



THE WESTIN
HAPUNA BEACH
RESORT

10 out of 10: Peak Wellness Retreat

Elevate Your Recovery. Expand Your Potential.

OCTOBER 12-16, 2025

Recharge at The Westin Hapuna Beach Resort

ELEVATE YOUR RECOVERY. EXPAND YOUR POTENTIAL.

As the sun sets on race day, extend your stay with intention at The Westin Hapuna Beach Resort—where white-sand serenity meets purpose-driven wellness. This exclusive 4-night immersion is crafted for aspiring and accomplished athletes seeking post-race recovery, expert insight, and transformational movement in a breathtaking oceanfront setting.

YOUR WELLNESS-FORWARD EXPERIENCE INCLUDES:

- Dynamic swim clinics guided by a U.S. Masters Swimming Coach
- Daily 'Ikena breakfast buffet with ocean views and fresh, healthy island-inspired options
- Morning yoga by the sea to awaken the senses
- Chef-curated, wellness-inspired lunches (October 13–15)
- Evidence-based lectures and hands-on workshops in sports recovery, movement
- Intelligence, corrective exercise, and performance nutrition
- Personalized postural assessments led by the CEO of AlignSmart Technologies
- Daily sunset yoga to restore and ground as the sky glows golden
- Waived resort fee

This retreat is a meeting of minds—a rare opportunity to learn, move, and grow alongside a world-class faculty of performance experts:

- The CEO of AlignSmart Technologies
- An advisory board member to NASM, ACE, and OrangeTheory Fitness
- A U.S. Masters Swimming Coach
- A Doctor of Physical Therapy, Yoga Alliance-certified
- Board-certified Athletic Trainers

Whether you're basking in your personal best or building toward your next finish line, this is a sanctuary for refining your strength, restoring your balance, and reconnecting with your purpose.

Rebuild. Reawaken. Rise renewed.

Meet the Performance Experts



PATRICK MUMMY

CEO OF ALIGNSMART TECHNOLOGIES

Patrick R. Mummy is the CEO and founder of AlignSmart Technologies. He earned a baseball scholarship to San Diego State University, where he received MVP honors, Academic All-Conference recognition, and a B.S. in Athletic Training in 1993. In 1997, he founded Symmetry, and in 2007 was awarded his first patent. He now holds a patent-pending for AlignSmart Technology, an advanced postural assessment and corrective exercise system. Patrick is the author of three books and has presented AlignSmart at over 50 conferences, serving as a keynote speaker at eight. He currently certifies practitioners worldwide in the AlignSmart system.

Meet the Performance Experts



MELISSA SCHAD

U.S. MASTERS SWIM COACH, TRIDOT TRIATHLON COACH,
FOUNDER OF J.A.W.S. AQUATIC & SPORTS

Melissa Schad is a certified swim and triathlon coach with a focus on performance, endurance, and technique for athletes of all levels. As the founder of J.A.W.S. Aquatics & Sports, she combines science-based training with high-energy motivation to help clients thrive. Her guiding philosophy: “Movement is medicine—get your daily dose.”

At this wellness retreat, Melissa leads engaging swim clinics and movement sessions that empower participants to build confidence, improve efficiency, and develop strength—both in the water and in everyday life.

Meet the Performance Experts



FABIO COMANA, M.A., M.S

NASM CPT, CES, PES, CWC, CNC & CSNC; ACE-CPT & HC; ACSM EP; NSCA CSCS; CISSN

Fabio Comana is a faculty member in the School of Exercise and Nutritional Sciences at San Diego State University, teaching exercise physiology and kinesiology. He has served as a medical advisory board member and subject matter expert for organizations including OrangeTheory Fitness, National Academy of Sports Medicine, American Council on Exercise, FEA-Asia, and Caloric Responsibility. He has led international initiatives to develop fitness and nutrition education across Asia and was the original creator of ACE's IFT™ model. His background includes Division I coaching, club management, and consulting. Fabio is also an award-winning presenter, media spokesperson, and published author.

