

## news release

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### **THE SPA AT MANDARIN ORIENTAL, ATLANTA HOSTS THE “BE HAPPY & HEALTHY” RETREAT WITH FITNESS EXPERT TAMMY STOKES**

*Guests can get toned, pampered and inspired at the Atlanta wellness retreat held November 7-9*

**Hong Kong, 11 September 2014** – Located in the prestigious Buckhead neighborhood, [The Spa at Mandarin Oriental, Atlanta](#) is delighted to present the *Be Happy & Healthy Retreat* from November 7 to 9, 2014 featuring [Tammy Stokes](#), author of *Live Your Healthiest Life* and founder of West Coast Workouts. Stokes will guide participants as they engage in physical and mental exercises to achieve a balanced lifestyle.

The retreat will begin on a Friday, November 7 at 4pm with a cardio and body sculpting class providing a total body workout. Participants will then take part in an educational seminar and tea time focusing on pillars for a healthy lifestyle. A morning Yoga Tonic class will be held in the hotel’s glorious English Garden on Saturday, November 8 at 7:30am. The class will concentrate on a flow of sun salutations infused with Pilates followed by a Tammy Stokes Lifestyle healing tonic. Stress management techniques, mantra card reading and innovative group fitness classes will complete the weekend retreat.

Bask in luxurious [accommodations](#) and enjoy therapeutic [spa treatments](#) at the award-winning Spa. Guests can also relax in the Spa’s separate male and female heat and water areas with a climate-controlled indoor lap pool, whirlpool and sauna and steam. A separate fitness center is also available which includes state-of-the-art cardiovascular and resistance equipment. Guests will leave the weekend with the tools they need to continue a healthier lifestyle.

The *Be Happy & Healthy Retreat* is priced at USD 1,220 and includes:

- Luxurious accommodations for two nights at [Mandarin Oriental, Atlanta](#)
- Daily breakfast at The [Café](#) or through in-room dining

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- Two 50-minute spa treatments
- All retreat classes and discussions
- Welcome gift bag to include an autographed copy of *Live Your Healthiest Life*, bookmark and journal

The retreat package is based on double occupancy with one guest experiencing the retreat classes and spa time. The package is subject to availability and exclusive of tax and gratuity. For reservations, please call +1 (404) 995 7500 or visit [mandarinoriental.com](http://mandarinoriental.com).

### **About Tammy Stokes**

Tammy is one of the most popular fitness and wellness advisors in Atlanta. As the creator of West Coast Workout and author of *Live Your Healthiest Life*, her teaching is the most comprehensive and unique lifestyle approach to obtaining a life in balance. With almost three decades of experience in the health and fitness industry, including work as a celebrity trainer in Hollywood, Tammy has been featured on MSNBC, FOX and CNN.

### **About The Spa at Mandarin Oriental, Atlanta**

[The Spa at Mandarin Oriental, Atlanta](#) is a 15,000-square-foot haven of blissful relaxation. Offering unparalleled therapy for the body, mind and spirit, spa treatments are based on ancient rituals, modern treatments and proven techniques gathered from around the world. Rooted in oriental graciousness and personalization, highly trained therapists deliver a holistic approach to restore balance and harmony. The extensive spa has 14 private treatment rooms, including a VIP Couples Suite, a 60-foot climate-controlled indoor lap pool that is bathed in natural sunlight and overlooks the English Garden, [a high-tech fitness center](#) with TechnoGym equipment, Yoga Studio, steam room, Vitality Pool, relaxation areas with adjoining terrace and spa boutique.

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### **About Mandarin Oriental, Atlanta**

Housed in an iconic building designed by celebrated American architect Robert A.M. Stern, [Mandarin Oriental, Atlanta](#) soars 42 stories above the Atlanta skyline and offers sophisticated, residential elegance in its [127 spacious rooms and suites](#). The intimate hotel features a blissful 15,000-square foot spa, indoor lap pool, fitness center, extensive meeting and event space, [The Café & Bar](#) for exquisite dining and *Taipan*, serving specialty cocktails. The sought-after Buckhead location is steps away from the region's top dining, chic designer boutiques and cultural attractions. The hotel is 35 minutes from Atlanta Hartsfield-Jackson International Airport and 10 minutes from the DeKalb-Peachtree Airport, which accommodates private aircraft.

### **About Mandarin Oriental Hotel Group**

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the most luxurious hotels, resorts and residences. Having grown from a well-respected Asian hotel company into a global brand, the Group now operates, or has under development, 45 hotels representing close to 11,000 rooms in 25 countries, with 20 hotels in Asia, ten in The Americas and 15 in Europe, Middle East and North Africa. In addition, the Group operates or has under development, 13 Residences at Mandarin Oriental connected to its properties.

Photography of Mandarin Oriental is available to download in the [Photo Library](#) of our [Media](#) section, at [www.mandarinoriental.com](http://www.mandarinoriental.com).

Visit [Destination MO](http://www.mandarinoriental.com/destination-mo/) (<http://www.mandarinoriental.com/destination-mo/>), 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. Further information is also available on our [Social Media](#) channels.

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