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FOR IMMEDIATE RELEASE:
NOV. 16, 2005

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New “Energy Breakologist” at Sawgrass Marriott Resort & Spa Assists Planners in Building Highly-Effective Meetings

PONTE VEDRA BEACH, Fla. -- With research indicating regular energy breaks boost moods and promote alertness, Sawgrass Marriott Resort & Spa -- the largest meeting resort between Atlanta and Orlando -- announces the new **Energy Breakologist** service for building specialized mood lifting sessions during on-site conferences and meetings. From relaxing seated massages to healthy snacks, the new creative breakout sessions help produce the most efficient meetings.

Energy Breakologist sessions keep Sawgrass Marriott Resort & Spa attendees alert, allowing planners to boast more effective meetings. Physical break options include instruction on simple yoga techniques, followed by quick chair massages from the Spa at Sawgrass to increase circulation, as well as mental relaxation, including short walks around one of the resort’s many lagoons. In addition, the **Energy Breakologist** provides enriching snacks and drinks from the Spa at Sawgrass Soothies Café.

The unmatched 56,000 square-foot meeting complex at Sawgrass Marriott Resort & Spa has a private entrance and includes a new 16,000 square-foot Champions Ballroom, 8,000 square-foot Masters Ballroom, 4,000 square-foot Heritage Ballroom and 12,500 square feet of dedicated exhibit space. The resort touts the Pinnacle and Ace Awards from *Successful Meetings*, Gold Key and Gold Tee Awards from *Meetings & Conventions*, Paragon Award from *Corporate Meetings & Incentives* and the Executive Choice Award from *Sales & Marketing Management*, among others.

Sawgrass Marriott Resort & Spa, hailed as one of the “Top 10 Best Golf Resorts in the World” by *Travel + Leisure Golf* magazine, serves as the Official Hotel of the Tournament Players Club (TPC) at Sawgrass. Featuring 508 guest rooms, suites and villas, the resort boasts 99 holes of world-renowned golf spanning five courses – including the TPC Stadium Course, the new 20,000 square-foot Spa at Sawgrass, three resort swimming pools and access to 26 miles of private Atlantic beach at the Cabana Beach Club, all providing delightful diversions for attendees.

To schedule a high-energy meeting or conference at Sawgrass Marriott Resort & Spa, call 800.457.4653 or visit <http://www.sawgrassmarriott.com>.

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