

**THE WESTIN**

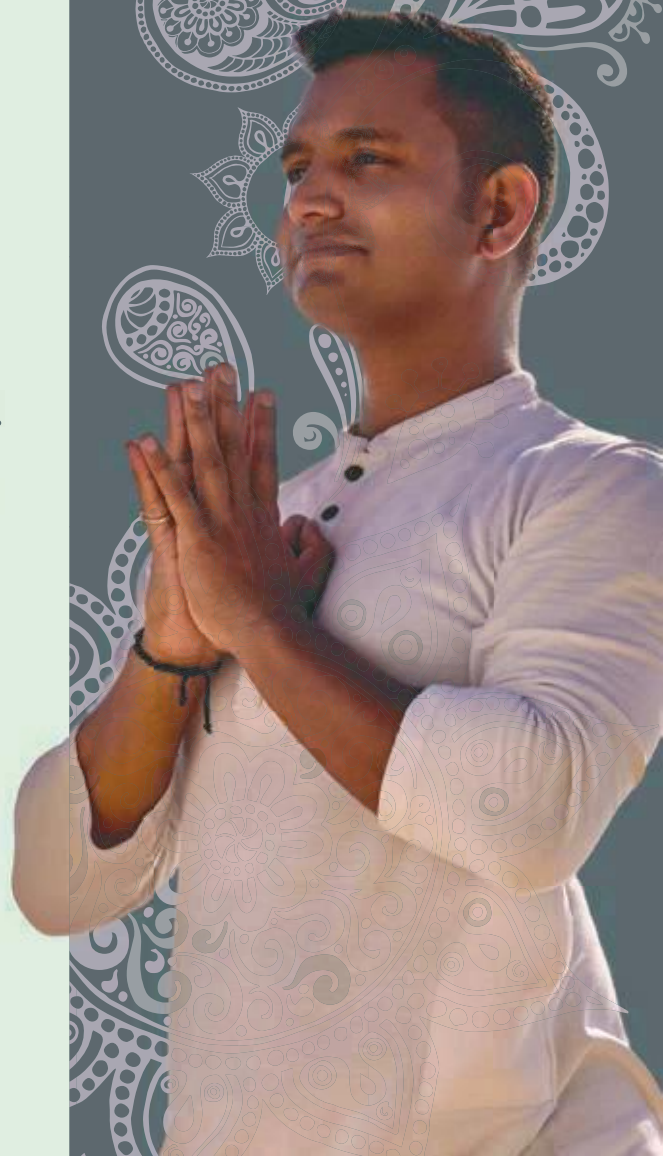
RESORT  
NUSA DUA  
BALI



*Resort  
Experience Guide*

# *Message From Our Wellness Expert*

Hailing from the Himalayan foothills in India, trained in Yoga, Meditation, Ayurveda, and Naturopathy, Dr. Jitendra Pokhriyal holds a Ph.D. in Clinical Nutrition and Human Metabolism. Dr. Jitendra is dedicated to ensuring your stay at The Westin Resort Nusa Dua is enriched with wellness



## DAILY COMPLIMENTARY GROUP SESSION

	PROGRAM	AVAILABILITY	VENUE
RIDE	RPM (Beginners)	7AM-7:45AM	Spin Room Studio
ACTIVATING	Yoga for Beginner	8AM - 9AM	Wellness Studio
ENERGIZING	HIIT (High Intensity Interval Training)	10:15AM - 11AM	Westin Beach Workout
RECOVERY	Ice Bath Recovery	11AM - 11:30AM	Beach Ice Bath Platform
RENEW	Hot Yoga for Beginners	11AM - 12PM	Hot Yoga Studio
AWARENESS	Sound Bathing	2PM - 2:30PM	Wellness Studio
RENEW	Hot Ashtanga Yoga (Intermediate)	3PM - 4PM	Hot Yoga Studio

### Yoga for Beginners

Learn foundational poses, breathing, and relaxation techniques in a supportive environment.

### HIIT (High Intensity Interval Training)

Boost fitness with short, intense workouts that burn calories and increase metabolism.

### Sound Bathing

Relax deeply as soothing gongs, bowls, and chimes promote meditation and restoration.

