

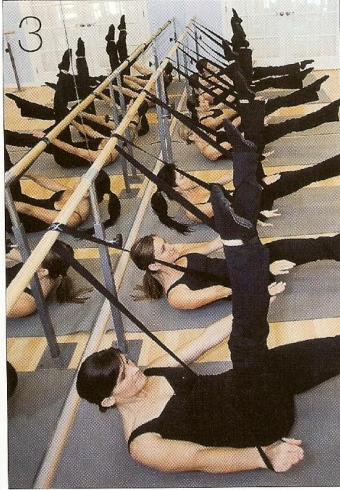
HEALTH



WELLNESS COVERED

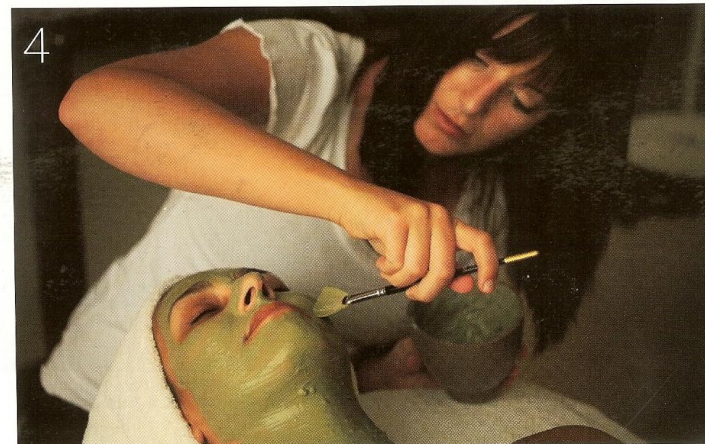
From meditation to next-generation Pilates, here's what's new and notable in Florida's health scene

1. Serenity Now. To many of us deadline-driven souls, meditation sounds amazing in theory, but rather boring in practice. Who has the time — or the inclination — to sit and think about nothing? Is that even possible? **Mindfultime** is a new studio in South Miami that dispels all notions of what meditation is and teaches a new approach to the practice. Owner Alice Lash founded the studio with the purpose of teaching "mindfulness meditation", an approach based upon the principle that by increasing awareness, individuals can become more connected to their daily lives. The sessions here are non-secular and designed to immerse participants in relaxation and reflection to reset the mind. "By intentionally paying attention to the present moment, mindfulness meditation teaches how to relate directly to whatever is happening," says Lash. "We learn how to manage life better and to reduce the physical and emotional stress of external factors." Group classes are \$30 each. Individual classes range from \$75 to \$125 per session. 7800 Red Road, South Miami, 305/761-5001. **2. Soul Asylum.** The owners



of the new **Caruna Spa & Wellness Center** in Miami know a thing or two about health and beauty. Carolina Lizarazo is a former film and TV actress from Colombia and Una Milisavjevic is a dermatologist from Serbia. What each brings to the table at Caruna strikes the perfect balance: one knows all too well the importance of great-looking skin, and the other knows the tricks to get there. Their spa specializes in anti-aging treatments, body detoxification, skin rejuvenation, airbrush tanning and all forms of massages, as well as more invasive procedures like injectables. "When you feel better about yourself, you are happier and see life from a better perspective," says Lizarazo. "Our belief is that when you nurture yourself, you nurture the world." 1800 S.W. First Avenue, Miami, 305/781-7440.

3. Stretching The Limits. Pilates studios are nothing new in South Florida. The trick to success: offering something the others don't. The new **SoBe Pilates** is doing just that with its **Xtend Ballet Barre** class, a workout that incorporates ballet moves to sculpt the body proportionally so that all body parts are equally challenged. The technique strengthens, lengthens and stretches the body from top to bottom for a long, lean physique without added bulk. 950 Arthur Godfrey Road, Miami Beach, 305/763-8878.



4. Brand New You. The **Spa at Sandpearl Resort** in Clearwater Beach believes you don't have to wait until the New Year to make a resolution to look and live better. With this mission in mind, the Spa is offering the **Mind-Body-Spirit** package, a weekend of holistic wellness (June 11-13) that covers betterment from A through Z. The main aspect of the weekend is a series of wellness seminars by energy medicine expert Cathleen Miller, based on her book and program, *Living The Spiral*. This holistic approach to living teaches participants how to rid themselves of negative behavior (addiction, patterns of limited thinking and the like) and embrace positive spiritual awareness. The weekend also includes two-night accommodations at the resort, a spa treatment, an organic cooking class, and daily breakfast. Cost ranges from \$749 to \$989. 500 Mandalay Avenue, Clearwater Beach, 877/726-3111.