

FEBRUARY

A FEW HIGHLIGHTS

sunday

monday




tuesday

wednesday

thursday

friday

saturday

			<p>1</p> <p>Featured Class Bootcamp Brad Plotkin 6:30-7:30P</p>	<p>2</p> <p>Fitness Workshop Brad Plotkin 6:30-8P</p>	<p>3</p> <p>Standard Sunset Cocktails The Gold Dust Lounge 4-7P H2-OM Edwin Bergman 8-10P</p>	<p>4</p> 
<p>5 Lazy Sunday BBQ 2-7P Restorative Yoga Sofy Dempsey 6:30-7:15P Not Your Standard BINGO Lido Lounge 8P-MIDNIGHT</p>	<p>6</p> <p>Standard Spa Juice Cleanse + Wellness Feb. 6-10 Thai Detox Workshop 6:30-8:30P</p>	<p>7</p> <p>Group Acupuncture Lori Bell 6:30-7:30P Body Matrix 4-week Series 6-8P Jennifer Grace + Brad Plotkin</p>	<p>8</p> <p>Love Hypnosis Workshop Catherine Patrick 7-8:30P</p>	<p>9</p> <p>Guided Meditation Sofy Dempsey 6:30-7:30P Green Tea Heaven Adrienne Etkin 6:30-7:30P</p>	<p>10 Standard Sunset Cocktails The Gold Dust Lounge 4-7P Love Meditation Mary Robertson 6:30-7P H2-OM Nava + DJ ROOT 8-10P</p>	<p>11</p> <p>Hoopla Jenny Z + friends 5-7P Members Only Lobster Night Lido + Bayside 6-11P</p>
<p>12 Lazy Sunday BBQ 2-7P Chocolate Meditation + Partner Yoga Daniel Scott 6-8P Love Songs Playlist Party Lido Lounge 8P-MIDNIGHT</p>	<p>13</p> <p>Love Signs Astrology Lori Bell 7-9P</p>	<p>14</p> <p>Valentine's Day Couples Thai Massage Sacred Bodywork 7:30 -10P</p>	<p>15</p> 	<p>16</p> <p>Featured Class Sunrise Yoga Mateo Lizarazo 7:30-9A</p>	<p>17 Oz Garcia Feb. 17-19 Standard Sunset Cocktails The Gold Dust Lounge 4-7P H2-OM Sharon Aluma 8-10P</p>	<p>18</p> <p>Members Only Lobster Night Lido + Bayside 6-11P H2-ONG Ganesha 8-10P</p>
<p>19</p> <p>Lazy Sunday BBQ 2-7P</p>	<p>20</p> <p>President's Day Featured Class Pilates Katie Hotia 5-6P</p>	<p>21</p> <p>Featured Class Skanda Yoga Ken Von Roenn 9:30-10:45AP</p>	<p>22</p> <p>Featured Class Jivamukta Jaya 8-9:30P</p>	<p>23</p> <p>Featured Class Budokon Yoga Sensei Donato 7:30-8:30P</p>	<p>24</p> <p>Standard Sunset Cocktails The Gold Dust Lounge 4-7P H2-OM Leslie Glickman 8-10P</p>	<p>25</p> <p>Members Only Paddle For Your Breakfast 9A-12NOON Members Only Lobster Night Lido + Bayside 6-11P</p>
<p>26</p> <p>Lazy Sunday BBQ 2-7P</p>	<p>27</p> 	<p>28</p> <p>Life Reinvention Jennifer Grace 12:30 - 1:30P 5:30 - 6:30P</p>	<p>29</p> <p>Happy Leap Year Spa Day</p>			

WELLNESS SCHEDULE

FITNESS TRAINING AND MEAL PLAN WORKSHOP THURSDAY FEBRUARY 2, 6:30 - 8P WITH BRAD PLOTKIN Get inspired, motivated and make fitness and wellbeing part of your lifestyle. Goal setting, customized training programs, large range and a variety of training techniques, lifestyle coaching, nutrition, weight management and more to create and incorporate into everyday life. \$30 includes indoor baths.