### Ice Bath Recovery

Experience the rejuvenating power of ice bath therapy combined with Epsom salts designed to accelerate muscle recovery, reduce inflammation, and promote overall well-being.

## DAILY CHARGED PERSONALIZED SESSION

PROGRAM	Availability	Duration	Price	Venue
Pilates Reformer	8AM-5PM	60-minute	IDR 500,000	Pilates Studio <small>Up to 5 pax</small>
Personalized Ice Bath	10AM-5PM	30-minute	IDR 150,000	Beach Ice Bath Platform
Personalized Yoga Session	8AM-5PM	60-minute	IDR 500,000	Wellness Studio
Personalized Sound Bathing	8AM-5PM	60-minute	IDR 500,000	Wellness Studio
RPM Spinning	7AM - 5PM	45-minute	IDR 200,000	Spin Room Studio
Hot Pilates on Mat	8AM - 5PM	60-minute	IDR 300,000	Hot Yoga Studio

Prices are net and in thousand Rupiah per person.

Due to limited session availability, advance reservations are required

Comfortable clothing recommended.

For bookings, dial "0" or contact Service Express™ or Recreation Towel Counter.

# Daily Resort Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	VENUE
<b>MOVE WELL</b> 7AM-8AM	runWestin	Power Walk	runWestin	Power Walk	runWestin	Power Walk	Power Walk	Pool Tower Counter
<b>PLAY WELL</b> 9AM-10AM	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Nusa Dua Island Bike Tour	Pool Tower Counter
<b>MOVE WELL</b> 11:30AM-12PM	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Main Pool Area
<b>PLAY WELL</b> 2PM-3PM	Ping Pong Competition	Fun Beach Volley	Ping Pong Competition	Fun Beach Directory	Ping Pong Competition	Chees Competition	Ping Pong Competition	Pool Towel Counter
<b>PLAY WELL</b> 3PM-4PM	Balinese Craft	Fruit Carving	Balinese Craft	Fruit Carving	Balinese Craft	Fruit Carving	Balinese Craft	Main Pool Area

## runWestin

Join a guided group run, explore new routes, boost endurance, and connect with fellow runners.

## Nusa Dua Island Cycling Tour

Ride through paradise, explore stunning beaches, and enjoy breathtaking coastal views.

## Aquacise

A fun, low-impact water workout combining cardio, strength, and flexibility exercises.

## Ping Pong competition

Compete, have fun, and win prizes in our exciting table tennis tournament.

## Fun Water Volleyball

Dive into a friendly game of water volleyball—no experience needed, just fun!

## Balinese Crafts

Learn traditional Balinese crafts like wood carving, batik, and weaving from local artisans.



# Westin Family

## Kids Club Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00-10:00 Kids Yoga	09:00-10:00 Morning Beach walk	09:00-10:00 Tennis clinic*	09:00-10:00 Nature Walk	09:00-10:00 Kids Zumba	09:00-10:00 Kids stretching	09:00-10:00 Kids Aerobic
10:00-11:00 Paper puppet	10:00-11:00 Recycle Craft	10:00-11:00 Key chain making	10:00-11:00 Play Dough making	10:00-11:00 Paper Mask Making	10:00-11:00 Paper flower making	10:00-11:00 Suikawari
11:00-12:00 Tote bag painting**	11:00-12:00 Wooden Mask Painting**	11:00-12:00 Tie dye**	11:00-12:00 Balinese Charm	11:00-12:00 Hands Crochet Making**	11:00-12:00 Spider Web making	11:00-12:00 Tie dye**
12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant	12:00-13:00 Close for cleaning & disinfectant
13:00-14:00 Free time (table Games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)	13:00-14:00 Free time (table games, Lego, puzzle & coloring)
14:00-15:00 Sea shell craft	14:00-15:00 Musical games	14:00-16:00 Jewelry art**	14:00-16:00 Hands Cricchet**	14:00-16:00 Macrame Charm**	14:00-16:00 Hands Cricchet**	14:00-16:00 Macrame Wall Decoration
15:00-16:00 Spider Web Making	15:00-16:00 Kite making					
16:00-17:00 Paper Hand Woven	16:00-17:00 Kite flying	16:00-17:00 Kite flying	16:00-17:00 Macramé fun	16:00-17:00 Paper Cup Decoration	16:00-17:00 Paper Windmild	16:00-17:00 Nature walk



*Integrated  
Wellness Experiences*

*by Wellness Expert*





## *Personalized consultation*

Discover a deeper understanding of your well-being through our expert-led consultations, designed to guide you on a transformative journey of holistic health. Our wellness expert will tailor each session to your unique needs, helping you achieve balance in body, mind, and spirit.

