



COUNTRY UPDATES
17th June 2021



5th annual World Wellness Weekend
Together,
let's make a world of a difference!
Sept 18 & 19, 2021 in 131 countries



WorldWellnessWeekend



www.wellmap.org



DIRECTORY

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60+ FEDERATIONS ARE SPREADING THE WORD



OFFICIAL WELLNESS SPONSOR



“The magnificent Community of Fiemme, a beautiful Trentino valley in the heart of the Italian Dolomites, with a thousand years of history and autonomy, is proud to become a Diamond Sponsor of the World Wellness Weekend.

For us it is a natural choice since we have been sharing the 5 pillars of Wellness every day and for some time.

We are waiting for you in Val di Fiemme to live a 360 degrees Wellness experience! “

Paolo Gilmozzi
Président de l'ATP VALLE DI FIEMME

COUNTRY & CITY AMBASSADORS EUROPE



COUNTRY UPDATES

EUROPE

ITALY 113 venues

Regis Boudon-Doris, Country Ambassador in Italy has assembled one of the most motivated team of volunteers in the world: la "Squadra Azzurra di Wellness" with outstanding support from local officials:

Simone Ciolli, WWW Region Ambassador in Tuscany, has confirmed:

- **Mugello area**, close to Florence, will offer a "Mugello Wellness Circuit".
- **Canyon Park**, an oasis of beauty near Bagni di Lucca in Tuscany, will promote mental health in nature with **InMind** activities, workshops, yoga, meditation, and sound baths. The public will experience Sup-Yoga on a beautiful lagoon.

Viviana Confalonieri, WWW Region Ambassador in Lombardy, has confirmed:

- The town of **Milano** will participate in the World Wellness Weekend with the "*Enjoy Fitness Green Experience*". On Sept 18-19, the public will discover a new outdoors fitness trend with wireless headphones provided by the coaches.
- Nutrition Event organized by PLANEAT.ECO, the new way of eating without waste: Workshop, Food Lab and nutrition consulting near PAVIA.

Cinzia Galletto, WWW Region Ambassador in Piedmont and Liguria, has confirmed:

- **Alassio** on the Ligurian Riviera, signed a proclamation of "City Of Wellness"
- **Bagni Capomele** (municipality of **Laigueglia**) organizes a "Beach for Wellness",
- **Borgo Gran Madre Lifestyle**, one of the most prestigious districts of **Turin** will organize a "Village for Wellness".

Giovanna Lorrà, WWW Region Ambassador in Sardinia confirmed the participation of:

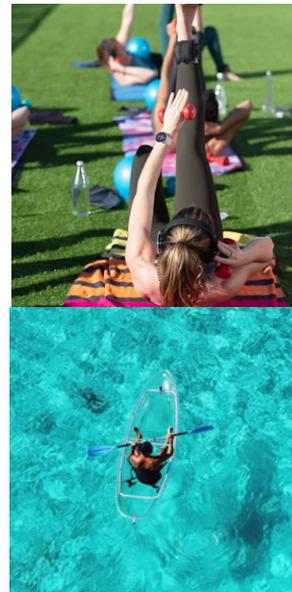
- city of **Alghero** (called "Borgo of the future")
- and **Arzachena** (the "Plastic Free" municipality).
- The new project of the "Holistic Residence" of the **Hotel Esagono** in San Teodoro with the first "Widespread SPA" in Italy.
- **Locanda Minerva** (Villanova Monteleone) will also participate.
- The **Regia Hotel di Abbasanta**, a welcoming Rural Hotel in the center of Sardinia.
- **InEvoSpa** follows and supports most of these new projects in the spirit of sustainable wellbeing for all.

Val di Fiemme is the first Diamond sponsor of World Wellness Weekend. Candidate for the 2026 Winter Olympic Games, this valley is the cradle of wellness, surrounded by the UNESCO Dolomites and the Violins Forest, where resonance spruces grow, discovered by Stradivari and still appreciated nowadays by liuthers from all over the world. This territory of the Trentino Alto Adige region will coordinate wellness events throughout the whole valley, from professionals in the tourism industry to local companies.

Vagheggi, specialized in phyto-cosmetics, will organize wellness events in spas and beauty salons to introduce the new Signature massage "Festina Lente" (translated in "Hurry Slowly") with the new Irritual products line!

LEMI Group, #1 in Italian Spa Equipment, is preparing creative wellness activities with its Spa clients in Italy and all over the world with unique sensorial experiences.

bbspa_Group, puts forward the 5 Pillars of Wellness in all of its Spa & Wellness projects.



CROATIA

22 venues



With the leadership of **Snježana Ledinski** and **Kristijan Zulle**, as co-Ambassadors, Croatia, and with **Laura Dessardo** as Coordinator, is one of the most active countries in Europe for Wellness.

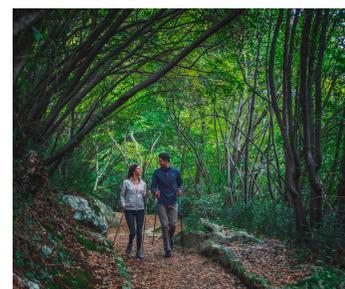
Kvarner Health Tourism Cluster with over 8.000 employees in its 32 members organization is fully supporting WWW. As the Cluster's president and WWW Ambassador for the Primorje-Gorski Kotar County and the Istria County, Assistant Professor **Vladimir Mozetič**, MD, PhD, is coordinating special wellness activities and packages.

