

GLOBAL WELLNESS DAY

Join Four Seasons Hotel Westlake Village and California Health & Longevity Institute for a healthy day of complimentary, wellness inspired events

TIME	EVENT	LOCATION
7:00 AM	Registration Desk Opens	Atrium
8:00 AM	Sandrise Yoga with Nadia, Yoga Expert @surf.yoga	Westward Beach, Malibu (Off-site)
8:00 AM	Yoga on the Green with Holly Umann, Yoga Expert	Pagoda Lawn
9:00 AM- 12:00PM	Medical Center Open House featuring Genetic Testing	Medical Center
9:15 AM	Mindful Morning Meditation with Heather McClosky-Beck, Energy Healer	Pagoda Lawn
9:30 AM	Strategies for Healthy Living with Paulette Lambert, RD, CDE	The Tasting Room
9:45 AM	Strength Training at Home with Brian Leighton, CSCS	Malibu Room
10:00 AM	Secrets to Metabolism with Scott Silveira, RCEP, MS	The Tasting Room
10:15 AM	Body Sculpting Basics with Lara Lindquist, Group Fitness	Malibu Room
10:30 AM	Genetics and Wellness with Terry Schaack, M.D	The Tasting Room
10:45 AM	Anti-Aging Stretching with Emily Broms, Yoga Expert	Malibu Room
11:00 AM	Small Steps for Big Results with Paulette Lambert, RD, CDE	The Tasting Room
11:15 AM	Functional Training with Scott Silveira, RCEP, MS	Malibu Room
11:30 AM	Measuring Your Wellness with Terry Schaack, M.D	The Tasting Room

PARTICIPANTS MAY ENTER TO WIN
\$10,000 IN PRIZES & GIVEAWAYS

DINING SPECIALS:

Wellness Menu at Lobby Lounge | Wellness Tea at Stir | A.N.I. Time Wellness Beverages at The Bar

GLOBAL WELLNESS DAY

FOUR SEASONS HOTEL WESTLAKE VILLAGE PRESENTS

SANDRISE YOGA

SATURDAY, JUNE 9TH

8AM

WESTWARD BEACH, MALIBU

FIRST 40 PEOPLE WILL RECEIVE
A COMPLIMENTARY ALO YOGA MAT!

THANK YOU TO OUR PARTNERS

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FOUR SEASONS
HOTEL
WESTLAKE VILLAGE, CALIFORNIA



CALIFORNIA HEALTH
&
LONGEVITY INSTITUTE