### **In-Body Scan & Health Consultation**

**(30 minutes) IDR 550,000**

Gain valuable insights into your body composition and health metrics with a comprehensive in-body analysis and expert consultation.

# *Personalized Movement & Mindfulness*

Discover the power of intentional movement and mindfulness practices, tailored to your individual goals.

## Yoga

**(60 minutes) IDR 700,000**

**(30 minutes) IDR 400,000**

Enhance flexibility, strength, and relaxation with private yoga sessions tailored to your needs.

## Tai Chi & Qigong

**(60 minutes) IDR 700,000**

**(30 minutes) IDR 400,000**

Improve energy flow, reduce stress, and enhance well-being through meditative movements and controlled breathing.

## Meditation

**(60 minutes) IDR 700,000**

**(30 minutes) IDR 400,000**

Achieve mindfulness and balance with guided meditation techniques: Yoga Nidra | Antar Mauna | Trataka | Kaya Sthairyam | Meditation from Tantra



# *Energy Healing Experiences*



## Aura Cleansing & Chakra Balancing

(60 minutes) IDR 1,500,000

Purify and align your energy with aura cleansing and chakra balancing for renewed harmony and vitality.



## *Recovery & Pain Management*

(60 minutes) IDR 1,500,000

(30 minutes) IDR 700,000

### Kinesiology Taping

Enhance movement, reduce inflammation, and support recovery with expert-applied kinesiology taping.

### TENS Therapy

Relieve pain and stimulate muscle recovery with gentle electrical impulses to enhance circulation and relaxation.

### Muscle Ultrasound Assessment

Identify muscle imbalances and tension with a non-invasive ultrasound assessment for targeted recovery.

### Air Compression Therapy

#### (Legs Application)

Enhance circulation, reduce swelling, and accelerate muscle recovery with rhythmic compression therapy.



# Golf Zone

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We offer golf enthusiasts to enrich their vacation experience with a Golf Break at our Golf Zone. The Golf Zone contains a state-of-the-art golf simulator in a comfort area with a variety of refreshments, including beers and delectable dishes created by our culinary experts. Golf Zone is the ideal place to play by yourself or with a group of friends in order to develop your game.

## Golf Zone

Open daily from 7AM to 9PM

IDR 350,000 net per person per hour

Advance reservations required

# Power Up

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## TENNIS COURT

Opening hours: 7AM to 8PM

- Court only
  - 7AM - 6PM 150
  - 6PM - 8PM 250
- Private partner
  - 9AM - 6PM 400
- Private coaching for adult
  - 9AM - 6PM 500
- Private coaching for kid
  - 9AM - 6PM 300

## RENTAL

- Racket 50 / play
- Ball 150 / can
- Ball boy 150 / hour

## NON RESIDENT GUEST

- Tennis court rental
  - 7AM - 6PM 250
  - 6PM - 8PM 350
- Private coaching
  - 9AM - 6PM 600/hour
- Private partner
  - 9AM - 6PM 500/hour

Prices are Net in thousand IDR and inclusive of 21% government tax & service charge.



# Sea Breeze

## Stand-Up Paddle

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Glide across crystal-clear waters in a serene yet refreshing paddle session. Led by expert guides, this experience offers adventure, relaxation, and a connection to the ocean's beauty. Feel the sun, breathe the salty air, and embrace the rhythm of the waves.

Complimentary for in-house guests

IDR 500,000 per person for personalized session and non resident

Meeting Point at Pool Towel Counter

Advance reservations required

Activity subject to tide condition



# Bali Artistry

## A Hands-on Crafts Session

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Unleash your creativity and explore Bali's cultural heritage in this immersive crafts session. Guided by skilled artisans, use natural materials and traditional techniques to craft your own Balinese masterpiece. Take home a unique creation and lasting memories of this artistic journey.