Venues like **Liburnia Riviera Hotels&Villas**, **Thalassotherapia Opatija** and **The Orthopaedic and Rehabilitation Hospital "Prim. Martin Horvat"** in Rovinj, will present POST-COVID-19 recovery health programmes designed for people who have suffered from COVID-19, those facing great work-life challenges while working from home, and those who want to preventively strengthen their body and mind.

Lošinj Hotels&Villas have added "Yoga by the Sea" and "Breathing by the Sea", to live a healthier and happier life in the Vitality Hotel Punta in Veli Lošinj.

Amadria Park, a hotel chain in Opatija, is offering an Active Weekend Break, with renowned Croatian trainer **Mario Mlinarić** (holder of 3 Guinness World records).

Opatija Tourist Board will organize free Nordic walking routes for visitors accompanied by a Nordic walking coach along historical trails and promenades in and around Opatija (every Saturday from Sept 4 until Dec 18).



IRELAND

17 venues

Ireland receives great enthusiasm for its inaugural World Wellness Weekend engagement. **Anita Murray**, Co-Founder of the **Irish Spa Association** and WWW Ambassador has received a pledge of support from Ireland's leading Spas and wellness enthusiasts. The enthusiasm highlights how important positive mental health and wellbeing is to Irish people: *"2020 was nothing short of tumultuous and as we rebuild our lives and we all begin to reset, the significance of the 5 pillars of wellness is a common goal we can all share and celebrate"*.

Edvard & Pink will host free self-care masterclasses with their award-winning team of massage therapists, podiatrists, physiotherapists and facialists. **Skeyndor Ireland** will have Free skincare vouchers for everyone participating.



Live life "in bathrobe"! The French "Bathrobe Addicts" bring their humour with off-beat activities in 18 thermal towns of the Massif central. The well-being activities will be experienced in a bathrobe (yoga, tai chi, Pilates, Nordic walking, mountain bike...)

Alsace Destination Tourisme has been actively working to develop the well-being of people living in and visiting Alsace. With breath-taking nature, rejuvenating forests, a network of sports and wellness practitioners, award-winning spas and numerous unusual accommodations, Alsace lives and breathes wellness as a destination.

The Alsace tourist offices have set an enchanting program, from the **Vosges** mountains to the banks of the **Rhine**, to offer relaxation, reconnection and disconnection to visitors: walks and forest walks, awakening the senses in a House of Teas at the Gardens of Gaia, Qi Gong sessions in the vineyards before tasting Alsace's Grands Crus, a sound siesta and creative workshops in an old mill.

The city of **La Grande-Motte** participates for the first time under the sign of the '70s Flower Power. Get ready for a yoga class (9-10am) with on a seventies music playlist, on the bank of a pond.

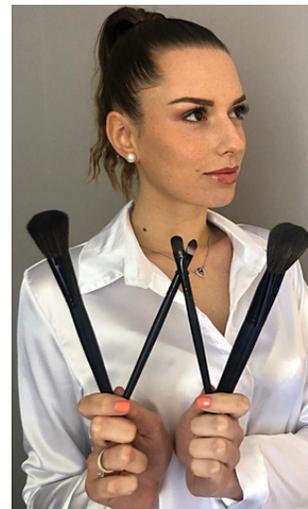
City of Heritage, Gastronomy, Sports and Culture, **Angoulême** is the first French city to showcase its many attractive facets in 360° videos. In partnership with AWTY.TRAVEL immersive experiences in e-tourism will be accessible worldwide with virtual reality.

WWW Ambassadors in France, are joining forces to unite professionals next September: **Catherine Sertin** (Beauty Institutes with **ACNAIB & CIDESCO France**, and Beauty Schools with **FIEPPEC**), **Romain Dupont** (Label Spas de France), **Stéphane Huin** (Route des Villes d'Eaux & Accros du Peignoir), **Isabelle Trombert** (L'Esprit A in 5 cities), **Alexis Forêt** (Aginum Thermae). With the support of **ANETT**, more city Mayors & Visitors bureaus will participate.

This year, **Catherine Sertin**, Founder of **Ecole Privée Catherine Sertin of Aesthetics** (EPCS), will "take care of health care-givers" in partnership with **ACNAIB** beauty salons at the national level, the **Ereel** endowment fund and students to perform beauty treatments. The **Yves Rocher** group has given its agreement for treatments to be given in selected beauty shops.

Alexis Forêt, WWW City Ambassador in Agen, will unite wellness professionals to organise a "**Wellness by night**" in the spa with workshops, and aquatic activities.

Lovely Spa with **Laetitia Fontannel**, WWW City Ambassador, is planning well-being workshops to make accessible the benefits of LEDs in the treatment and prevention of hyperpigmentation, slimming and draining, relaxing, anti-stress.



BELGIUM 20 venues



Julie Wren, WWW City Ambassador in Belgium is proud to announce that the following venues will be opening their doors on the weekend of 18 & 19th September to celebrate the joy of being well.

Bel Alibi presents an olfactive & sensory discovery experience of **Altéarah** organic products to discover which colour matches their needs and emotions, followed by a session on a carpet of amethysts, with **Miwell care mat** (infrared, pulsed waves, and essential oils while enjoying a scalp massage).

Spencer Handpan Academy is organising a handpan workshop on the 19th of September in a splendid property, surrounded by nature. Participants are welcome for a 60-minute free immersive sound journey, in the wondrous sounds of the handpan, the didgeridoo, and Tibetan bowls.

Perle d'Eau will do a GLOW TIME make-up workshop full of personal tips and guidance. Tamara and her team will show you how to do your make-up as a PRO.

