



COUNTRY UPDATES

18 August 2021



5th annual World Wellness Weekend
Together,
let's make a world of a difference!
Sept 18 & 19, 2021 in 133 countries



WorldWellnessWeekend

 www.wellmap.org



OUTSTANDING SUPPORT

2020 and 2021 have been extremely challenging, and yet many groups and professional federations in hospitality, spa, fitness have risen to the situation and decided to mobilize the energy of their teams to celebrate #WellnessForAll and #WellnessByAll on 18-19 Sept 2021 during the 5th annual World Wellness Weekend.



These Country Updates are dedicated to the passionate 1,500 professionals in 133 countries, 957 cities who have decided to offer (at least) safe, fun and free 60 minutes just before the September Equinox to promote healthy lifestyles and inspire people to experience the Five Pillars of Wellness: Sleep, Nutrition, Movement, Mindfulness and Sense of purpose, so that we can build a Well World vibrant with Creativity, Immunity, Vitality, Serenity, Solidarity.

The following pages give an overview of the massive mobilisation around the world, by continents and countries. For more details, please visit www.wellmap.org (16 languages) where venues update in real time their activities so that the public can simply press "LOCATE ME" or search with a city name to find wellness professionals nearby.

A VERY SPECIAL THANKS TO...

Our Wellness Sponsors supporting this planetary pro-bono events: **Val di Fiemme** (Diamond), **Biologique Recherche** (Platinum), **Immunocologie, Lemi, Planet Fitness Group** (Gold), **Altearah, Mindbody, Vacayou** (Silver), **bbspa, Tip Touch, Vagheggi** (Bronze).

These groups and iconic venues are going over and beyond:

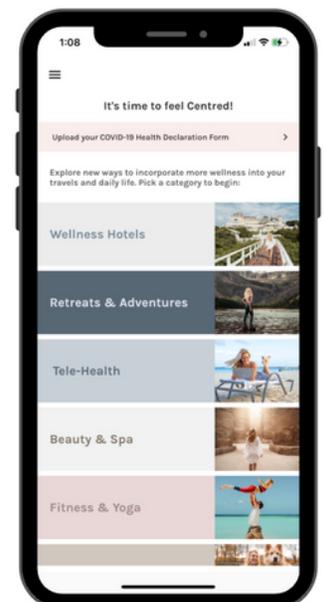
Alba Wellness & Fusion resorts (Vietnam), **Anantara / minor group** (Asia & GCC), **Aqua Sana / Center Parcs** (UK), **Bloom Wellness Center** (Syria), **Brick Bodies** (USA), **Canyon Ranch** (USA), **Cartesiano** (Mexico), **CIDESCO International** (Belarus, France, Grand Cayman), **Corinthia** (Europe), **Dusit** (Thailand), **Euphoria Retreat** (Greece), **Fivelements** (Bali), **Four Seasons** (Dubai), **Galgorm** (Ireland), **Grand Hotel Bad Ragaz** (Switzerland), **Glen Ivy Hot Springs** (CA - USA), **Edgewater Beach Resort** (FL - USA), **GOCO Hospitality** (Greece & UAE), **Groupe Maurice** (33 senior homes in Quebec), **Jumeirah** (UAE & Europe), **Kamalaya** (Thailand), **Katikies** (Greece), **LUX Resorts** (Mauritius), **Mandara Spas** (Asia), **Mandarin Oriental** (Hong Kong), **Oberoi** (Marrakech), **Peninsula Hot Springs** (Australia), **Rancho La Puerta** (Mexico), **Ritz-Carlton** (Vienna & Oman), **Six Senses** (worldwide), **Taj Hotels & Jiva Spas** (worldwide), **Terme di Saturnia** (Italy), **Waldorf Astoria** (Dubai, Rome & Phoenix), **WTS International** (USA)...

A SPECIAL SHOUT OUT TO...

With access to 57 million members, **Centred** connects their global community to the cities they live and the places they visit. With over 10,000 curated wellness experiences in 1,000+ cities worldwide, Centred's personalized wellness portal offers vetted wellness hotels and spas, 24/7 tele-health, boutique fitness and yoga studios, custom beauty products, and so much more! Whether you're looking for tailored experiences locally, or on an exotic getaway, you'll be sure to feel Centred!

