

Global Wellness Day at Four Seasons Hotel Seattle

May 4, 2017, Seattle, U.S.A.



[Four Seasons Hotel Seattle](#) joins Four Seasons properties around the world in celebrating Global Wellness Day on Saturday, June 10, 2017 with a variety of healthy dining and fitness options available to Hotel guests and the public.

Global Wellness Day Agenda

Open to the public:

- **Wellness Brunch Buffet:** From 10:00 am to 2:00 pm, enjoy the weekend brunch buffet at [Goldfinch Tavern](#), featuring a special acai bowl and juice bar for USD 45. Four Seasons Hotel Seattle will donate USD 1 from each acai bowl on June 10, 2017 to support [Global Green](#), a non-profit leader in advancing sustainable and resilient communities.
- **Spa Treatments:** Enjoy further relaxation at [The Spa at Four Seasons](#) by booking a variety of treatments at the *Forbes Travel Guide* Four-Star spa, with access to the Relaxation Lounge and steam and sauna. Call 206 749 7077 to reserve a Spa treatment.

Open to hotel guests and hotel residents:

- **Morning Yoga with Manduka, 9:00 am:** Held at the [outdoor pool terrace](#) on the 4th floor, Hotel guests and Four Seasons residents can join an energising, 60-minute morning yoga practice to begin the day. The class is for all levels with yoga instructor Elvis Garcia from



[Manduka](#). Reserve a spot by emailing spa.sew@fourseasons.com and bring your own yoga mat.

- **Snack Bike in the Lobby:** The [Snack Bike](#) is loaded with healthy options to fuel the day.

Say “Yes!” to *Global Wellness Day* by following @FSSeattle using the hashtag **#FSWellness**.

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[Tablesides Service and Happy Hour Oyster Shucking Pop-Up Launch at Goldfinch Tavern at Four Seasons Hotel Seattle](#)

<http://publish.url/seattle/hotel-news/2017/goldfinch-tavern-dining-options.html>

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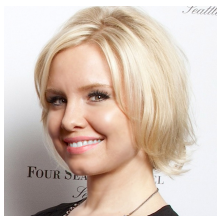
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