



**THE WESTIN**  
MELBOURNE

## Westin Wellness Escape - Itinerary

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Join Westin Well-being Advocate Rachael Finch on a Weekend Wellness Escape, combining movement with relaxation to ensure you leave feeling better than when you arrived.

### Saturday 16 April

- 3.00pm - Check in at The Westin Melbourne
- 4.00pm - Enjoy light refreshments in Westin Room III and a meet & greet with Rachael

*Split into two groups:*

Group 1 Move your body as Rachael takes you on a fitness journey through dance and learn all about her approach to Wellbeing (90min)

Group 2 A mindfulness yoga class (75min)

- 7.30pm - Take your seat as you indulge in a three course dinner hosted by Rachael incorporating fresh and nutritious produce in the Wine Room

*After dinner, retreat to your room for a restful sleep in the renowned Westin Heavenly Bed.*

### Sunday 17 April

- 7.00am - Join the group in The Library and enjoy healthy, light refreshments

*Split into two groups again:*

Group 1 Move your body as Rachael takes you on a fitness journey through dance and learn all about her approach to Wellbeing (90min)

Group 2 A mindfulness yoga class (75min)

- 9.00am - Enjoy a healthy and nutritious breakfast incorporating SuperfoodsRX

*After breakfast, enjoy some leisure time before checking out at 12.00noon.*

### What to bring

Comfortable activewear, workout shoes, swim wear, change of clothes. Please note that a yoga mat will be provided for you, however you are welcome to bring your own if you prefer.





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## Making the most of your weekend

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At Westin, everything we do is designed to help you feel your best, from our world-renowned Heavenly® Bed and our nourishing SuperFoodsRx™ dishes, to our energizing WestinWORKOUT rooms and fitness studios.

We're excited to introduce the Westin Well-Being Movement, a global initiative dedicated to inspiring our guests to discover new approaches to well-being at Westin and beyond. The Movement will feature innovative partnerships and programs across Westin's six pillars of well-being: Sleep Well, Eat Well, Move Well, Feel Well, Work Well and Play Well.

### RUNWestin<sup>SM</sup>

Combine your workout routine with fresh air and local scenery with our RunWESTIN program. Runners of all levels are welcome to join a group run with our Run Concierge, or grab a running map and take off on your own. You'll be welcomed back with a fresh towel and bottled water.

### Gear Lending with New Balance®

To help you pack light and stay fit, we offer New Balance® shoes and clothing for you to use during your stay for only \$5.00. Simply dial Service Express® and request your shoe and clothing size, and they will be conveniently delivered to your guest room.

Shoes come with socks that are brand new and yours to keep, and the clothing is provided fresh and clean. Upon departure, simply leave the items in your room in their mesh bag.

### WestinWORKOUT®

Re-energise in our 24-hour WestinWORKOUT® fitness studio featuring state-of-the-art equipment or the Wellness Centre incorporating the swimming and bubble pool, sauna and steam room.

[westin.com/wellbeing](https://westin.com/wellbeing)

#WestinWellbeing