



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.

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