The Skin Corner will organize two events: a "Make-up like a Pro workshop" (Sept 18) with a professional make-up artist who will show participants all the tips and tricks to creating the perfect look using mineral make-up. On the 19th, a "Skin & Shave3 workshop led by an Expert Barber to learn the tips and tricks for easy & smooth shave.

5 beautiful Sauna and Wellness complexes in Flanders will be offering a number of free day-passes for people to discover their unique worlds of wellness:

- **Elsaisa:** Energetic Wellness, connect to your inner nature, on the edge of Hoge Kempen National Park.
- **Katara Belsele:** 10,000m² of pure wellness pleasure taking you around the world to recharge your batteries.
- **Thermae Boetfort:** A wellness centre nestled by a 400-year-old castle, with a unique character close to Brussels.
- **Thermen Londerzeel:** This rural peace haven guarantees an unforgettable day of wellness.
- **Thermen R:** Plunge into a world of enjoyment and inner peace; where time stands still to let the body relax and rejuvenate.



GREECE

25 venues

Stavros Mavridis, WWW Country Ambassador is coordinating activities with four **A.SPA Katikies** with the breath-taking brackdrops of Santorini & Mykonos.

DR. Alkistis Agio, TEDx speaker will share a video on how to apply Greek Philosophy for Happiness & Wellbeing.

Konstantina Makri, Gold champion at the World Championship Massage will share massage tips to take care of your loved ones from Mykonos.

The **ALBA college** and award-winning **Euphoria Retreat** (Sparta) will participate.

NETHERLANDS

9 venues

Christina Blei-Amatdoelrasit, WWW Country Ambassador is organising a multi-active happy health day for massage therapist and students. It will be a day of relaxed learning about nutrition, self-massage bamboo technics, meditation, and dancing workout by **DANS4FUN**.

NORWAY

7 venues

Lasse Eriksen, WWW Country Ambassador, confirms the support of the **International Sauna Association, Norwegian Sauna Association & Norwegian Massage Association**.

8 sauna and wellness wonders of Norway will open their hot saunas and wellness centres for the people to celebrate wellness for all:

- **Farris Bad** - the beautiful art and wellness resort situated on the beachfront of the Skagerak Ocean
- **The Well** - biggest wellness resort in the nordics with 10500m2 of wellness magic just outside Oslo
- **SALT** - the nomadic urban Art , music and sauna hub gives you that smooth festival vibe in Oslo harbor
- **Son Spa** - coastal pearl of a wellness resort (south of Oslo) giving that perfect scandinavian summer vibe of never ending sunsets & fresh ocean baths
- **Dalen, Soria Moria Sauna** - a norwegian fairytale and global award winning architecture. a sauna experience like no other.
- **Lily Country Club** - the newest and grandest resort with amazing golf course and top notch sauna/wellness experiences
- **Pust Tromsø** - the northern city sauna hub gives that true norwegian cold fresh ocean bath, hot sparkling sauna and northern lights.
- **Oslo Badstuforening** - the first voluntary sauna hub in Oslo harbor created by anarchists and diplomats. a true sauna vibe with different sweats.



OFFICIAL WELLNESS SPONSOR



“We are very supportive of Jean-Guy de Gabriac’s World Wellness Weekend initiative. The combination of wellness, hospitality and personalization is at the heart of what we firmly believe at Biologique Recherche! ”

**Rupert Schmid & Pierre-Louis Delapalme
Co-Chairs Biologique Recherche**

COUNTRY & CITY AMBASSADORS INDIA - ASIA - PACIFIC



Mohammad Tayvm
Islamabad (PAKISTAN)



Daniel Kessler
Busan (South Korea)



Laura McLuckie
Busan (South Korea)



Rekha Chaudhari
INDIA



Reena Sheth
Ambassador for JIVA Spas
INDIA



Hylton Lipkin
Hue Province (Vietnam)



Nvoman Yastama
Coordinator
Hue Province (Vietnam)



Jeanette Tambakau
MALAYSIA



John T. G. Nielsen
BALI

ASIA



ASIA

MALAYSIA 16 venues

Jeanette Tambakau, WWW Country Ambassador and President of **AMSPA** presents Malaysia's main Wellness Event of the year! **Ahimsa Life Festival** is an inaugural wellness event for the body, mind and soul endorsed by **Tourism Malaysia**. It will be held from 18 to 19th September 2021 in a hybrid format in **Kuala Lumpur** especially in conjunction with World Wellness Weekend.

"*Ahimsa*" is Sanskrit for "non-violence" and encapsulates the practice of love and respect for all. They wish to promote self-love, self-care and love for all practice through activities organised along the Five Pillars of the World Wellness Weekend.

A series of videos will be showcased during the Festival on the **Malaysian Signature Massage**, the **Malaysian Indigenous Tribal Dance** and **virtual reality videos** on **Mount Kinabalu** (4,095 m, 20th highest mountain in the world) and **Borneo Rainforest** in the Danum Valley Conservation Area.