Members can book a secure tele-health video consultation with a virtual doctor to discuss their health needs, book their favorite spa and beauty treatments, discover a new destination to visit, or find innovative beauty products with their integrated Beauty Match App.

Centred is an invite-only portal, so when their app launches at the end of August, they have offered to give YOU the gift of wellness with free, lifetime membership to their platform. **Stay tuned for your exclusive invite code from World Wellness Weekend!**



Visit: <https://centred-wellness.com> to learn more!

DIRECTORY

4 60+ FEDERATIONS ARE SPREADING THE WORD

5 DIAMOND SPONSOR

6 COUNTRY & CITY AMBASSADORS EUROPE

7-19 COUNTRY UPDATE EUROPE

22 PLATINIUM SPONSOR

23 COUNTRY & CITY AMBASSADORS INDIA ASIA PACIFIC

24-28 COUNTRY UPDATES INDIA ASIA PACIFIC

29 GOLD SPONSORS

30 COUNTRY & CITY AMBASSADORS LATIN AMERICA

31-35 COUNTRY UPDATES LATIN AMERICA

38 SILVER SPONSORS

39 COUNTRY & CITY AMBASSADORS AFRICA & MIDDLE EAST

40-42 COUNTRY UPDATES AFRICA & MIDDLE EAST

43 BRONZE SPONSORS

44 COUNTRY & CITY AMBASSADORS USA & CANADA

45-47 COUNTRY UPDATES USA & CANADA



60+ FEDERATIONS ARE SPREADING THE WORD





“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



WELLNESS STARTS WITH "WE"
AND IT GROWS WITH YOU

EUROPE

Jean-Guy de Gabriac
Founder
BELGIUM

Julie Wren
Antwerpen (BELGIUM)

Christophe Anderson
Ambassador for Fitness
FRANCE

Catherine Sertin
Beauty Salons
FRANCE

Romain Dupont
Ambassador for Spas
FRANCE

Stephane Huin
Ambassador Auvergne
FRANCE

Isabelle Trombert
Briançon (FRANCE)

Anita Murray
IRELAND

Christina Blei
NETHERLANDS

Renata Kokarcali
Wroclaw (POLAND)

Lasse Ericksen
NORWAY

Isabelle Wachsmuth
Ambassador for the Arts
Geneva (Switzerland)

Viktor Kovyrzin
Kiev (UKRAINE)

Alexis Foret
Agen (FRANCE)

Viviana Confalonieri
Lombardia (ITALY)

Iulian Motoc
Bucarest (ROMANIA)

Kristijan Zulle
CROATIA

Manuel De La Garza
Barcelona (SPAIN)

Andrea Pambianchi
Rome (ITALY)

Snježana Ledinski
CROATIA

Giovanna Lorrari
Sardinia

Stavros G. Mavridis
GREECE

Laura Dessardo
Coordinator
CROATIA

Regis Boudon-Doris
ITALY

Nikos Kouremenos
Athens (GREECE)

Cinzia Galletto
Piemonte & Liguria (ITALY)

Simone Ciolfi
Toscana (ITALY)

Rosalia Vitrano
Sicily (ITALY)

Raffaella Dallarda
Influencer (ITALY)



EUROPE

ITALY

140 venues



Communications from the Italian Ambassadors

During these last 2 months all Italian Ambassadors had the occasion to meet more association / companies and to introduce the format of World Wellness Weekend. Thanks to their passion and explications, NEW ADHESIONS are born for the great weekend of 18 and 19 September!

Mrs. Cinzia Galletto - Ambassadors WWW - Piemonte and Liguria regions and Art director **Turin Wellness Weekend at Borgo del Benessere Gran Madre LifeStyle** is proud to inform :

Turin Wellness Weekend:

The streets of the most prestigious and renowned districts of Turin – Gran Madre Life Style come alive with exhibition spaces and areas dedicated to shows, demonstrations and conferences with the aim of disseminating disciplines, philosophies and arts related to the world of "well-being". A **rich program with Kundalini Yoga, Feldenkrais, Tibetan sounds, Mindful eating, Shiatsu, Bioenergetics, Smelly Art Performance and many other...**