H2-OM FRIDAY FEBRUARY 3, 8 - 10P YOGAWORKS WITH SENIOR YOGAWORKS TEACHER EDWIN BERGMAN This workshop will be taught in the classic YogaWorks Style which brings together and balances precise instruction, alignment and breath with fluid movement. The theme will be backbends but it will also be a very well-rounded practice that everyone can enjoy and benefit from. \$30 with indoor baths.

NOT YOUR STANDARD BINGO SUNDAY FEBRUARY 5, 8P - MIDNIGHT IN THE LIDO LOUNGE Join us for "Not Your Standard" Bingo, Twister, Ping-Pong, and our favorite Retro games like Connect 4, Scrabble, Jenga and more... Hosted by Amin De Jesus of Suénalo.

THE STANDARD SPA JUICE CLEANSE + WELLNESS MONDAY – FRIDAY, FEBRUARY 6 - 10 Be healthy and wellness inspired. The Standard Spa Juice Cleanse + Wellness 5-day Program includes daily supply of Juices and Smoothies plus wellness activities to participate in including: Thai Detox Massage Workshop, Group Acupuncture, Love Hypnosis and Green Tea Workshop or Guided Meditation Class and Daily Baths + Daily Hamam Experience Bar... leaving you feeling energized and vibrant! \$375 **Pre-Register by February 3 with Spa Desk.

THAI DETOX MASSAGE WORKSHOP MONDAY FEBRUARY 6, 6:30 - 8:30P WITH DENNIS + JAIRO OF SACRED BODYWORK This fun experiential workshop will allow you to explore some ancient Thai techniques for stimulating detoxification. Participants will pair up and give and receive these simple hands-on techniques that boost your body's natural cleansing and healing abilities. \$50 includes indoor baths.

GROUP ACUPUNCTURE TUESDAY FEBRUARY 7, 6:30 - 8P STICK TOGETHER FOR THE FULL MOON WITH LORI BELL Acupuncture is truly beneficial for smoothing out your qi on all levels, calming the spirit and gaining clarity during times of change. Lori will help you tap into the Full Moon in Leo and it's all about the heart. Get Your heart qi stirred for this powerful full moon. \$25 includes indoor baths.

BODY MATRIX TUESDAYS FEBRUARY 7 – FEBRUARY 28, 6 – 8P 4-WEEK SERIES WITH BRAD PLOTKIN AND JENNIFER GRACE Join this enlightened 30 day program which includes a weekly Life and Fitness Coaching session to obtain tools to get fit and stay fit followed by a weekly workout Bayside Body Fitness Class. \$250 includes indoor baths.

HYPNO-COACHING WORKSHOP WEDNESDAY FEBRUARY 8, 7 - 8:30P LOVE HYPNOSIS WITH CATHERINE PATRICK A group hypnosis session affirming and attracting love. Open up to abundance for a healthy and happy 2012. By creating a synergy between hypnosis and life-coaching, this is a very powerful and effective life changing technique. Love the life you live, live the life you love! \$30 includes indoor baths.

GREEN TEA HEAVEN THURSDAY FEBRUARY 9, 6:30 - 7:30P WITH ADRIENNE ANN ETKIN In Green Tea Heaven, we will focus on green tea with a tasting of six different greens and evaluate each tea's style, flavor, and health benefits. Join Adrienne for a tea talk, tea tasting, and informative session we are sure you will find unique. Sip and enjoy! \$25 includes indoor baths.

LOVE MEDITATION FRIDAY FEBRUARY 10, 6:30 - 7:30P WITH MARY ROBERTSON Open your heart, meditate, set your intentions for love and make a wish! Complimentary - RSVP with Spa Desk.

H2-OM FRIDAY FEBRUARY 10, 8 - 10P JOURNEYDANCE WITH NAVA + DJ ROOT JourneyDance carries us through an intentional and seamless flow of guided ritual and free expression. As we create powerful dancing rituals together, we elevate the body and mind to our highest vibration. JourneyDance for nourishment, energy, presence and prayer. \$30 with indoor baths.

