

## **"LIVIN' THE MOMENT" YOGA RETREAT AT MII AMO**

Yahoo Body-Mind Expert David Romanelli Pairs A Taste of Wine & Chocolate with Yoga, Nov 1-4 at "World's Best Destination Spa"

Sedona, Ariz. (October 3, 2007) - Mii amo, a destination spa at Enchantment, will host a retreat with Yahoo's mind-body and yoga expert, David Romanelli Thursday, November 1 to Sunday, November 4. Participants will discover an ancient and pure source of power, beauty and inspiration: The Present Moment.

"For this four-day retreat, I will emphasize the power of The Moment and how to access this power through flowing yoga, music, exotic tastes and ancient wisdom," says Romanelli.

"Experience the seven energy centers the yogis call chakras thru chocolate, wine, rhythms and melodies. Embracing each energy center in this way helps one to be more settled in purpose, inspired by passion and open to a full spectrum of emotions."

Highlights include:

- . CHOCOLATE CHAKRA TOUR - This yoga class is designed to stimulate the seven energy centers known as chakras. After class, you will be led through a flight of seven chocolate truffles from Vosges Haut-Chocolat. Each truffle is specially chosen to stimulate a given .
- YOGA & WINE - David will lead a flowing vinyasa yoga class that begins with old vine zinfandel chosen to emphasize the beauty and depth of age in both a wine and human being.
- . GROUP YOGA PRACTICE - This morning movement practice brings all participants together to share what they have learned and to spend The Moment together.
- . YOGA & CHOCOLATE - David will lead you through his signature flowing yoga class that begins and ends with a Vosges Chocolate truffle.
- . GROUP BREAKFAST & CLOSING CEREMONY - The weekend will close with a review of skills, stories and sensations that will help you claim more moments in your daily life.
- . ALL THE AMENITIES OF A 4-NIGHT MII AMO PROGRAM, including 8 spa treatments and 3 meals daily at Mii amo Café.

All-inclusive rates begin at \$2,370 double occupancy/\$2,700 single occupancy, depending on room category chosen. Mii amo hosts periodic retreats throughout the year. Coming up: Nov. 17, "The Woman's Journey" and Dec. 8, "Take Care of Yourself." For reservations, please call 888-749-2137 or 928-203-8500 or visit [www.miiamo.com](http://www.miiamo.com)

About David Romanelli

Facilitator David Romanelli is the co-founder of At One Yoga which consists of 3 state-of-the-art yoga studios in Arizona. A pioneering effort in the national yoga scene, At One Yoga fuses Western culture's fashion, music and technology with Eastern culture's sacred rituals and ancient tradition.

Yeah Dave Yoga is David's innovative combination of exercise, inspiring spirituality, and great music ranging from Frank Sinatra to the Grateful Dead to Mozart. He now tours the country presenting the Yoga & Chocolate experience which he created with good friend and Vosges Haut-Chocolat founder Katrina Markoff.

Just recently, David introduced the Yoga & Wine experience which was featured as a cover story in The New York Times. Yoga & Wine shares how one can model the aging process after one of the few things that ages well...a bottle of wine.

Mii amo, a destination spa at Enchantment Resort, was named "world's best destination spa" in 2007 by Travel + Leisure readers. A Yuman word for "passage" or "journey," Mii amo promotes personal transformation through mind, body and spiritual therapies, which range from crystal baths to Watsu. The 24,000-square-foot spa in Sedona, Arizona, designed by Gluckman Mayner Architects, harmonizes with the Native American aesthetic and the surrounding red rock canyon, which are both integral to the Mii amo experience. The intimate Mii amo "spa village," which offers 3-, 4- and 7-night all-inclusive packages, features 14 guest rooms and two suites; 19 treatment rooms, many with views of the canyon, and five private outdoor treatment areas; indoor and outdoor pools; library; retail shop and an 80-seat restaurant.

Mii amo is the flagship brand in the Enchantment Group portfolio. This spa and resort development and management firm was the first in the industry to add a destination spa to a resort community, opening Mii amo in January 2001. Enchantment Group's holdings also include Enchantment Resort and Tides Inn in Virginia.

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