The **1st Italian Sauna Festival in 3 different locations** will be organized by AssoSauna to spread Wellness Entertainment, the culture of sauna and spa rituals and to raise awareness the figure and role of the sauna and hammam master. Hundreds of enthusiasts will be able to attend the thematic sauna shows presented by some of the best sauna masters from all over Italy in 3 different magnificent locations:

1. Blu Spa Orbassano (Torino), in the largest and most modern Urban Spa in North West Italy
2. Hotel Bad Moos Dolomites Spa Resort (Bolzano) one of the temples of well-being in Europe
3. ITV Resort & SPA (Caserta), in the largest and most modern sauna and spa in all of Southern Italy

Performances by Assosauna at Gran Madre Life Style (Torino)

In the context of the Gran Madre Life Style Wellness village during the World Wellness Weekend on 18 and 19 September, the President will be present in a series of meetings to talk about the spa market offer and how it could improve thanks to the presence of professional operators that follow customers in the sauna areas. During the event in Gran Madre, moments of performance by some of the best sauna masters will be organized on stage with the projection of an emotional video on the Aufguss ritual in the background.

AssoSauna is the first Association in Italy of Sauna and Hammam Masters and wellness enthusiasts; inside there are some of the leading experts in the sector in Italy who for years have put passion, experience and skills at the service of enthusiasts and wellness centers, spreading a new professional approach and pursuing an effective and revolutionary way to spread wellness rituals inside the spas throughout Italy.

Mr. Simone Ciolli -Ambassador WWW - & **Mrs. Serena Alessi** – Coordinator WWW-Tuscany region are happy to announce :

Participation of Florence town , the city of the Renaissance

The municipality is preparing the patronage for the various initiatives that will take place in the city during 18 and 19 September in partnership with WWW.



Florence has been a city characterized by a literary development and also one of the most important centers of world culture rebirth. Joining the WWW makes us understand that once again it is a city with a far-sighted vision that thinks of material and spiritual well-being, interpreter of a great social change to become a center of rebirth of the world culture of well-being.



The Mugello area have enthusiastically joined the World Wellness since the month of June 2021 and now we have the communication of the official name of the event: "**Mugello Wellness Tour**". Each Municipality will make its own places and meeting spaces available for outdoor initiatives, managed by professionals or sports and cultural associations (or area wellness facilities).

Partnership with **Alpen Spa** in Castione della Presolana (Bergamo) Lombardia region where on September 18th and 19th it will be possible to participate in wellness activities in full harmony with the 5 purposes of WWW.

The town of Casciana terme is joining WWW for the first time and it is become the 1st thermal city of wellness in Italy. Its history is closely linked to the therapeutic properties of the waters that flow through it, giving life to the Spa. The origins of Casciana date back to the Etruscan period as recent archaeological finds in the Parlascio area

Mrs. Viviana Confalonieri - Ambassadors WWW - Lombardia region is happy to inform :

Partnership with Bormio Terme SPA: Over 2000 years of wellness history in this location situated in the center of the Alps that open his doors to the WWW.

The Wellness & SPA Gardacqua located on the lake of Garda in the Veneto region will organize on September 18th and 19th the Gold-Weekend, a special ceremony with water, body scrub and massage.

Wanderlust, the largest Mindful Movement community, has announced the first Italian dates of Wanderlust 108 - the only conscious Triathlon in the world in Milan. The Milan event is scheduled to have a double date, Saturday 18 and Sunday 19 September, two days dedicated to awareness, with running, yoga and meditation sessions, and at the same time the live streaming scheduled for Sunday and many digital activities. All in technical partnership with World Wellness Weekend. Why 108? 108 is a sacred number of yoga and it reminds us what we all have in common (1 for Union, 0 for Completeness and 8 for Infinite possibilities)

collaboration with **Aquagranda Active you**, one of the largest center in Europe where sport, fun, and relaxation are combined

Mr. Andrea Pambianchi - Fitness Ambassador WWW and the President of the Italian Wellness Confederation (CIWAS) - Lazio region announce:

Partnership with **Fit for Life:** Free access to over 300 fitness clubs throughout Italy on 18 and 19 September.