18th September 2021:

- Sunrise Journey to the Heart Yoga and Breathworks
- Malaysian Postnatal Confinement Traditions
- The Future of Immune Health: All About Balance
- Asian Superfood Lunch workshop by **Celebrity Chef**
- Self-Love Panel Discussion, what is the concept of Self-love?
- Love for All Panel Discussion Loving others fills our soul.
- Self-Love Art Journaling workshop: drawing, imagining, writing and painting to facilitate self-expression on Self Love theme
- Sound bathing for Better Sleep

19th September 2021:

- Sunrise Meditation for A Better World: Participants will have an opportunity to meditate peacefully together regardless of experience and modality at an open Group Meditation session.
- Meditation Masterclass Breakout Rooms, Mindfulness-Based Stress Reduction, Chakra Activation, Ascension
- UNITE Concerts Project: To End the Pandemic and Restart the Economy
- Wild Gibbon Sanctuary

Ahimsa Life Festival is organised by **AMSPA** (Association of Malaysian Spas) formed as a cohesive body to nurture, develop, and move the **Malaysian spa industry** forward by ensuring that standards and professionalism are upheld at all times by its members. AMSPA is the first and the longest established spa association in Malaysia and is the recognised "Voice of Wellness" for the Malaysian Spa industry.

Contact Person: **Su En Kam**, +60123688180, suen6@yahoo.co.uk



ASIA



HUE - VIETNAM 30 venues

The WWW City Ambassador, **Hylton Lipkin** and his Coordinator, **Nyoman Yastama**, met with the **Hue Tourism Government** representative, who is very enthusiastic about the concept and would like to make it a compulsory activity for everybody involved in the tourism sector in their region!

Alba Wellness Valley will be doing the "ALBA CHALLENGE". A **Physical Wellness on Sep. 18** with a Crossfit / Forest group challenge, a mixed team will go through a challenging outdoor Crossfit obstacle course. An **Environmental Wellness on Sep. 19**, will invite local community children and children of the staff at the Resort (over 300 children) to plant 1,000 trees.

VnExpress Marathon Nha Trang will hold for the first time in Nha Trang city, with a scale of up to thousands of domestic and international athletes. The run will bring big buzz and colourful things for the city and take place in September this year.

BALI 19 venues

John T G Nielsen, WWW Country Ambassador, is delighted to announce that **Fivelements Retreat Bali** will welcome guests to a special 2021 **International Yoga Day** celebration in conjunction with the World Wellness Weekend. Spend an active afternoon at this multi-award-winning (20 minutes south of Ubud along the banks of the majestic Ayung River), participate in Balinese Healing Yoga class by a superstar instructor and learn how to make the Fivelements Superfood Smoothie from the award-winning Chefs.

Mandara Spa will feature ancient secrets, generations of wisdom, and treatments that reflect the colors and rituals of our heritage, and home: Bali. We greet our favorite weekend of the year with a sunrise Ra Ma Da Sa Meditation across our network. After the morning meditation, we will bring some of the finest Balinese Traditional Healing and Beauty regimes to our resort guests and World Wellness Weekend fans worldwide, online and offline! Learn how to prepare Jamu - a Traditional Indonesian Immune Booster Elixir. Furthermore to honor World Wellness Weekend 2021, we will introduce a wonderful Spa Package only available during Saturday 18 & Sunday 19 Sept 2021!

AND...

In Asia, teams at **Anantara and Avani hotels** are very excited to participate in WWW 2021 in **Bali, Maldives, Malaysia, Thailand, Vietnam, including Clinique La Prairie Aesthetics & Medical Spa, Bangkok**. The above will be doing a mixture of yoga classes in stunning locations, Muay Thai boxing sessions, hands on guest activities including introductory sessions with onsite expert practitioners and medical teams, cooking classes, mini massage courses and much more.



INDIA

106 venues

Inspiring thoughtful choices for a healthier life, **Reena Sheth**, WWW Country Ambassador with **Taj Hotels** and **Jiva Spas**, invite guests and communities to join in the celebration of Wellness for All, with a host of on-site & online activities, as well as holistic experiences to commemorate World Wellness Weekend on September 18 & 19, 2021.

This year, over **50 Taj Hotels** will present a hybrid “wellness extravaganza”, embracing the 5 Pillars of wellness – Sleep & Restoration, Nutrition & Nourishment, Vitality & Movement, Serenity & Mindfulness & Purpose & Solidarity. From serene “sunrise yoga” to the divine **Ganga Aarti** from the banks of the **Ganges**. These carefully curated “immersive experiences” will focus on mindfulness & mental wellbeing.

“You are what you eat” is a saying that probably finds resonance today like never before. Qmin (Taj’s exclusive speciality meal delivery app) now delivers **a new range of curated meals** focusing on strengthening your immunity – **INNERgise**. The menu features fresh and home-grown ingredients packed with antioxidants and immunity-boosting superfoods and is prepared using simple cooking techniques. These special menus are available across seven cities and eleven hotels. For more information, please visit www.tajhotels.com.

Rekha Chaudhari, WWW Ambassador is preparing a panel discussion with the Tourism Ministry of India.

SOUTH KOREA

5 venues

Laura McLuckie and **Danny Kessler** present the **International School of Busan** organizing activities for the week leading up to WWW: Yoga, mindfulness, wellness reading week with their librarian, classroom wellness tips, online/IT wellness education and sports etc. Unfortunately, it is only for the International School community as they cannot invite the public into a school.

Wellmi wellness solutions will run a special free yoga yacht event on the week of WWW for 10 participants to enjoy oceanside yoga and a yacht tour. They will have nature & forest wellness trek with outdoor meditation and a cable car tour.

Finally, **Busan International Wellness Conference 2021** is delighted to welcome **Jean-Guy de Gabriac** to give his congratulatory remarks at the opening ceremony of BIWC2021. www.biwc.kr



OFFICIAL WELLNESS SPONSORS



"At LEMI, wellness has been the core of a process aiming at constant improvement for both its staff and the environment in which these people work. That's why we are very proud to support the World Wellness Weekend and spread wellness in everyday life."