HOOPLA SATURDAY FEBRUARY 11, 5 - 7P WITH JENNYZ + FRIENDS Join us for fun in the sun, music and hooping in the garden! Beginners welcome; hoops available. Complimentary.

FEARLESS LOVE: CHOCOLATE MEDITATION + PARTNER YOGA SUNDAY FEBRUARY 12, 6 - 8P WITH DANIEL SCOTT Indulge in an elegant swirl of partner yoga, Thai massage, and chocolate at this tantalizing couples workshop. Internationally renowned yoga chocolatier Daniel Scott will guide you and your partner through a sequence of gentle asana, mindful connection, and therapeutic AcroYoga paired with delicious organic FEARLESS chocolate. Bring your partner or meet a new one. \$45 per person includes two bars of chocolate to take home and indoor baths afterwards.

FAVORITE LOVE SONGS PLAYLIST PARTY SUNDAY FEBRUARY 12, 8 - MIDNIGHT IN THE LIDO LOUNGE Join us for our monthly Playlist Party! A gathering of music aficionados to share playlists, meet new people and discover music.

LOVE SIGN ASTROLOGY MONDAY FEBRUARY 13, 7 - 9P WITH LORI BELL Love... Venus and Mars in Astrology. Venus tells us what we value and desire, Mars describes how we go about getting it. Join us for a naughty night of astrology and realize your desires. RSVP and send birth date by February 11 to thespa@standardhotel.com. \$25 includes indoor baths.

VALENTINE'S COUPLES THAI MASSAGE WORKSHOP TUESDAY FEBRUARY 14, 7:30 -10P WITH DENNIS + JAIRO OF SACRED BODYWORK There's nothing quite the same as getting a little massage from your special someone. Share the love in this hands-on workshop, giving and receiving basic Thai techniques for relaxation. No experience necessary... open to all. \$150 per couple includes indoor baths.

WELLNESS WEEKEND FRIDAY FEBRUARY 17 - SUNDAY FEBRUARY 19, BODY IN BALANCE WITH CELEBRITY NUTRITIONIST OZ GARCIA Body In Balance with Celebrity Nutritionist Oz Garcia is an intensely enriching experience. Wellness weekend includes all the knowledge and support you need for putting your body back in balance. The components of this program work synergistically to teach you how to look and feel your best. 3 Days \$1425 or 1 Day \$575.

H2-OM FRIDAY FEBRUARY 17, 8 - 10P WITH SHARON ALUMA Ready for some Organic Love? Sharon's powerful sequencing and sense of humor will get you melting from the inside out. Your body and mind will be taken through a yogic morphing, unraveling itself into unconditional love. \$30 includes indoor baths.

H2-ONG SATURDAY FEBRUARY 18, 8 - 10P KUNDALINI YOGA + THE SHADOW OF LOVE DANCE WITH GANESHA In honor of Valentine's Day, Rachel Levy, LMHC, Imago Relationship Therapist and Prayerdance co-founder, joins kundalini teacher and obstacle remover Ganesha Michael Shapiro in a special evening of dancing with love's shadow of rejection, obsession, and your heart's desire. \$30 includes indoor baths.

H2-OM FRIDAY FEBRUARY 24, 8 - 10P OPEN HEART YOGA WITH LESLIE GLICKMAN This vinyasa based practice will focus on the heart chakra with heart opening yoga. We will explore the physical + mental, energetic + emotional and psychic + symbolic realms of the heart. \$30 includes indoor baths.

MEMBERS ONLY: PADDLE FOR YOUR BREAKFAST SATURDAY FEBRUARY 24, 9A - 12NOON WITH MEMBERSHIP TEAM Join us at the bayside dock at 9am to get some quick pointers from our paddle board instructors; at 9:45 we'll head out in a group for a paddle around the bay to work up an appetite. Breakfast will be waiting at the picnic tables after the group paddle board. This event is free of charge to members, but space is limited so please RSVP to membership@standardhotel.com.