Wellness on the beach: Free hour of activity at the St. Tropez bathhouse in Fregene (Rome)

Partnership with **Outdoor Rebalance:** Two free yoga sessions at Villa Pamphili and Villa Borghese (Rome)

Partnership with **Roma Fitness Outdoor:** Various outdoor activities in one of the many locations in Rome



Giovanna Lorrai- Ambassadors WWC Sardegna region- announces that this year sees an increase in the number of island realities adhering to the project of WWC.

Partnership with the municipality of Alghero town to become the "Borgo of the future" institutions attentive to the well-being of their communities and territories.

The new project of the "Holistic Residence" of the **Hotel Esagono in San Teodoro** is also part of the World Wellness Weekend, with the first "Widespread SPA" in Italy.

The welcoming of **Regia Hotel** in Abbasanta (Oristano)

The **Locanda Minerva in Villanova Monteleone** confirms its participation for the second year and has always stood out for the numerous activities it offers.

InEvoSpa society follows and supports most of these new projects, for sustainable wellbeing for all.

·Mrs. Lia Vitrano- Ambassadors WWC Sicilia region- announces that It is the first time that the Sicily region participates in the WWC and we are pleased to announce that 2 important structures have joined.

Partnership with Verdura Resort of Group Rocco Forte Hotels: Inside this oasis of 230 hectares of sun-kissed Mediterranean coastline and countryside near the town of Sciacca, various activities will be organized on 18 and 19 September to allow all its visitors to know the well-being of the WWC and the combination with the Sicilian atmosphere

Partnership with association La Excelencia Dance and Fitness Studio (ACRSO Style Dancers Academy) of the town of Sciacca:

The association will propose the Silent Dance Fitness , a new way of training carried out with the guidance of qualified instructors who accompany the participants in the rediscovery of nature and knowledge of cultural heritage, the rediscovery of their body, and its possibilities of movement , with the aim of improving one's psychophysical condition and consequently the quality of life of the individual and of the community.

It is a discipline practiced with outdoor walks on city and non-urban paths, by groups of people of all ages who, with the help of wireless headphones, follow the instructions of the instructors and in ... silence they enjoy walking to the rhythm of music together to fitness exercises (Power Walking, Functional, Zumba, Cardio Dance, Yoga, Fit & Boxe... etc).



Mr. Régis Boudon - Italian Ambassador WWW and CEO bbspa_Group
Emilia-Romagna region announces:

Partnership with "Festival del Buon Vivere"

bbspa_Group, Bronze Sponsor of WWW is happy to announce that from 9 to 19 September the "Festival del Buon Vivere" will take place in Forlì town and will be in partnership with the World Wellness Weekend with a lot of events during the weekend of 18 and 19 September.

The Festival brings every year great protagonists of the economy, politics, culture and entertainment. Seminars, shows, presentations, conferences, participatory workshops, street initiatives, gastronomy.

An opportunity to discover what, according to all the official rankings, is one of the most livable areas in Italy.

This event will have the support of the European Community

Val di Fiemme, an international wellness destination (see listing of venues and activities)

The Trentino valley surrounded by the Violin Forests and the UNESCO Dolomites is the first area that is part of the World Wellness Weekend. Scheduled activities and events capable of creating a profound "agreement" between man and nature, in full harmony. It will be a wellness weekend that embraces rest, creativity, nutrition, movement, awareness, biodiversity and solidarity.

Stroll along the UNESCO landscapes between the sound of a horn, a thanksgiving dance in the sun, essences of the forest and flowery aperitifs. Kneipp paths in the stream, regenerating hay workshops, observations of the stars and moments dedicated to the care of horses, cows, goats and sheep.

Here are some moments of well-being organized by the Val di Fiemme Tourist Board from 17 to 19 September 2021, on the occasion of the World Wellness Weekend.

The international weekend opens with the inaugural Convention organized by local companies at the headquarters of the company that creates wellness ecosystems that accompanied the Val di Fiemme on this circuit: the Starpool in Ziano di Fiemme.

During the WWW the Namasté festival comes to life to meditate in nature. And on Sunday 19 September you can breathe the joy of the Fiemme senz'Auto day of solidarity and eco-sustainability, where car traffic gives way to two wheels, quality of life and altruism.

Fiemme is the first territory to participate in the World Wellness Weekend (WWW), an international event that takes place simultaneously in more than 133 countries around the world on the third weekend of September, just before the Equinox, precisely in the symbolic period of balance between the day and the night. This international network promotes wellness as a lifestyle. It is both physical and mental well-being: a balance between soul and body that also draws energy from altruism and eco-sustainability.

