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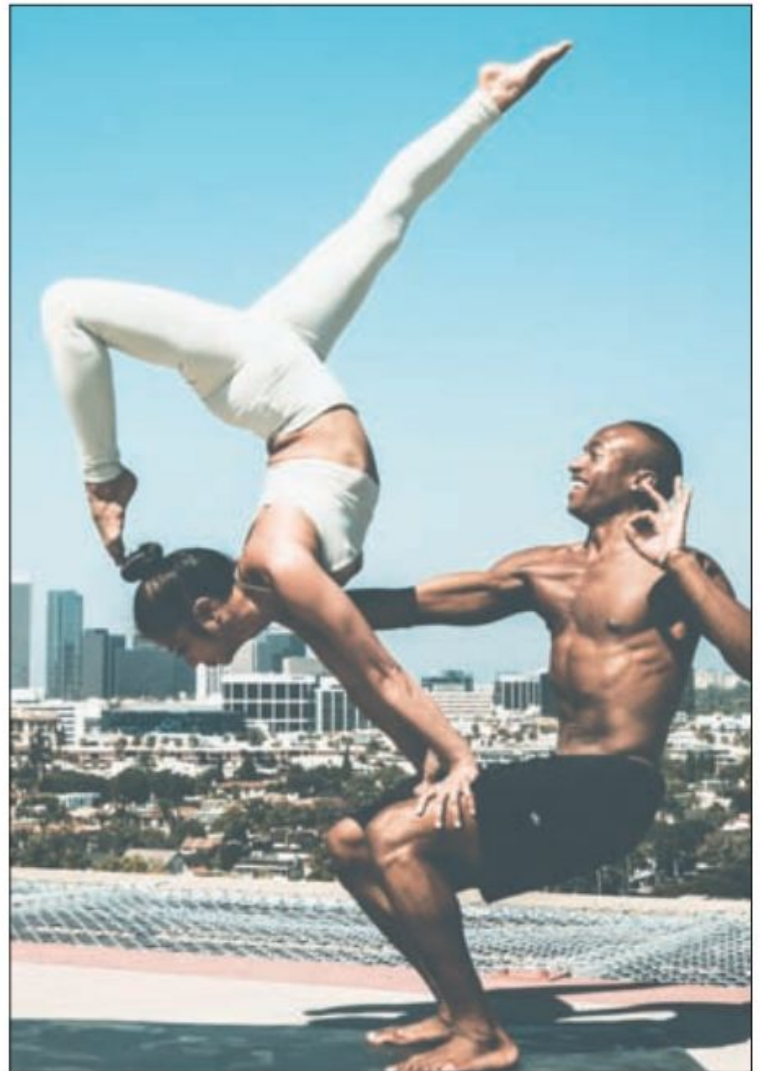
June 15, 2018

## TO SEE AND BE SEEN

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THE FASHION OF BEVERLY HILLS



**GLOBAL WELLNESS DAY**—The Four Seasons Hotel on South Doheny Drive celebrated Global Wellness Day for the fourth year in a row, bringing in a host of wellness experts for a day-long celebration last Saturday. From learning about healthy eating with plant-based Chef Matthew Kenney to aligning your body with Alo Yoga ambassador Andrew Sealy, attendees engaged in a variety of fitness, spa, and food and beverage initiatives. Other partners included celebrity nutritionist Kimberly Snyder; renowned astrologer Susan Miller; Suze Schwartz, founder of Unplug Meditation; Emilie Hoyt, founder of Lather; and meditation expert Deganit Nuur. Founded seven years ago by Belgin Aksoy from Istanbul, Global Wellness

Day (<https://www.globalwellnessday.org/>) is now celebrated annually in more than 100 countries from sunrise in New Zealand until sunset in Hawaii. The day is intended to remind the entire world of the importance of living well, encompassing everything from exercise and beauty treatments, spiritual teachings and ways of thinking, to the harmony between body and spirit. Pictured above: Kimberly Snyder (author of four New York Times bestseller books, including the latest book *Radical Beauty* with Deepak Chopra) leads a plant-based breakfast; (pictured right) Andrew Sealy leads the Helipad yoga class.