Every Monday, Wednesday, Friday and Sunday  
3PM-4PM

Complimentary for In-house guests  
IDR 300,000 per family for private session  
Meeting Point at Pool Towel Counter  
Advance reservations required



# Terms & Conditions

## Cancellation Policy

We require 24-hour notice for changes or cancellations.

## Health Conditions

Please advise us of any health conditions, allergies or injuries that could affect your treatment with us, we cannot be held responsible should conditions not be disclosed.

## Facilities

Appropriate attire must be worn during activities.

## Age Requirements

We offer activities from 12 years above. But some activities required age restriction.

For reservations, contact dial 0 to Service Express™ or +62 361 771906

# Ride. Sweat. Energize.

Step into a high-energy space where movement, rhythm, and motivation come together. Our Spin Studio offers guided RPM sessions designed to elevate endurance, strengthen the body, and uplift your mood—leaving you feeling recharged and empowered.

## Daily Sessions:

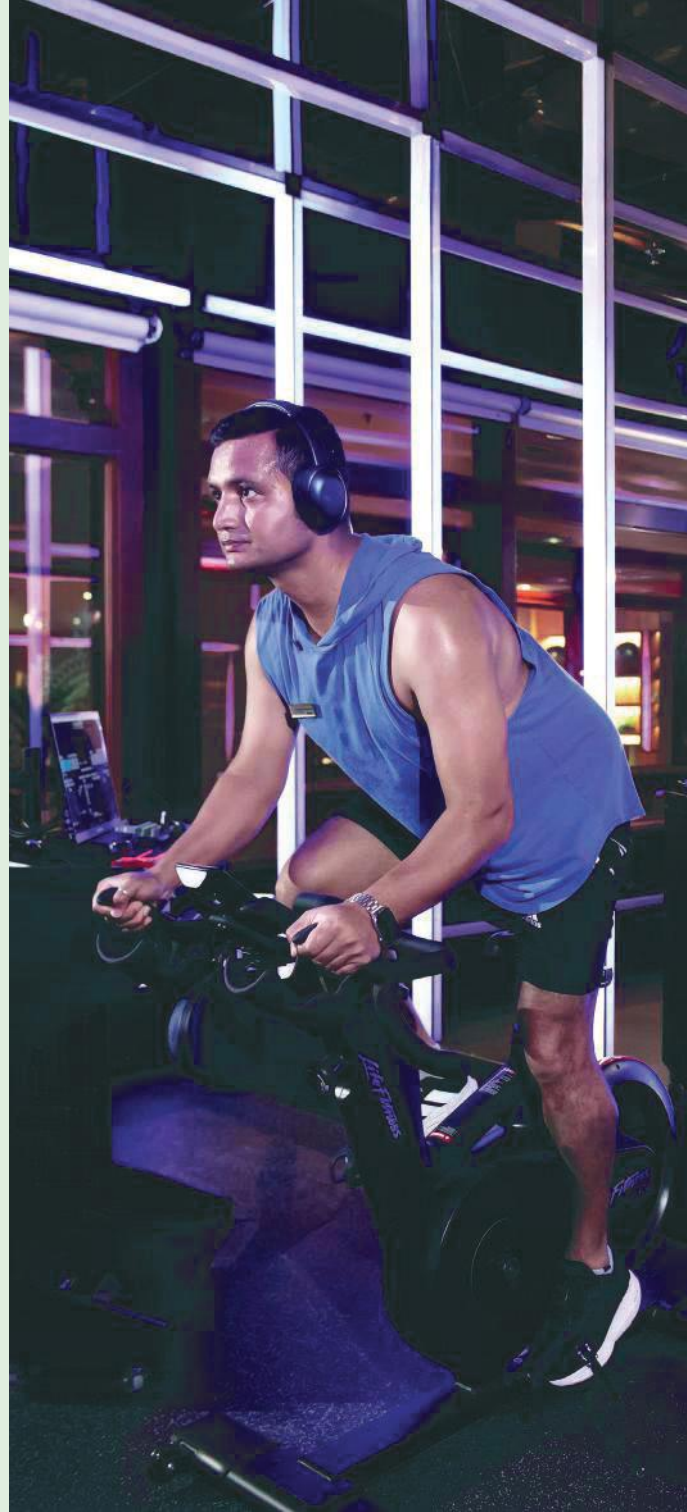
RPM (Beginners) — 7:00AM to 7:45AM