"La Roccia Wellness Hotel", in Cavalese, will organize for the guests, a 3-day program based on **Heart & Breath Meditations**, lunch in a Km 0 mount-farm with bio-walking, Aura Soma experience, a Chakras-menu dinner and more..."



Val di Fiemme was chosen as a WWW destination because it is located between the UNESCO Dolomites and two natural parks (Paneveggio-Pale di S. Martino and Monte Corno), for its welcoming characteristics, for the numerous regeneration activities in nature and for the immense breath of its fir and larch forests.



Its 60 million trees are capable of capturing 2 million tons of CO₂, as evidenced by the FSC certification obtained by the Magnifica Comunità di Fiemme which has managed forests and pastures since 1111, generating positive impacts on ecosystem services. Furthermore, Fiemme is known as the Valley of Harmony. In fact, the famous "Violin Forests" embrace its 9 municipalities, where the trees of music grow. These are the resonant spruce trees once favored by Stradivari and today by luthiers all over the world.

This appeared to be the ideal valley to re-establish a harmonious contact with nature. From spring to autumn Fiemme is an immense open-air SPA that invites you to regenerate through 70 guided experiences that put you back in motion by exploring, observing and meditating. The almost 300 voluntary associations active in the valley and promoters of sporting activities and solidarity actions make it the ideal place as a land of social well-being. Restaurants and hotels in Fiemme also participate in the WWW, offering genuine zero-kilometer menus and moments of well-being.

The first to adopt principles of eco-sustainability in Val di Fiemme are local companies, such as Starpool, an international reference company in the design and construction of wellness centers, such as Fiemme 3000, a company of bio-compatible floors treated only with essential oils to breathe the essences of the forest at home, such as the Felicetti pasta factory that mixes with spring water and dries pasta with the pure air of the Dolomites, as well as offering a line of Monograno pasta among the most genuine and tasty, or as La Sportiva, a world leader in the production of climbing shoes and high mountain boots that minimizes the environmental impact of its products by regularly publishing a sustainability report. It is also nice to know that 160,000 pianos created with Fiemme resonance spruce are playing in the world, thanks to the Ciresa di Tesero company that makes soundboards for musical instruments.

Val di Fiemme is also at the forefront to win the great challenge of recent years: producing clean energy. Its municipalities have strived to replace fossil fuels with renewable energy sources. To give an example, in Cavalese 80% of the town is heated by biomass from wood processing waste in the Bioenergia Fiemme district heating plant. FiemmePellet is produced with sawdust, a 0 km fuel marketed in the area. Finally, an essential oil used in cosmetics and in the wellness sector is obtained from the branches of the "magnificent" fir trees. Val di Fiemme is not content with being a gigantic green lung, but invests in new technologies for the development of the energy supply chain.

In addition to Cavalese, the towns of Predazzo, Bellamonte, Carano, Tesero and Ziano have also made innovative "green" choices. A sort of "district of renewables" has been created in the valley.

It's not all! Fiemme is among the first in the ranking of virtuous municipalities on separate waste collection.

In September, the Val di Fiemme reveals its profound nature for three days. In this land, well-being is not an hour to carve out between the hectic daily rushes, but a lifestyle that respects nature and draws inspiration from its rhythms, colors and scents.



FRANCE 310 venues



Live life "in your bathrobe"! Lead by **Stéphane Huin** (Route des Villes d'Eaux & Accros du Peignoir), the French "Bathrobe Addicts" bring again their humour with off-beat activities **simultaneously in 18 thermal towns of the Massif central on Saturday at 11:03 am to be experienced in a bathrobe:** sophrology (on land and in water) , qi-gong, conscious walking, Yoga at the top of the highest point of the Massif Central, the Sancy (1.886 m). During this weekend of "European Heritage Days", the thermal heritage will be celebrated with guided tours mixed with relaxation sessions. For the more sporty and thrill-seeking, the "Accros du Peignoir" have even planned **zip-line and human catapult sessions... in bathrobe!**

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.

