THE WESTIN
HARBOUR CASTLE
TORONTO

Wellness Meeting Enhancements

Here at the Westin Harbour Castle Hotel, we work with a team of Health and Wellness experts, to infuse your Meetings with Wellness. Choose from “Good Morning” Yoga Sessions, Pre-Break Stretches and Education, Lunch and Learns or Private Fitness Classes for your group. We have provided a variety of options below and encourage you to bring your own ideas to us for a collaborative experience. At the Westin, we are your partners in Wellness.

Sleep Well

The delegate that rests well, learn well – Pair with our Herbal Tea Station

Provide your delegates an opportunity to unwind, after a day of meetings. Choose from end of session deep breathing and stretching, personalized mindfulness cards, herbal education, an evening of Meditation and Yoga classes or herbal tea parting gifts.

Eat Well

Eat well and know well – Pair with our Superfood Breakfast/Health and Wellness Lunch OR make it a team building activity (for groups under 20) and pair it with our make your own Smoothie and/or build your own Granola Muesli

Pair up our Super food menus with Educational sessions. Choose from Registered Dieticians and Certified Professionals, Holistic, Naturopathic and TCM. We can accommodate anywhere from a 5 minute pre break, to full lunch hour educational sessions.

Move Well

The Meeting that moves...motivates – Pair with our Recharge Break

Get up and move! We can provide everything from customized walking tour maps in and out of the hotel, to a selection of fitness classes. The options here are truly endless. We are able to accommodate various opportunities for fitness throughout your meeting space and in our Wellness Studios.

Feel Well

Associates that feels well, performs well- Pair with our Health Smart Break

Our "Mindful Moments" provide an opportunity for your delegates to refocus on the task at hand. Options here range from a 5 minute TCM assessment, 20 minute Guided Meditations, Mindfulness Journeys, Registered Massage Therapy and Acupuncture.

Work Well

The group that regroups, achieves well – Pair with our Stress Reducer Break

Take time out of your meeting to allow your delegates to refocus. Our Certified Yogi and Fitness Professionals will walk your delegates thru a series of Stretches and Deep Breathing, proven to improve concentration and alertness. Allowing this time in your meeting will provide the opportunity for your delegates to focus on the content given to them, for the rest of the day. Choose from a 5 minute pre break to a full hour, in or out of your General Session.

Play Well

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Teams that play together, build together – Pair with our Grab and Go Lunch

Build connection amongst your delegates, with a selection of various team building activities. Whether onsite or offsite, we are here to help personalize what works for you.

Consult with our Health and Wellness Manager about accommodating your group's needs, budget and schedule. We are here to help. Email tanya.curley@westin.com or call 416-361-7494 to begin your Wellness Journey with the Westin Harbour Castle Hotel.

PLEASE NOTE

Prices will vary based on the personalization of your specific needs.

Our ability to accommodate your requests is based on the availability of our Partners in Health, at the time of confirming with a non-refundable deposit.

The Westin Harbour Castle Hotel, our Associates and Partners in Health, assume no liability for services rendered under our Health and Wellness Packages.