RPM (Intermediate) — 10:30AM to 11:45AM

RPM (Beginners) — 3:00PM to 3:45PM

RPM (Intermediate) — 4:30PM to 5:15PM

Find your rhythm. Ride with purpose.  
Feel the energy.





# Ice Bath Recovery

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## Revitalize your body and mind

Experience the rejuvenating power of ice bath therapy combined with Epsom salts. This unique session is designed to accelerate muscle recovery, reduce inflammation, and promote overall well-being.

Complimentary session for in-house guests  
Thursday to Monday, 11AM - 11:30AM  
Ice Bath Platform

Session is only for 18 years and above.  
Please wear comfortable bathing/swimming clothing.

PERSONALIZED SESSION AT

**IDR 150,000** PER PERSON

ADVANCE BOOKING REQUIRED.  
IDR 250,000 FOR NON-RESIDENT GUESTS

# Flow. Sweat. Renew.

Step into gentle warmth where movement, breath, and balance come together. Our Hot Yoga Sanctuary offers energizing and restorative sessions designed to release tension, improve flexibility, and leave you feeling naturally renewed.

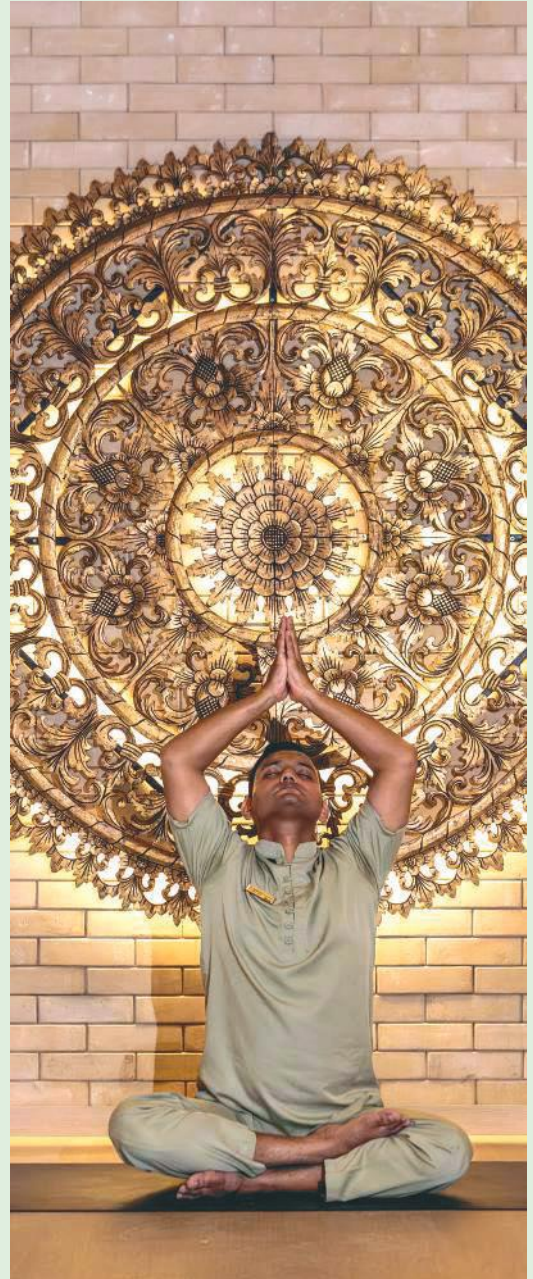
## Daily Sessions:

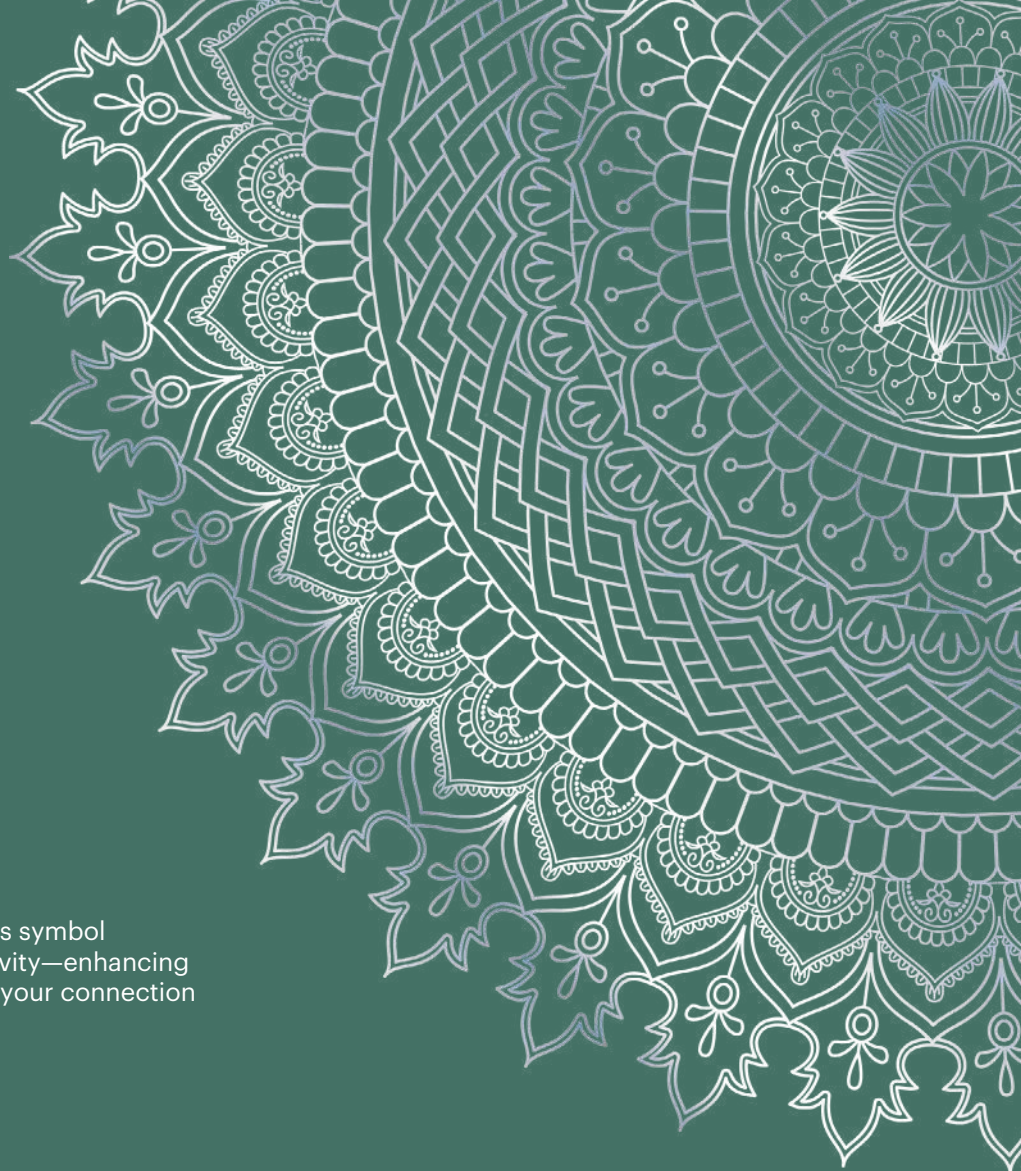
Hot Pilates on Mat — 9:00AM to 10:00AM

Hot Yoga for Beginners — 11:00 AM to 12:00PM

Hot Ashtanga Yoga (Intermediate) — 4:00PM to 5:00PM

Embrace the warmth. Move with intention.  
Renew within.





## *Mandala*

Discover the Mandala, a timeless symbol of balance, harmony, and positivity—enhancing your well-being and deepening your connection with the universe.

T: +62 361 771906 | [www.westinnusaduabali.com](http://www.westinnusaduabali.com)

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