With the support of ANETT (association of 900 Mayors of touristic cities), the visitors bureau of **Montbrun les Bains** will organize on Saturday 18: a **guided tour of the medieval village** listed on the well-being and heritage alliance ; **outdoor yin yoga class with live acoustic music** at the **Verger des 3 Tilleuls** with Laurence Cordonner ; a **tasting of organic and biodynamic wines** in the **O des Sources cellar**, initiation to **Shiatsu** with Martin Reid, a conference by Sylvie de la Savonnerie "Natural cosmetics" with vegetable oils and essential oils" locally produced... End your day with a **Night at Valvital spa**. On Sunday 19: discover traditional **Thai massage** in the practice room of Beffroi.

The city of **La Grande-Motte** will host a **yoga class (9am-10am) with a 70's music playlist**.

This year, **Catherine Sertin**, Founder of **Ecole Privée Catherine Sertin of Aesthetics (EPCS)**, and WWW Ambassador (Beauty Institutes with ACNAIB & CIDESCO France, and Beauty Schools with FIEPPEC), will **"take care of health care-givers"** with **ACNAIB** beauty salons at the national level and the **Ereel** endowment fund. As the second line of responders, beauty students will perform beauty treatments on hospital healthcare workers (first line of responders).

Isabelle Trombert, founder of **L'Esprit A** and WWW Ambassador, will coordinate activities in 3 cities: Wellness Festival in **Briançon** (Outdoor massage, Yoga, DO IN self-massage workshops, and DIY workshops to create your own cosmetics using natural products) ; **Mulhouse** (sensory massage, yoga, sports coach, detox juices and a healthy menu) ; Belfort (Brunch & Spa, nail art workshop and a 4 kilometer family walk).

Biologique Recherche will organize a worldwide Mask challenge #MasqueBRChallenge and will offer free skin diagnosis at the iconic Ambassade de Beauté on 32 Champs-Élysées (Paris).

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

Lovely Spa with **Laetitia Fontannel**, WWW City Ambassador, will host workshops about the benefits of LEDs to treat and prevent hyperpigmentation, slimming and draining, anti-stress.



The 2020 Wellness Champion City **Niederbronn-les-Bains**, touristic and thermal station, participates for the third consecutive year in the "World Wellness Week-end". In 2020, it was the city with the most venues participating !

On September 18

- **Nutrition:** Taste a selection of organic, artisanal and "green" products at the **Cave Anweille** or Enjoy well-being teas and infusions at **Oh So Green**.
- **Beauty:** Discover beauty devices and rejuvenate at **Ets Gilger** and Perform a skin diagnosis and a half facial treatment at **Joëlle Institute**
- **Relaxing activities:** Learn how to self-massage at "**La Masarde**". Discover Reiki with "**Papillon d'âmes**" and find an emotional, physical and spiritual harmony. Take care of your feet at **Chaussures Ellen**. Attend a sylvotherapy session to release the stress and mental load of everyday life with **Manuela Peschman**. Enjoy the whirlpools in a Zen and subdued atmosphere by night at the **Aqualies pool**
- **Cultural activities:** you will be able to discover the natural and well-being activities of the **Alsace Verte** territory with the visitor enter and the Roman hydrotherapy and the nutrition of our ancestors with the **Maison de l'Archéologie des Vosges du Nord**

On September 19

- **Sports:** Enjoy energetic and breathing exercises to be in harmony with your body with **Caroline Fessy**.
- **Relaxing Activities:** Discover the "cupping" therapy to relax your muscles with **Dorothee Loewenguth**. Rejuvenate yourself by taking a sound and olfactory bath in the forest with **Laeticia Redel**.
- **Health:** Stimulate self-healing with plantar and facial reflexology with **Catherine Thurwanger, Magali Schwob and Mathieu Tomei**.
- **Beauty:** Enjoy a skin diagnostics, exfoliation and beauty make-up, cranial and foot massages at **Mon Coin Beauté** or make your own tawashi sponge with recycled clothes.