LIFE REINVENTION: REINVENT YOUR LIFE FOR 2012 TUESDAY FEBRUARY 28, 12:30 - 1:30P OR 5:30 - 6:30P INTRO TO THE JOURNEY 8-WEEK SERIES WITH JENNIFER GRACE In this extraordinary workshop you will receive practical tools and techniques to create your 2012 Life Plan and Vision. Exercises taken from her Stanford University Masters Degree Course, The Journey, will be used to demonstrate how to make resolutions that stick. Complimentary. RSVP to thespa@standardhotel.com.

HAPPY LEAP YEAR SPA DAY WEDNESDAY FEBRUARY 29 Join us and celebrate Leap Year for a Spa Day Retreat! Relax, soak and soar with a complimentary Day Pass with purchase of your choice of a health, yoga + fitness class. Enjoy! \$18

WEEKLY EVENTS + COMING SOON

THE STANDARD SHOP WHO'S YOUR #1 LOVER? Swing by the shop and check out all of our products to enhance your "sexy time." We carry items to keep you smiling not only on Valentine's Day, but all year long.

STANDARD SUNSET COCKTAILS MONDAY - FRIDAY AT THE LIDO RESTAURANT + BAYSIDE GRILL, 4 - 7P Enjoy our cocktail hour menu, half priced drinks and glasses of wine five nights a week. Friday nights featuring live music by The Gold Dust Lounge.

H2-OM FRIDAYS 8 - 10P Dedicated to getting your groove on, featured yogis help you start the weekend right. Stretch, Steam, Soak, Soar. \$30 includes indoor baths.

MEMBERS ONLY FLORIDA LOBSTER NIGHT SATURDAYS Enjoy Florida Lobster night at The Lido Restaurant and Bayside Grill. A delicious Florida Lobster paired with Chef's selection of sides for \$30. Lobsters are by reservation and must be reserved by Thursday before. Non-inclusive of tax and gratuity, no additional discounts.

LAZY SUNDAYS SUNDAYS 2 - 7P Doesn't spending your Sunday with a delicious BBQ, cold drinks with fun people and great tunes sound perfect? We thought so. See ya soon... Hosted by Luke Dupont and Randy Alonso.

For more information on workshops, retreats, spa services, and health, yoga + fitness schedule contact Spa Desk 305.704.3945
Spa Director, Mina Gough, mgough@standardhotel.com or Wellness Coordinator, Mary Robertson, mrobertson@standardhotel.com
RSVP to thespa@standardhotel.com | See full schedule online www.standardhotels.com/miami

FEBRUARY

FEBRUARY SEXY

Spa Specials

VALENTINE'S SPA RITUAL De-stress + re-energize with this soothing smoothing hamam ritual. First relax during a 60 min. massage. Then completely renew with a dry exfoliation and purifying clay mask on the warm hamam marble bed. Soak, steam... relax and take your time.

75 min. \$165 (regularly \$235)

COUPLES K.I.S.S Keep It Sensual and Satisfying. Begin in the Hamam for some warm-up time. Then receive a 60 min. Standard Couples Massage followed by a complete lathering with a Turkish Hamam Rub + Scrub.

\$390 for two (regularly \$480)

VALENTINE'S GLOWING FACIAL This healthy, nourishing and 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 stimulating them toward optimal function. Skin re-hydrates, fine lines soften, muscles firm, dark circles lighten and puffiness is reduced instantly for beautiful glowing skin.

60 min. \$140 (regularly \$165)

COUPLES THAI MASSAGE IN THE GARDEN This combination of Thai Massage, stretches and firm compressions loosens and lengthens sore, tight muscles. This treatment is a great way to help restore balance to your active body and to combat chronic areas of tightness. Done on traditional Thai mats.

