

MII AMO RETREAT

Your Healthiest & Happiest Life

Presented By Tammy Stokes

December 6-10, 2015

If "one thing" could change everything in your life for the better, would you do it? If your answer is "Yes," this retreat is for you. Your state of health is a game changer. A healthy body creates a happier life. **Your Healthiest & Happiest Life** retreat will open your eyes to a new way of thinking, a healthier way of eating, an effective method of training and simple strategies to create more joy in your everyday life.

Sunday, December 6

5:00 pm, Mii amo Library, **ORIENTATION**

5:45 pm, Mii amo Café, **WELCOME DINNER**

Monday, December 7

9:00-10:00 am, Library, **THE FIVE PILLARS OF YOUR HEALTHIEST LIFE & HAPPIEST LIFE**

We begin the day defining what a healthy and happy life means for each of us. Bring your journals to this morning's workshop where you'll learn the five pillars to Your Healthiest Life.

5:30-6:30 pm, Movement Studio, **NO EXCUSES WORKOUT**

Learn the workout routine that travels with you wherever you go. This simple, yet progressive workout is complete on its own. Perfect for all fitness levels.

Tuesday, December 8

9:00-10:00 am, Library, **MANTRA CARDS & GRATITUDE JOURNALS**

Thoughts and feelings influence gene expression. We will learn how to train the mind to positively influence the body. Learn techniques to think yourself happy, well and grateful. Fill your life with joy and gratitude in this thought-provoking workshop.

5:30-6:30 pm, Movement Studio, **HEALTHY STATE OF MIND WORKOUT**

Love the body you live in! This workout taps into your physical body through flowing, strength-building routines while it quiets your mind with synchronization of breath and touches your soul with positive, inspirational thoughts.

Open to Mii amo Guests. Advance sign up required.
For further information contact Mii amo, extension 302

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Wednesday, December 9

9:00-10:00 am, Library, **10-WORD DIET**

The 10-word diet teaches you how to get the most out of your exercise and simple strategies for choosing the right foods in the correct portions. Learn how to never worry about weight again by changing your focus from a four-letter word to a 10-word plan for life.

5:30-6:30 pm, Movement Studio, **STAND-UP & SHINE WORKOUT**

This blend of popular routines is a favorite of Tammy's celebrity clients. She is sure you will love the way your body feels after this amazing workout routine.

Thursday, December 10,

10:15-10:30 am, Crystal Grotto, **DEPARTURE RITUAL**



ABOUT TAMMY STOKES

Health and wellness is Tammy's number one priority. For 30 years, Tammy has spent her career in the fitness & wellness industry developing solid training techniques, customizing workouts, collaborating with nutrition experts and designing programs for thousands of people.

Working for a premier southern California spa, Tammy trained celebrities as they prepared for movie/television roles and learned side by side from the spa's famed dietician, giving her the opportunity to learn insider secrets to living fit and staying slim. Tammy is the Founder of West Coast Workout, Lifestyle Fitness Studios and the Author of Live Your Healthiest Life. She has worked with some of America's leading medical experts including Dr. Oz and Dr. Mark Hyman. She hopes to inspire you to live your healthiest and happiest life so you can achieve your dreams.

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YOUR BEST BODY IS A WEST BODY

December 7-9, 2015

11:00-4:00 pm

Private Sessions with **Tammy Stokes**

During a private, 1-hour session, Tammy will assist you in creating an exercise routine specific to your body's needs, a meal plan that focuses on hydration, nourishment and healing foods, and tools to create more joy and less stress in your daily life.

60 minutes/\$300 per person—inquire at front desk



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