

THE WESTIN
KIERLAND
RESORT & SPA
PHOENIX-SCOTTSDALE

FOR IMMEDIATE RELEASE

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UNIQUE MEDITATION SERVICES NOW AVAILABLE AT
THE WESTIN KIERLAND RESORT & SPA IN SCOTTSDALE

Partnership with Former NFL Player Damian Vaughn brings special meditation services to the Resort that are designed to energize, inspire and transform the body, mind and spirit

Scottsdale, Ariz. (Jan. 2010) – The Westin Kierland Resort & Spa (www.kierlandresort.com) announces a new partnership with the Vaughn Center to provide spa-goers with the integrative tools needed to get “mind fit.”

Founded by former NFL Player, Damian Vaughn, the Vaughn Center seeks to heal, transform and realize one’s true, full potential through the integration of body, mind and soul. This is the first time Damian has ventured out into a partnership program of this kind and is just another step in [Agave, The Arizona Spa’s](#) focus on the overall wellness of guests through wellness programs and spa journeys.

“I am thrilled to have partnered with the Westin organization,” said Damian Vaughn. “I believe that working together we can enhance the quality of the spa experience at The Westin Kierland and add value to Westin guests who are seeking to achieve higher levels of health, wealth and well-being.”

The Vaughn Center’s primary focus has always been development of the athlete’s mind and body, and to those transitioning out of sports and into new career paths or retirement. The partnership with The Westin Kierland Resort will allow the Vaughn Center to provide these techniques to spa guests to help them discover a deeper state of calm, unleash pure creativity, achieve mental clarity and establish balance with purpose in life.

“We’ve designed programs that leverage our experience training peak performers in the athletic world to guide high achievers in the business world and anyone that seeks to enjoy a life with more calm, creativity, impact, success, and well-being,” said Vaughn. “The parallels are in learning how to master the art of inspired living from the inside-out.”

Spa Director Loren Anderson has transitioned Agave Spa to focus on the overall well-being of guests by incorporating new wellness programs to the Spa. She has been instrumental in creating the unique partnership with The Vaughn Center and Damian Vaughn, as well expanding its massage program to include therapies that connect wellness of mind and body with its [Eastern Essence Spa Therapies](#), Guided Meditations and even offering Well Walks.

“Trends in spa travel reveal that travelers are looking for more from a spa experience – a more holistic approach with long-lasting effect after they’ve returned home and this new program will accomplish that,” said Anderson.

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Vaughn Center Services at Agave Spa include:

[Meditation CalmQuest](#) (2 hours)

This course offers an introduction to a traditional Mantra Meditation technique. Guests will de-mystify the nature of the mind, gain crystal clear clarity and deeper states of calm.

This course includes:

- Physiological effects of stress and how meditation counterbalances stress
- Understanding the dualistic nature of the mind
- Introduction to the Software of the Soul
- Using the practice of setting intentions
- Creating your own personal practice

[Primordial Sound Meditation](#) (6 Hours)

When guests learn Primordial Sound Meditation, they receive a personal mantra which is the vibration the universe was creating at the time and place of their birth. Guest will thrive within self-generated power using the timeless technology of meditation. This course includes:

- Introduction to Primordial Sound Meditation (Mantra)
- Deep understanding of the nature of the mind and Software of the Soul
- Perfecting the Practice of Meditation
- Higher States of Consciousness
- Meditation Journal
- Intentions and Desires
- Questions and Answers

[CalmQuest Immersion](#) (Weekend Immersion)

As the Vaughn Center's signature meditation retreat, this deeply profound experience is guaranteed to unlock the potential that rests within the infinite realm of the soul. In a tranquil group setting, guests will be guided into advanced meditation practices, daily yoga practice and energy work. They will experience higher states of consciousness, open up their capacity to love, realize blissful joy, and discover their purpose in life.

The Westin Kierland Resort & Spa Resources:

- Reservations: <http://www.kierlandresort.com/#>
- Special Offers: <http://specials.kierlandresort.com/>
- Agave, The Arizona Spa: <http://www.kierlandresort.com/#/spa/services-and-appointments/>

About The Westin Kierland Resort & Spa

The Westin Kierland Resort & Spa is a four-diamond resort located in the heart of Scottsdale, Arizona. The Resort features 732 rooms, 55 suites and 32 casitas; 183,000 square feet of indoor and outdoor function space; eight food and beverage venues; a full-service spa and fitness studio; an elaborate water park including a water slide and lazy river ride; Westin Kids Club®; and the 27-hole Kierland Golf Club. As an added benefit, The Westin Kierland is adjacent to Kierland Commons, one of the hottest shopping and dining districts in the Valley.

For more information about The Westin Kierland Resort & Spa please visit www.kierlandresort.com or call 480-624-1000. Follow the Resort on [Twitter](#) and Fan them on [Facebook](#)

About Damian Vaughn

Damian Vaughn has pursued the sphere of mind and body through meditation, the study of eastern wisdom traditions, and mindful awareness for over 15 years. At an early age he began to experience "Bliss Consciousness" and "Zone" which opened his mind and heart to a heightened awareness and curiosity. As a former NFL player he has had to endure extreme mental and physical challenges, he was able to transcend them through meditation. This practice permitted him to discover the essence of not only the individual athlete but the whole of the team. He became fascinated with the experience of being in the zone, and recorded details of each "Zone" experience. By coupling his personal notes with eastern contemplative literature, he began to develop a deeper understanding of the nature of this state of being. Damian is a Certified Teacher of Primordial Sound Meditation through the Chopra Center. He has studied under the tutelage of Dr. Deepak Chopra and Dr. David Simon for over 4 years. His teachings are a blend of eastern wisdom traditions, conventional science, quantum physics, neuroscience, and the science of Mindful Awareness.

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