Matteo Busaferri - LEMI General Manager



"At PLANET FITNESS, we have a deep conviction: people who practice physical activities feel better than those who don't. And we like that people feel well. And that's why we exist. Therefore, it is logical for us to join the World Wellness Weekend."

Christophe Andanson, President - Planet Fitness Group



"It is a pleasure to support World Wellness Weekend with Immunocologie Skincare. We connect the skin with gut health, which is the 2nd pillar of Wellness. We call it "Juicing for the skin"!"

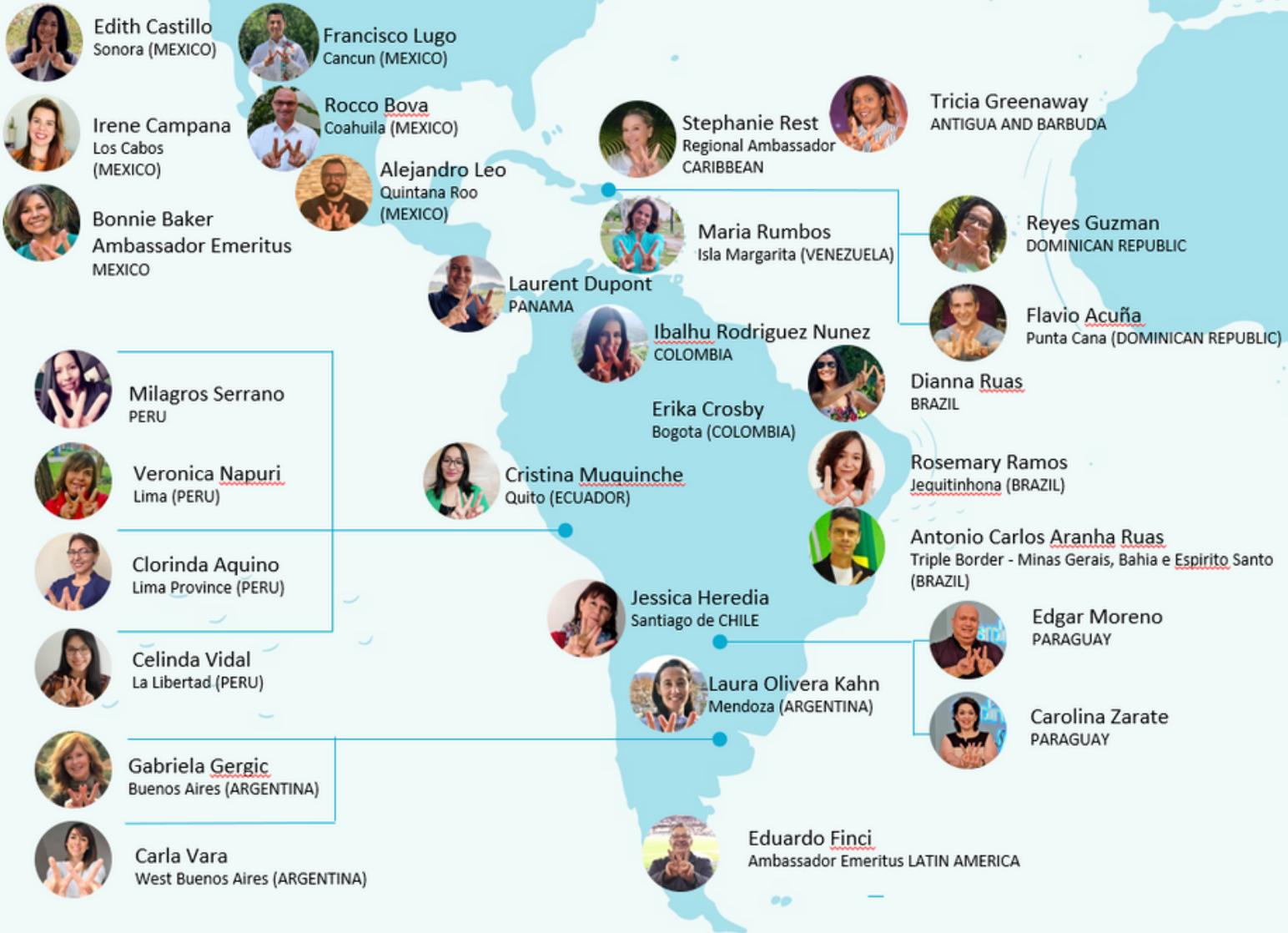
Karen Ballou - Founder Immunocologie



" Our partnership with WWW provides an opportunity to inspire millions of people globally and increase their awareness that they can extend or kickstart a healthy lifestyle into their vacations and come back feeling refreshed, energized, and ready to take on the world!"

**Muirgheal Montecalvo
Founder / CEO - Vacayou Wellness & Active Travel**

COUNTRY & CITY AMBASSADORS LATIN AMERICA



BRAZIL 294 venues

Dianna Ruas, WWW Country Ambassador, continues to lead the most active country during WWW 2020, with Mr **Alexander Assunção**, president of **CRAEMG**. They coordinate sustainable activities in luxury properties, have already planned an entire program at Dr. Ivo Pitanguy Island for WWW 2021.

Antonio Carlos Aranha Ruas, the Triple Border Ambassador, will focus on Sustainability, Ecology, Sport Activities, Martial Arts, Capoeira... even **Pets Wellness, including "Hippotherapy"** in collaboration with Aranha Adventure. With prof. EPPA Junior they will organize the "cycling indoor brasil" event.

