

W MALDIVES STRIKES A POSE WITH YOGA REBEL TARA STILES

*FIT with Tara Stiles Comes Back with Exclusive Outdoor Workouts for
W Guests at W Maldives*

Maldives, May 13, 2016 – W Hotels Worldwide first ever fitness program, FIT with Tara Stiles, comes back to the Maldives. In partnership with the industry's yoga rebel, FIT with Tara Stiles flips the traditional idea of fitness on its head with a non-traditional approach to working out while on the road. Comprised of a curated in-room workout video designed for the needs of the W traveler, in-room tip cards with quick fixes to get camera-ready in a flash, and an exclusive series of intimate FIT with Tara Stiles workout sessions available at some of the most glamorous locations at W Maldives, the program allows guests to polish their body and mindset in a uniquely W way.

The W guest has a true 'work hard, play hard' mentality and wants to look fabulous yet have fun while getting fit. FIT with Tara Stiles is an energetic program designed to celebrate the body and provide 24/7 access to an interactive workout that can easily be incorporated into the busiest of jet-setting lifestyles.

FIT, the W brand's global gym concept, has a modern and dynamic approach to fitness. Vibrant wall murals celebrate male and female forms against a unique backdrop inspired by the destination, while pulsating tunes designed to get guests in the workout mood are available via the W Hotels App.

Tapped to create the exclusive in-room workouts for the FIT program, Tara Stiles – founder and owner of Strala Yoga, the high-energy movement system that ignites freedom – locked herself in the suites of several W Hotels and imagined the needs of the W traveler. Her non-purist take on yoga offers a refreshing alternative to tradition and offers a modern spin on the beloved practice. The result is four exclusive workouts that will be printed on in-room tip cards and available via video in every W room and suite around the world. The workouts include:

- **Need a Boost?** Whether you want to kick-start your day or night, give your body an energetic lift with a quick yoga fix. Try dancer pose for an instant surge of vitality.
- **Feeling Jet-Lagged?** Get relaxed and ready to rock straight from the runway with a quick yoga fix. Try pigeon pose to open your hips and soothe your back.
- **Big Night Out?** Get amped for evening by adding a quick yoga fix to your prepping routine. Try an easy side stretch to get you relaxed and ready for party-mode.
- **Need to Recover?** Whether feeling tired or had one-too-many the night before, amp up energy with a quick yoga fix. Try an easy, seated twist for an instant boost.

"It was the best kind of challenge, getting myself into the fitness mindset of the W guest," said Stiles. "By identifying their needs and wants in a workout, I was able to create four unusual, fun, glamorous workouts that can be done whenever, wherever anywhere in the world."

FIT Gets Personal: Four exclusive yoga sessions with Tara Stiles.

For those guests who want a more luxurious and physically extensive experience, Stiles will host four exclusive yoga sessions in such locations as the Retreat's beach, Gaathafushi desert island, AWAY Spa and Extreme WOW Ocean Haven suite (June 14-16). While the yoga sessions taking place at W Maldives are complimentary, the desert island yoga experience will cost USD 65++ per person and will be followed by a glamorous Champagne breakfast overlooking the Indian Ocean.

To learn more about FIT with Tara Stiles, explore [this link](#).

Follow @WHotels and @tarastiles on Twitter and Instagram using #PoseWhenever.

For high resolution images, please explore this link.

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Stay tuned by following W Maldives on



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About Tara Stiles

Tara is the founder and owner of Strala, the movement system that ignites freedom. Strala's flagship studio is located in SOHO, NYC, with several partner studios opening globally this year. Tara is the designer and face of Reebok's first yoga lifestyle range. Tara brings the Strala program to Reebok Instructors globally. Tara has a custom labeled "Tara Stiles" street wear collection with Wool and the Gang. She is the author of two top selling books: Slim Calm Sexy Yoga and Yoga Cures (which has been translated and published in 5 languages) and she has created several DVD series collaborations with Jane Fonda, Deepak Chopra, Tia Mowry, Brooklyn Decker and ELLE Magazine. Tara supports the Alliance For A Healthier Generation, Bill Clinton's initiative to combat childhood obesity, bringing Strala classes to 20,000+ participating schools.

About W Maldives

Connect with your inner peace and go along with the pace of island life. Experience one of the 78 Retreats, either on the beachside or overwater giving you access to endless Indian Ocean views. Succumb to the dazzling blue waters, spectacular reefs and pristine sands in style and be at one with both body and soul. AWAY® Spa at W Maldives is the ultimate sanctuary for well-being with four overwater treatment villas, each with a private outdoor area and a range of treatments designed to remove all the stresses and strains of modern day city life.

About W Hotels Worldwide

W Hotels is a contemporary, design-led luxury lifestyle brand and the industry innovator with 47 hotels and retreats, including 17 W-branded residences, in the most vibrant cities and exotic destinations around the world. Inspiring, iconic, innovative and influential, W Hotels provides the ultimate in insider access, offering a unique mix of cutting-edge design and passions around fashion, music and entertainment. With 15 years of

proven success, W Hotels is on track to reach more than 60 hotels by 2018. W Hotels have been announced for Shanghai, Tel Aviv, Abu Dhabi, Dubai, Amman, Jakarta, Panama, Muscat, Suzhou, Changsha, Chengdu, New Delhi, Kuala Lumpur, Shenyang, Marrakech and Brisbane, while upcoming W Retreats include Goa, Phuket, Hainan Island and Mexico's Riviera Maya.

For more information

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