



**June 9<sup>th</sup> 2018, Saturday**

**Anazoe Spa & the WestinWORKOUT  
support Global Wellness Day**

In recognition of Global Wellness Day, Costa Navarino is celebrating the wellness movement by saying "yes" to living well. Created to be a collaboration of lifestyle-focused organizations, wellness coaches and exercise and spa professionals, the official day connects and inspires fitness, healthful eating, inner health and spiritual well-being, the purpose of this annual day is to make everyone aware of the value of our lives.

Join us for wellness-related activations that will feature:

10:00 – 11:00 Waterfront Yoga at the Dunes Beach

11:30 – 12:00 Aqua Gym at the WestinWORKOUT

12:00 – 16:00 Anazoe Massage at Outdoor Patio in front of the WestinWORKOUT

16:00 – 16:30 Pilates at the WestinWORKOUT

17:00 – 17:30 Yoga at the WestinWORKOUT

18:00 – 18:30 Stretching at the WestinWORKOUT

20:00 – 21:00 Sunset Waterfront Yoga at the Dunes Beach

You may also enjoy a SuperFoodsRX bar in our front foyer at the WestinWORKOUT from 11:00 – 19:00.



[www.globalwellnessday.org](http://www.globalwellnessday.org)

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