Due to Covid19, there will be many ONLINE activities: a virtual art gallery will illustrate the 5 Pillars of wellness with local artists, including **Eliana Vassilakis Helou** and **Eliana Costa**, WWW Coordinator, will offer free LIAN GONG classes online.

COYA WELLNESS coordinates sustainable activities in all the 27 Brazilian states, promoting wellness programs for communities and wellness tourism, including planting trees, forest bathing, biking, sail therapy, art therapy, music, mental health, cultural rituals from Natives Tribes, even activities with pet wellness!

Pakaas Palafitas Lodge Resort and **Quinta do Porto Hotel Marina** have already planned a full program. **Estância das Oliveiras** and **Quinta da Estância** have already planned a fully sustainable program for WWW 2021 offering an educational program in ecology and sustainability with biologists and veterinarians.

Rosemary Ramos, WWW Region Ambassador, presents various activities such as planting trees on the banks of the **Jequitinhonha River**, Capoeira, Country cycling, virtual office of origami, Art therapy with Brazilian music and cirandeiras artisans.

ARGENTINA 17 venues

Gabriela Gergic, WWW City Ambassador with **Eduardo Finci**, WWW Country Ambassador will conduct online talks on the 5 Pillars of well-being within the framework of the **American Spa Association**. To raise awareness, disseminate and promote the World Wellness Weekend through 5 meetings "Connect with Managerial Wellness" where personalities will participate in the world of well-being. They will be held on June 3, 11, 17 and 24 through <https://www.facebook.com/SpaAsociacion>.



Puebla is the fifth most populated state in the country, two hours distance from Mexico City. A **UNESCO World Heritage Center** founded by the Spanish in 1531 was the first "perfect" colonial city in the Americas. Today with its rich tradition, weather, cuisine, arts and crafts are welcoming the Wellness Industry to transform the city into a destination for Wellness.

For the 5th edition of World Wellness Weekend, **Francisco Lugo**, WWW City Ambassador, with all the wellness enthusiast and influencers in the State, will offer activities inspired by the 5 Pillars through public activities and streaming program. One of the main participants is **Cartesiano Urban Wellness Center**, launched as the first Integrative Wellness Center in the country with a fully online program for both days between many other resorts. <https://cartesiano360.com/en/>

CHILE

24 venues

For the second year of participation, **Jessica Heredia**, WWW City Ambassador, and **Camila Notario**, her coordinator prepare activities with:

- **"Mujeres del Pacífico-Chile"** with the collaboration of **Gabriela Aguirre**, entrepreneurship Advisor **SERCOTEC** (a Chilean state institution), a professional network that promotes physical/mental health with comprehensive care centres for alternative & complementary Therapies.
- **Patricia Mamana**, expert in holistic therapies in Santiago
- the city of **Los Angeles**, region of Bio-Bio "Wellness and balance space" (healing therapies)
- **Amelia Cayul** (chef), Mapuche people representative, contributes with education in healthy native food and wellness tourism.
- the **"Fundación Atenea Mujer"** helping free of charge in mental health and education for the well-being of women who are victims of domestic violence and are economically vulnerable.



DOMINICAN REPUBLIC

15 venues



Flavio Acuna, is one of the most dynamic WWW Ambassadors in the world, organizing each month activities and workshops to help underprivileged women.

He is now preparing 19 events at the national level promoting Pura Vida in the land of Rum and Merenge!

Saturday, September 18

- Yoga class
- Pilates class
- Tai Chi class
- Salsa, merengue, bachata classes
- Paddle tournament
- Cross Fit Training
- Soccer Tone

Sunday, September 19.

- Mountain Bike Ride
- Volleyball Matches
- Surfing classes
- Swimming classes
- Martial Arts exhibition
- Zumba

COLOMBIA

13 venues

Erika Crosby, the new WWW City Ambassador for Bogota, is already carrying out the following activities: raising awareness about the importance of World Wellness Weekend initiative, attention of therapists and spa users, the 5 Pillars of well-being, contact with schools and institutions of aesthetics and Spa that help to spread the event.

On Sept. 11, an online conference with **La Agremiacion de Esteticistas AGCECI** will highlight the importance of wellness. During that week, people will share a story or video about each of the Pillars of well-being. A competition will offer Spa products. Speakers will focus on each Pillar of wellness and share healthy lifestyle tips.

During WWW, virtual classes of yoga, meditation and healthy food will boost vitality and serenity.

VENEZUELA

4 venues

María Alejandra Rumbos, WWW Ambassador of Isla Margarita, is preparing a wellness week in September, with hotels, fitness clubs and speakers.



OFFICIAL WELLNESS SPONSORS



"Altearah Bio is proud to be championing emotional wellness through colour therapy, aromatherapy, and olfactotherapy. In 2021, we will promote the vision of total well-being, for the mind, body and soul through a Turquoise - Serenity focused wellness ritual, which we will share with the world in order to emphasize the importance of finding one's Serenity and inner-peace.

**Shahida Siddique - President
Altearah Bio**



"At Mindbody, we are steadfast in our purpose to connect the world to wellness through technology. World Wellness Weekend provides us the perfect platform to inspire and motivate millions of people around the globe to try new wellness experiences or strengthen existing routines or practices."