Meet the Performance Experts



NANDINI RAMPERSAUD

DOCTOR OF PHYSICAL THERAPY, PELVIC HEALTH SPECIALIST,
YOGA-INFORMED MOVEMENT EDUCATOR

Dr. Nandini is a licensed Doctor of Physical Therapy with over eight years of experience, specializing in orthopedic rehab and pelvic floor health. Combining modern therapeutic techniques with mindful movement and yoga, she offers a holistic approach that promotes strength, balance, and lasting vitality. Alongside her clinical expertise, Dr. Nandini is a certified 200-hour yoga teacher, seamlessly integrating mindful movement into her physical therapy practice to support both physical resilience and mental well-being. Her sessions blend evidence-based care with breath-focused awareness, helping guests move with ease, recover efficiently, and reconnect with their bodies.

Meet the Performance Experts



WENDY WEST
LAT, ATC, OTC

Wendy West is a nationally certified Athletic Trainer based in Grand Junction, Colorado, with a passion for injury prevention, movement efficiency, and performance recovery. As a key member of the sports medicine team at Colorado Mesa University, she supports collegiate athletes through evidence-based rehabilitation, kinesiology-informed movement programming, and hands-on care. Drawing on her clinical experience at Family Health West and Western Orthopedics and Sports Medicine, Wendy combines acute injury treatment with long-term athletic development for a well-rounded approach.

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Your Wellness Awakening Begins Here

Ignite the Intent

DAY 1 - OCTOBER 12, 2025

3:00PM - 4:00PM	Welcome & Check-In
5:00PM	Gentle Grounding Flow Yoga
6:00PM	Sound Bowl Meditation
6:30PM	Fire Dance & Drums

Precision is Power: Elevate Your Athletic Edge

DAY 2 - OCTOBER 13, 2025

8:00AM	Swim Evaluation
9:00AM	Free Time
10:00AM	Seaside Yoga <i>Optional</i>
11:15AM	Lecture 1: <i>Swim Stronger - Aligning Technique, Power and Breath</i>
12:30PM	Lunch
1:30PM	Lecture 2: <i>Symmetry in Motion - Aligning the Athlete Within</i>
2:30PM	Workshop 1: <i>Guided/Interactive Experience with Posture and Balance Self-Scan</i>
3:30PM	Workshop 2: <i>Durable Athlete - Conditioning for Endurance Performance</i>
4:30PM	Free Time
5:30PM	Sunset Yoga - Fluid Foundations

From Insight to Action: Move with Precision

DAY 3 - OCTOBER 14, 2025

8:00AM	Swim Clinic: <i>Efficiency Edge - Swim Faster, Waste Less</i>
9:00AM	Free Time
10:00AM	Seaside Yoga <i>Optional</i>
11:15AM	Lecture 1: <i>Stroke Smarter - Interpreting Your Swim Assessment</i>
12:30PM	Lunch
1:30PM	Lecture 2: <i>Data-Driven Corrective Exercise - Aligning Movement with Metrics</i>
2:30PM	Workshop 1: <i>Personalized Posture Scan + Corrective Exercises</i>
3:30PM	Workshop 2: <i>Train to Sustain - Strength and Stability for High Volume Athletes</i>
4:30PM	Free Time
5:30PM	Sunset Yoga - Hip and Hamstring Flow

Fuel & Flow: Mastery Through Movement

DAY 4 - OCTOBER 15, 2025

8:00AM	Cultural Activity - Lei Making
9:00AM	Ocean Challenge
10:00AM	Seaside Yoga <i>Optional</i>
11:15AM	Lecture 1: <i>Swim Stronger - Turning Performance into Insight</i>
12:30PM	Lunch
1:30PM	Lecture 2: <i>Your Journey Toward Movement Mastery</i>
2:30PM	Workshop: <i>Move Better - The Corrective Exercise Lab</i>
3:30PM	Nutrition Series: <i>Fueling for Intensity</i>
3:30PM	Lecture 3: <i>Hydration Intelligence - Sports Drinks vs. Water</i>
4:30PM	Lecture 4: <i>Fueling Zones - Match Carbs to Training Intensity</i>
5:30PM	Sunset Yoga - Align and Restore

Transition with Purpose

DAY 5 - OCTOBER 16, 2025

6:00AM	E Ala E - Sunrise Ceremony
7:00AM	Activity 1: <i>Group Swim</i>
8:30AM	Lecture: <i>Stronger Tomorrow - Recovery/Protein Connection</i>
10:00AM	Activity 2: <i>Yoga Optional</i>
11:00AM	Farewell
12:00PM	Check Out