

# World Wellness Weekend

Reconnect with your inner self through three days of transformative wellness experiences with our Wellness Ambassador, Dr. Jitendra Pokhriyal at The Westin Resort Nusa Dua, Bali.



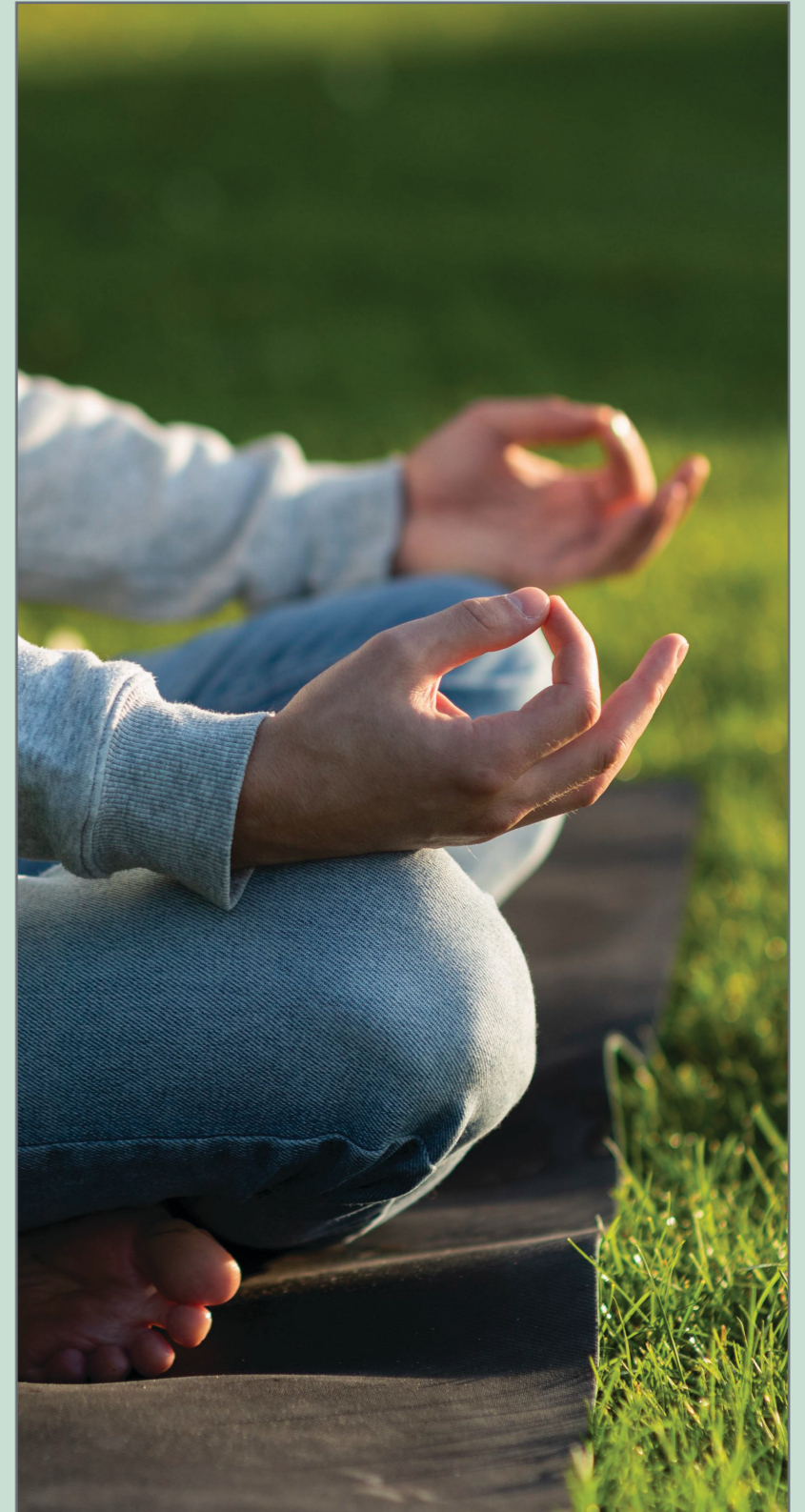
## DAY 1

Pilates on Mat  
19 September 2025 | 10AM  
Wellness Studio



## DAY 2

Aqua Yoga  
20 September 2025 | 11AM  
Premium Pool



## DAY 3

Sonic Meditation  
21 September 2025 | 3PM  
Wellness Studio

Complimentary sessions with advance reservations due to limited space in every session.  
For reservations, contact Service Express® by pressing 0, or visit our towel counter.

**THE WESTIN**  
RESORT  
NUSA DUA  
BALI



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