10 Donation - RSVPs required - send name and email address to miamiyoga@standardhotel.com

CURRENT HIGHLIGHTS AND COMING SOON.....

SHAKTI YOGA RETREAT

OCTOBER 1 - 3 WITH SHARON FEANNY

h2-0M

FRIDAY OCTOBER 1 @ 8P WITH SHARON FEANNY

HOOP-LA

SUNDAY OCTOBER 3, 6 - 8P WITH JENNYZ + FRIENDS

DHARMI WEDNESDAY OCTOBER 6, 6 - 8P WITH CHRISTELLE CHOPARD

NEW MOON SEQUENCE

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

ZODIAC LOUNGE

THURSDAY OCTOBER 7 @ 7:30 WITH LORI BELL + MARK SPRINGLE

WATERPLAY WORKSHOP

THURSDAY OCTOBER 7, 4 - 7P WITH SANDY FRIEDLAND

h2-0M

FRIDAY OCTOBER 8 @ 8P WITH AMANDA HARRIS

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

BUDOKON ACADEMY WEEK OCTOBER 15 - 19

YOGA NIDRA

SUNDAY OCTOBER 17, 2 - 4P WITH JOY KOCHMER

RESTORATIVE YOGA

SUNDAY OCTOBER 17, 7 - 9P WITH NARWEEN OTTO

BOLLYWOOD LOUNGE

THURSDAY OCTOBER 21 @ 8P WITH BOLLYWOOD BAND

WATERPLAY WORKSHOP

THURSDAY OCTOBER 21, 4 - 7P WITH SANDY FRIEDLAND

h2-0M FRIDAY OCTOBER 22 @ 8P

CAPOEIRA WORKSHOP

SATURDAY OCTOBER 23, 2 - 4P

12 STEP YOGA

SUNDAY OCTOBER 24, 12:30 - 4:30P WITH PHYLLIS TANNEBAUM + CHERYL CHAMPAGNE

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

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

ROMPER ROOM

SATURDAY OCTOBER 30 @ 8P WITH ARIANNE TRAVERSO

VING TSUN WORKSHOP

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

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 accomodation, Retreat Spa Treatment, Breakfast, Lunch, Dinner (2), Sunrise and Sunset Outdoor Yoga Classes, h2-0M 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.

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