

news release

Mandarin Oriental Hotel Group Limited
281 Gloucester Road, Causeway Bay, Hong Kong
Telephone +852 2895 9288 Facsimile +852 2837 3500
www.mandarinoriental.com



YOGA RETREAT WITH CELEBRITY INSTRUCTOR MANDY INGBER AT THE SPA AT MANDARIN ORIENTAL, MIAMI, 1-2 JUNE 2013

Guests can get toned, pampered and re-energized at the Miami Yoga & Spa Weekend

Hong Kong, 3 May 2013 – With a focus on health and wellness, [The Spa at Mandarin Oriental, Miami](#) is delighted to present a [Miami Yoga & Spa Weekend](#) from 1-2 June 2013, featuring renowned yoga instructor [Mandy Ingber](#), fitness and wellness advisor to the stars. Based in Los Angeles, Ms. Ingber has taught the likes of Jennifer Aniston, Brooke Shields, and Jennifer Lawrence and is known for motivating people through her light-hearted approach.

The retreat will incorporate themes from Ms. Ingber's new book *Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover (Y28!)*. "Yogalosophy" guides participants to engage in physical and mental exercises to help recreate the body, using natural flowing movements and a focused mind. Sessions include "Yoga for Happiness," a 75-minute vinyasa flow group class that will help reduce stress and increase energy, and "Mind-Body Detox," a 75-minute heat-generating vinyasa flow group class to aid in improving digestion and detoxification.

Throughout the weekend, guests can participate in a variety of additional activities including a book signing session with Ms. Ingber and an exclusive trunk show with luxury active wear line Anatomie. Guests can also bask in [luxurious accommodations](#) and enjoy therapeutic [spa treatments](#) at the [Five-Star Spa](#).

The *Miami Yoga & Spa Weekend* includes:

- One-night stay at [Mandarin Oriental, Miami](#)
- HealthSmart breakfast for two
- Morning and evening yoga sessions
- 60-minutes of time in a [VIP Spa Suite](#) (single or couples) for treatments of choice

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- Spa Suite relaxation time with chocolate-covered strawberries and champagne
- Complimentary use of Heat and Water Therapies
- Book signing session with Mandy Ingber
- Luxurious health and wellness take-home gifts
- Rates for the package start from USD 735 (double occupancy), plus tax and gratuity

For more information or reservations, call +1 (305) 913 8383, toll free (866) 888 6780 or visit www.mandarinoriental.com/miami.

About Mandy Ingber

Mandy Ingber is one of the most popular fitness and wellness advisors in Los Angeles. It is her ability to connect with a wide range of students that makes her accessible to the yoga novice as well as the professional athlete. For more information, visit MandyIngber.com

About The Spa at Mandarin Oriental, Miami

[The Five-Star Spa at Mandarin Oriental, Miami](#) is a three-level sanctuary located at the luxurious Mandarin Oriental, Miami hotel. Adopting a different approach to the traditional spa experience, The Spa offers a series of innovative and restorative treatments inspired by the elements of nature, and oriental traditions. The 15,000-square-foot spa features 17 private treatment rooms that each use textures such as bamboo, rice paper, glass and natural linens to achieve a harmonious and balanced design. Six stunning [suites](#), located on the top floor of the spa, offer the ultimate spa experience.

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About Mandarin Oriental Hotel Group

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the world's most prestigious hotels and resorts. The Group now operates, or has under development, 45 hotels representing over 11,000 rooms in 27 countries, with 19 hotels in Asia, 12 in The Americas and 14 in Europe, Middle East and North Africa. In addition, the Group operates, or has under development, 14 *Residences at Mandarin Oriental* connected to its properties.

Photography of Mandarin Oriental is available to download, in high and low resolution, in the [Photo Library](#) of our *Media* section, at www.mandarinoriental.com.

Visit [Destination MO](#) (www.destinationMO.info), the online version of [Mandarin Oriental Hotel Group](#)'s bespoke publication, *MO*. News about our award-winning hotels, the best dining experiences, spa treatments, travel retreats and interviews with the Group's celebrity fans is now just a click away.

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For more information, please contact:
Corporate Office

Danielle DeVoe (ddevoe@mohg.com)
Group Communications – The Americas
Tel: +1 (212) 830 9380
www.mandarinoriental.com

Mandarin Oriental, Miami

Alexandra Wensley (awensley@mohg.com)
Director of Communications
Tel: +1 (305) 913 8333

Heidi Barfels (hbarfels@mohg.com)
Public Relations Manager
Tel: +1 (305) 913 8386

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