**Josh McCarter - CEO
MindBody**

COUNTRY & CITY AMBASSADORS AFRICA & MIDDLE EAST



Soumia Hite
Marrakech (MOROCCO)



Yaniv Yosi Coca
Tel Aviv (ISRAEL)



Vvara Tosheva
DUBAI (UAE)



Taryn Lilley
Cape Town (SOUTH AFRICA)



Madeleine Colling
Johannesburg (SOUTH AFRICA)



Rozanne Van Antwerpen
Coordinator
SOUTH AFRICA



AFRICA - MIDDLE EAST

DUBAI & UAE 24 venues

The two WWW Ambassadors, **Feriel Bouzekrini** & **Vyara Tosheba**, have elaborated a holistic, comprehensive Wellness Summer plan to engage both Dubai & UAE Communities and Organizations to join the WWW Momentum. Wellness programs & activities will be done during Summer 2021 with “Build your Health resilience”, a summer training program and “Breathe & Sleep well”, a summer workshop series.

Conversations are initiated with local tourism authorities in the UAE Emirates, while UAE based business corporations are also engaged to participate in the WWW.

For the third time in a row, **Sharjah Ladies Club** will participate in various activities for all women and children. During this special weekend, the club is dedicated to empower women and inspire them to lead a healthier lifestyle. The club will join the two-day event celebration with a list of scheduled dynamic and energetic activities, including fitness, beauty, wellness education and more.

Stay tuned for more information from these properties:

- **Healing Synergies**
- **Goco Ajman**
- **The Art of Living UAE chapter** with 4 centres in Dubai and more in other Emirates



SOUTH AFRICA

19 venues

With the combined efforts of the WWW Country Ambassador **Taryn Lilley**, the WWW City Ambassador for Johannesburg **Madeleine Colling** and a regional coordinator **Rozanne van Antwerpen**, the team are well on their way to confirming participating venues for 2021 in South Africa:

- The spa at the **One & Only Hotel** in Cape Town will once again prove itself as a wellness champion by supporting WWW and offering signature experiences.
- **Canvas Aesthetics** will be hosting a “Health & Wellness Fair” in collaboration with many local businesses to provide a day of interactive fun, education and wellness. A “Jump Off” on fitness trampolines hosted by **JumpFit Arcade**. Professionals will provide skin consultations, product knowledge and transformational experiences. There will be healthy food available along with nutrition advice. The **South African Blood Services** will provide information and support to drive for corporate social responsibility.
- **Addiction Recovery Centre (ARC)** has a team of professionals that focuses on assisting individuals by offering a holistic approach to mental health care.
- The **Saxon Hotel Spa**, an oasis nestled in its unique surroundings, will focus on wellness & mindfulness.
- **Urban Sports Marks Park** is a 5-a-side sports venue promoting health and wellness through an active lifestyle. For WWW, they are planning a charity cross-bar challenge.
- **Jiva Spa** at the Taj Hotel will be supporting the wellness movement with exciting activities.
- **Splash H20 Diving Centre** offers various diving courses in their 3m, 27 degrees indoor heated pool, all year round. They will be supporting WWW by offering free scuba try-outs and giving a tutorial.

Along with the support already received from organisations such as South African Spa Association and CIDESCO, we are focused on creating a wellness MOVEMENT this year with more venues involved.

MOROCCO

12 venues

Soumia Hite, WWW Country Ambassador, is finalizing the program of a travel agency that will curate a wellness stay during the World Wellness Weekend. A media plan is ready to be rolled out...

AND...

Teams at **Anantara and Avani hotels** are very excited to participate in WWW 2021 in Mozambique, Oman, Zambia, with a mixture of yoga classes in stunning locations, Muay Thai boxing sessions, hands on guest activities including introductory sessions with onsite expert practitioners and medical teams, cooking classes, mini massage courses and much more.



FOUNDER : Jean-Guy de GABRIAC
jean-guy@weekend-wellness.com

Hashtag: #WorldWellnessWeekend #WellnessFor All
#WellnessByAll #Welfie2021 #WellnessBuddies

Website (16 languages): www.wellmap.org



WorldWellnessWeekend

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I fully share all the values of the World Wellness Weekend and put forward the 5 pillars of wellness in all its projects. Personally, it is an honour and a pleasure to be alongside Jean-Guy de Gabriac and all the ambassadors for this fantastic global initiative for wellness. I am very proud to lead the team of Ambassadors for Italy. For me the World Wellness Weekend is the most representative synthesis of my last 30 years of work in the SPA & Wellness sector.

**Régis Boudon-Doris Co-Founder and CEO
bbspa_Group**



"We are very happy to support World Wellness Weekend, coherent with our philosophy and our concept of beauty, always in the name of respect for the natural world and the delicate balance of our body. An initiative that we hope will spread more and more, in Italy and in the world, its positive idea of well-being."

