



WELLNESS THAT WORKS

Fueling delegates mind, body and soul

At Hyatt, we believe wellness is the road, and wellbeing is the destination. How we eat, sleep, move, think, feel, and connect to family, friends, colleagues, and community, help shape this road—and we believe that business travel should not get in the way of that.

Incorporating wellbeing practices into your itinerary offers many benefits for your delegates including increased energy and productivity, reduced stress and improved concentration.

At Hyatt Regency Sydney, we are proud to offer customised wellness programmes and tailored sessions to suit any conference, event or group itinerary, our holistic approach is focused on our three landmarks of wellbeing - **feel, fuel and function.**

FEEL

A mindfulness session / guided meditation is the perfect way to energise and reinvigorate delegates. No need to roll out mats or change attire, these sessions can be completed anywhere and at any time, and will leave delegates feeling refreshed and inspired.

Cost - starting from \$250AUD, dependent on group size and length of session (minimum 10 guests).





FUEL

Serving up food **Thoughtfully Sourced. Carefully Served.** our culinary team will work with you to enhance your wellness session and keep guests fueled and energised - from smoothie stations, to an abundance of seasonal fruits, fresh vegetables and specialty superfoods at breakout sessions.

Cost - add on a Nutri-Bullet smoothie station, coffee cart or healthy dish from \$15AUD per person.



FUNCTION

Creating productivity through movement, our yoga and Pilates sessions are designed to improve respiration, energy and vitality. Suitable for all levels and experience, each session provides movement and relaxation to delegates and the chance to reconnect with their body.

Tailor-made to fit your event, session prices will vary depending on time, number of attendees, and type of session.

Starting prices (minimum 10 guests):

30 minute yoga/Pilates class

\$25AUD per person

60 minute yoga/Pilates class

\$35AUD per person

Mat hire:

\$10AUD per mat (optional to BYO mat)

Venue / room hire:

Indoor sessions in private boardroom or ballroom - POA

Rooftop Yoga or Pilates at Zephyr Sky Bar - \$500AUD

**Zephyr venue hire is available for up to two hours and only for morning sessions Monday - Sunday, evening sessions available on Mondays only.*