

REDISCOVER YOURSELF AT MII AMO'S ENCHANTED RETREATS

Explore Physical, Mental, Emotional and Spiritual Aspects To Create A Well Balanced Life On Choice of Six Retreats Through December 2007

SEDONA, Ariz. (August 27, 2007) - Mii amo, named the #1 destination spa in the world, has scheduled a series of transforming retreats for the second half of 2007. The six retreats, each designed to promote relaxed and healthier lives through mind, body and spiritual exploration, bring a team of experts in fields from medicine to yoga to the heart of Arizona's spectacular red-rock country, where they will offer guidance, instruction and advice to retreat participants.

Saturday, September 8 Weight in Balance

Leslee Vogal has created this three-session workshop to help promote a healthier style of losing weight. The first session focuses on types of nutrition for losing weight; the second explores how to cope with emotions and patterns that are part of weight gain; and the third ends on the types of physical activities that will increase metabolism.

Saturday, September 29

Move Your Way to a Better Body: Getting the Right Amount and Form of Physical Activity for your Body

Are you unsure about what type of physical exercise and how much of it is best for you? In this informative workshop, Dr. Kristina Hagen will go through the many reasons why physical activity is beneficial to your health. At the end of the workshop, you will be able to set a weekly exercise plan for your body with knowledge of the mode, frequency, and duration of the physical activities you plan to do.

Friday, October 26

Journaling with The Sacred Journey

Avid writers will enjoy this insightful workshop as Cheryl Thiele, author of *The Sacred Journey*, will be sharing her effective journaling techniques. This workshop will not only give useful skills to all levels of writers and journal keepers, but will increase self-empowerment and creative expression in their writing. Additionally, Cheryl will discuss her newly released *The Sacred Journey Cards*.

Thursday, November 1 - Sunday, November 4

Livin' The Moment Yoga Retreat

This four-day retreat with Yahoo's Mind-Body Expert, David Romanelli, will leave you in a state of relaxation and harmony. Explore an ancient and pure source of power, beauty and inspiration, which together create *The Present Moment*. You will learn the seven energy centers the yogis call chakras and the power of *The Moment* through yoga, mainstream music, delicious Vosges Chocolate, soothing wine and ancient wisdom.

Saturday, November 17 The Women's Journey

All women will appreciate this workshop as it is dedicated to the journey of being a woman. Leslee Vogal will hold two sessions, one addressing the more physiological aspects and the other focused on the emotional / spiritual journey.

Saturday, December 8

Take Care of Yourself... Physically, Mentally, Emotionally, Spiritually

Presented by Dr. Kristina Hagen, first she will explore your most important current challenge or concern in your life. Next, experience a transforming exercise that frequently sheds light on simple personal solutions that yield meaningful results. For the remainder of the workshop, you will determine specific ways of finding the time to take care of your body, mind, emotions and spirit on a daily basis.

For reservations and more information, call 888-749-2137, or visit the Web site, www.miiamo.com

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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