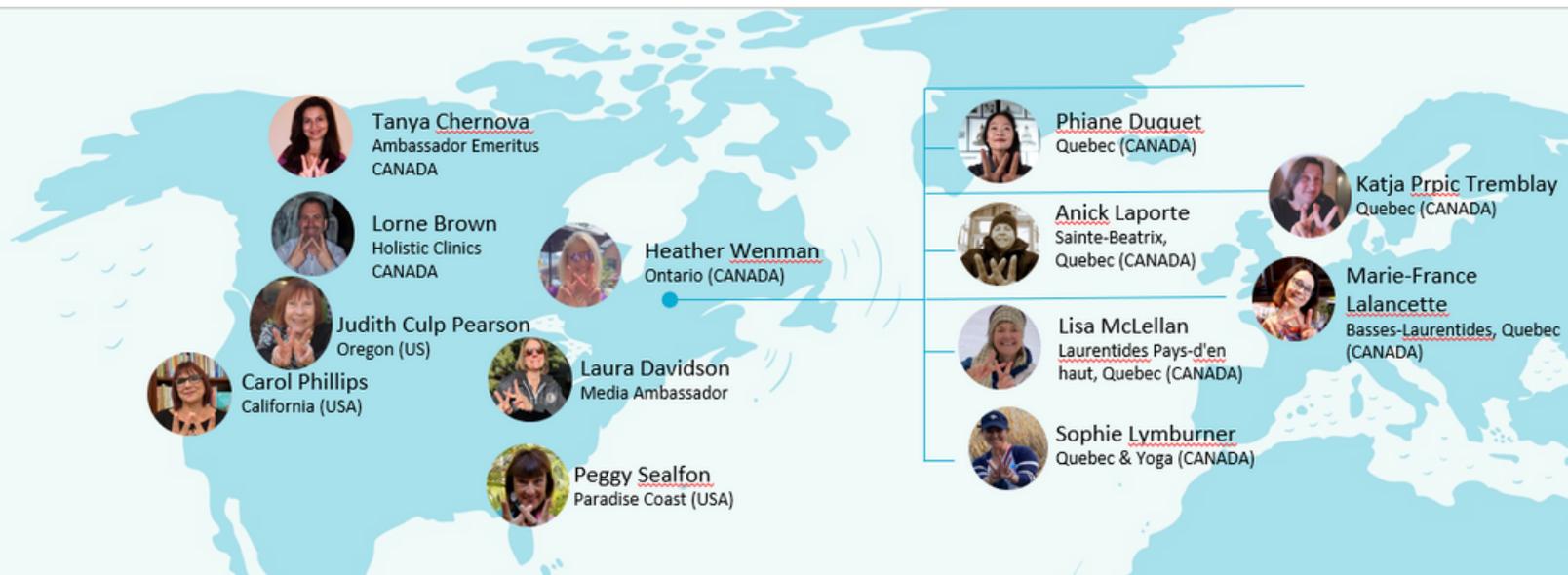
**Valeria Cavalcante - CEO
Vagheggi**



"It is an honor and a pleasure to lead this global wellness initiative. What makes people want to return to a property dedicated to fitness, beauty and tourism is the talent of the teams, their expertise and their passion to care for people and deliver experiences rich in meaning and sensations, as transformative as possible."

**Jean-Guy de Gabriac - Founder
Tip Touch International**

COUNTRY & CITY AMBASSADORS USA - CANADA



**Tanya Chernova**
Ambassador Emeritus
CANADA

**Lorne Brown**
Holistic Clinics
CANADA

**Judith Culp Pearson**
Oregon (US)

**Carol Phillips**
California (USA)

**Heather Wenman**
Ontario (CANADA)

**Laura Davidson**
Media Ambassador

**Peggy Sealton**
Paradise Coast (USA)

**Phiane Duquet**
Quebec (CANADA)

**Anick Laporte**
Sainte-Beatrix,
Quebec (CANADA)

**Lisa McLellan**
Laurentides Pays-d'en
haut, Quebec (CANADA)

**Sophie Lymburner**
Quebec & Yoga (CANADA)

**Katja Prpic Tremblay**
Quebec (CANADA)

**Marie-France
Lalancette**
Basses-Laurentides, Quebec
(CANADA)

NORTH AMERICA

QUEBEC - CANADA

73 venues

Phiane Duquet, WWW Ambassador in Quebec has received the **official support of the Secretaries of Health, of Tourism and of Economic Development** for the World Wellness Weekend, and most importantly the announcement that **massage-therapists are now considered as ESSENTIAL workers**.

With the outstanding support of **Katja Prpic-Tremblay**, Managing Director of MassoCie (Réseau bien-être de la Francophonie) they also have received the official support of **Association Québécoise des Spas** and the **Regroupement des Masso-thérapeutes du Québec**.

As the founder of YogaTribes (leading collaborative platform connecting teachers, studios and students through a worldwide real-time marketplace and booking engine for yoga classes), **Sophie Lymburner** is now the Ambassador for Montreal and for Yoga in Québec! In honour of the **International Yoga Day**, and in partnership with World Wellness Weekend, Sophie is organizing on June 21st, a conference and several online master-classes in Quebec, Vancouver and France with a percentage of proceeds donated to the BoBeau Cœur charity. Singer and author Natasha Saint-Pier will participate, alongside with Hervé et Lidja Blondon (**Satyam Yoga**), Scott Simons, President of **Organik Santé corporative**, Mélody Benhamou, Founder **Idolem Yoga chaud**, Shabad Khalsa Halsa, Kundalini master. They will be joined from France by Patricia Nagelmackers (**Tayronayoga**) and Élodie Garamond, founder Tigre Yoga.

Kathryn Gallagher, professor at Seneca college, spa consultant and Chair of the **Leading Spa of Canada**, is fully encouraging Spas all over Canada to join this planetary movement.

Julie Eyelom will organise on Sept 18-19 an event with about 30 therapists.

USA

155 venues

Peggy Sealfon, WWW Ambassador in Florida, author, speaker and co-founder of BeWellinParadise.com, will coordinate swamp walking on the edge of the Everglades at **Big Cypress Preserve**, a "taste of qigong and yoga" by **Love Yoga Center** practitioners in Naples, healthy cooking classes at **Edgewater Beach Hotel**, Blue Zones purpose workshop, plus Spiritual Communities Network will be offering afternoons of "wellness talks" online so they are accessible from anywhere in the world. They will have meditations, gong baths and so much much more.

