



## Go Into The Holiday Season Feeling Your Best

The Spa at Mandarin Oriental, Atlanta invites you to enjoy fitness classes, yoga, journaling, spa time and inspirational talks from Atlanta Expert Tammy Stokes, author of *Live Your Healthiest Life* and founder of West Coast Workouts and Creator of Tammy Stokes Lifestyle.

Classes will be held from **November 7 to November 9, 2014** and cost is **USD 25 per class**. All classes include use of the spa facilities: locker room, whirlpool, sauna and steam. For the class schedule and themes, please see below. **For reservations, please call +1 (404) 995 7526.**

### FRIDAY

#### **CARDIO BODY SCULPT WORKOUT**

*Location: Yoga Studio*

*Time: 4:00pm, 45 minute session*

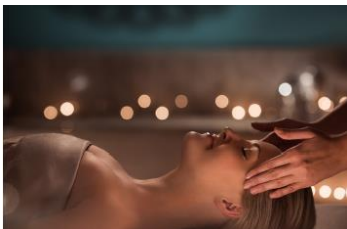
Experience a total body workout that infuses cardio and body sculpting. This method of training is used in Tammy's West Coast Workout studios to give clients the best overall results for weight maintenance, weight loss and beautiful, body design.

#### **EDUCATION & TEA TIME ~ THE 5 PILLARS OF YOUR HEALTHIEST LIFE**

*Location: Spa Relaxation Area*

*Time: 7:30pm, 45 minute session*

Bring your journals to this evening seminar focused on the pillars of healthy and happy living. Learn the five pillars to Your Healthiest Life. Be prepared to write down one health goal you would like to master now.



## **MANTRA CARD HANDOUT & GOODNIGHT**

*Following Education & Tea Time*

Positive thoughts to live by and sweet dreamy nights.

## **SATURDAY**

### **YOGA TONIC**

*Location: Yoga Studio*

*Time: 7:30am, 60 minute session*

A perfect start to your day! A flow of sun salutations infused with Pilates and core exercises to give you a comprehensive workout. Combine breath with a flow of movements and open the body and mind to a new experience of yoga followed by a Tammy Stokes Lifestyle healing tonic.

### **NO EXCUSES WORKOUT**

*Location: Yoga Studio*

*Time: 10:30am, 45 minute session*

This workout was created by Tammy when she trained Dr. Oz for FOX TV. This session can be done anywhere, in any space. Dr. Oz coined it the "NO EXCUSES WORKOUT" for that reason. No equipment required, just your body.

### **TONIC SAMPLING**

*Following the No Excuses Workout*

Learn about the benefits of adding a tonic to your diet. This is an easy way to amplify the amount of vegetables and herbs for a healthier you. Enjoy samples of the Tammy Stokes Lifestyle Tonic Line.



## **HEALTHY STATE OF MIND WORKOUT**

*Location: Yoga Studio*

*Time: 4:00pm, 45 minute session*

A feel good, focused workout that combines breath and lengthening exercises that work the muscles in an isometric fashion and increase the body's flexibility. A calming experience that enhances mental clarity, relaxation and a healthy state of mind.

## **EDUCATION & TEA TIME ~ STRESS MANAGEMENT & THE CREATION OF HAPPINESS**

*Location: Spa Relaxation Area*

*Time: 7:30pm, 30 minute session*

Simple techniques you can use to manage stress and create more happiness. Tammy shares her personal recipe for health, love and happiness.

## **MANTRA CARD HANDOUT & GOODNIGHT**

*Follow Education & Tea Time*

Positive thoughts to live by and sweet dreamy nights.

## **SUNDAY**

### **RISE & SHINE WORKOUT**

*Location: Yoga Studio*

*Time: 7:30am, 45 minute session*

A blend of yoga, cardio and body sculpting to lift the spirits and tone the physique.

### **HEALTHY GOAL COMMITMENT & EVENT RECAP**

*Immediately following the Rise & Shine workout*

**To book classes, please call +1 (404) 995 7526 or email [moatl-spa@mohg.com](mailto:moatl-spa@mohg.com).**