\$260 for two (regularly \$310)

TOGETHER DUO TRAINING Workout and get inspired by training together with a friend. Stay motivated and make fitness and wellbeing part of your lifestyle, choose from yoga, Pilates or fitness training. Increase your guru status with yoga, strengthen and lengthen with Pilates or get in the groove with fitness training.

60 min. \$150 for two // 5 sessions \$750 for two

FEATURED

February 2012

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\$150 for two includes indoor baths

LOVE SIGNS ASTROLOGY TALK

MONDAY FEBRUARY 13, 7 - 9P WITH LORI BELL

Love... Venus and Mars in Astrology. Venus tells us what we value and desire, Mars describes how we go about getting it. Join us for a naughty night of astrology and realize your desires. RSVP and send birth date to thespa@standardhotel.com by February 11.

\$25 includes indoor baths

ATTRACT LOVE AND ABUNDANCE - LIFE COACHING

Imagine intuitive insight and useful tools, a one-on-one life coaching session to provide the opportunity for you to manifest and experience more of what you want in life. In the process, gain self-awareness, insight and personal + spiritual growth.

60 min. \$150 (regularly \$175)

COUPLES 10-CLASS CHALLENGE: FEBRUARY 1 - 29

Get in the groove, get fit, get your Ommm on and have fun together... Join our February couples and friends challenge: take 10 Health, Yoga and Fitness classes together for the month of February and receive a complimentary H2-OM of your choice.

February 10-Class Pass \$125 (regularly \$150)

WELLNESS WEEKEND

SEXY BODY IN BALANCE

WITH CELEBRITY NUTRITIONIST, OZ GARCIA
FRIDAY – SUNDAY FEBRUARY 17 – 20



Body In Balance with Celebrity Nutritionist, Oz Garcia is an intensely enriching experience. Wellness weekend includes all the knowledge, products and support you need for putting your body back in balance. The components of this program work synergistically to teach you how to look and feel your best. Everyday, each participant receives:

- Oz Garcia created specialized smoothies
- Healthy lifestyle lectures with Oz Garcia
- Daily guided morning boot camp
- Initial in-depth health, nutrition, and lifestyle assessment
- Personal consultation session with Oz Garcia and creation of an ongoing successful wellness plan
- Sample menu plans and recipes, customizable to your nutritional needs and preferences
- Individualized nutrition and lifestyle plan precisely targeted for your needs and wants
- Access to Oz's interactive website, giving them 24/7 online access to health resources anywhere in the world.
- Standard Spa Day Pass and access to indoor and outdoor baths

3 Days \$1425 or 1 Day \$575. For more information and to register RSVP email thespa@standardhotel.com. Room accommodations not included, for sleepover rates call 305.673.1717

The Standard

Oz Garcia's

SEXY BODY IN BALANCE SCHEDULE

Day 1: Friday February 17, Body In Balance: Detox

- Oz Garcia Detoxifying smoothie
- Healthy lifestyle lecture with Oz Garcia
- Guided morning boot camp
- Personal nutrition assessment
- Detoxification assessment
- Yoga Class
- Hamam Time with DIY Hamam Experience Bar
- Complimentary in-room amenity package

Day 2: Saturday February 18, Body In Balance: Weight Loss and Wellness

- Oz Garcia Weight loss smoothie
- Healthy lifestyle lecture with Oz Garcia
- Guided morning boot camp
- Energy expenditure analysis
- Metabolic profile assessment
- Personal nutrition consultation
- Yoga class
- Hamam Time with DIY Hamam Experience Bar
- Complimentary in-room amenity package

Day 3: Sunday February 19, Body In Balance: Boost Your Sex Drive And Energy

- Oz Garcia Libido boosting smoothies
- Healthy lifestyle lecture with Oz Garcia
- Guided morning boot camp
- Energy naturally; Increase sex drive analysis
- Rebalancing your hormones
- Improvement through supplementation
- Personal nutrition consultation
- Yoga class
- Hamam Time with DIY Hamam Experience Bar
- Complimentary in-room amenity package