On September 18 & 19

- **Arts & Culture:** **Anh Hong Nguyen** organizes an introduction to calligraphy through practical exercises. You might also want to discover a selection of books on well-being and relax on the **Gard 'Zen** deckchairs,
- **Physical Activities:** Take part in muscle strengthening sessions and circuit training for adults. For children, the little fighter's course will offer obstacle crossings, the egg and spoon skill course, ball games, the game of cats and mouse. Discover **Aquatraining, Aquabiking** and other activities for adults at the **Aqualies Pool**. Go for a hike from the Zen village, then visit the **Wasenbourg castle**.
- **Relaxing activities:** Take part in a **kinesiology** session or enjoy stress-relieving treatments with rapid emotional release with **Virginie Walter**. Take part in a mindful yoga or relaxation session through **sophrology or hypnosis** with **Victoria Nies**. Attend a **yoga class** at the parc of the **Casino Barrière**. **Karin Monnery** offers you a relaxing hand and foot treatment and relaxing hand and foot reflexology. Last but not least, discover "**symbionia**", a gentle practice that aims to re-harmonize the body.



CROATIA

21 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.

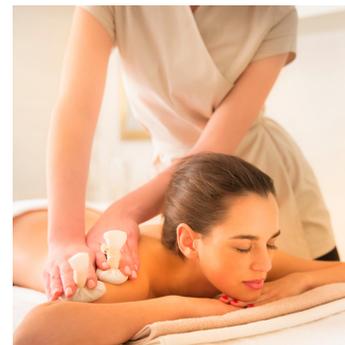
Kvarner Health Tourism Cluster with over 8.000 employees in its 32 member organizations is fully supporting WWW. As the Cluster's president and WWW Ambassador for the Primorje-Gorski Kotar County and the Istria County, Assistant Professor **Vladimir Mozetič**, MD, PhD, is coordinating special wellness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

16 venues

Ireland receives great enthusiasm for its inaugural WWW 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, from the award-winning **Galgorm Resort** in Northern Ireland to the iconic **Merrion Spa and Health Club** in Southern Ireland.

The Merrion Spa and Health Club is delighted to collaborate with some of the world's leading brands, and Ireland's key professionals to offer results-driven treatments. An oasis of calm and comfort where wellness takes centre stage, just steps from historic, Georgian Dublin. *"Our team of professionals focus on absolute wellness, offering wholly restorative therapies. We look forward to celebrating World Wellness Weekend alongside our wonderful brand partners Biologique Recherche"*. **Leanne Nugent** Spa Director

"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". **Anita Murray** WWW Ambassador Ireland

"Over the last year we have all come to fully realise the importance of our health and wellbeing, so this campaign has never been more appropriate than it is now "

Office of **An Tánaiste Leo Varadkar** TD

"World Wellness Weekend is the perfect time to reconnect with yourself! Take a deep breath into your belly, hold for a moment and slowly let it go. Awaken a calmer you!"

Dermot Whelan Irish Author comedian and presenter

Some additional highlights for World Wellness Weekend 2021 are as follows:

- **Edvard & Pink** will host free self-care masterclasses with their award-winning team of massage therapists, podiatrists, physiotherapists and facialists.
- **Skeyndor Ireland** will give away free skincare vouchers for everyone participating.
- **Love Yoga** is hosting Yoga by the sea in Galway
- **Look good feel better Ireland** have put smiles on the faces of over 10.000 Irish Women receiving cancer treatment, their incredible team will host free virtual masterclasses and makeovers September 19th.



Julie Wren, WWW City Ambassador in Belgium is proud to announce that the following venues have stepped forward to show their support for the World Wellness Weekend movement and will open their doors on the weekend of 18 & 19th Sept. to celebrate the joy of being well.

Al Chi Moon, Malmedy: On Saturday 18 September Al Chi Moon is organising a special meditation moment "welcoming autumn with confidence and creativity" sounds, colours, smells to enter the energy of autumn.

Bel Alibi, Gembloux: An olfactive and sensory discovery experience of Altéarah Bio products and Miwell care mat. Through the Altéarah Bio colour test participants will discover which colour that attracts them their needs and emotions in that moment. This will be followed by a session on a carpet of amethysts, with infrared and pulsed waves, and the essential oils of the chosen colour while enjoying a scalp massage.

Martin's City Spa in Louvain La Neuve is organising a group exercise class and at **Martin's Fitness Club** in Genval there will be an opportunity to discover the different techniques of Yoga, Pilates or Tai-chi.

Fitness fans will enjoy the 5,000 m² of **FITOPIA SAUNATOPIA** (Edegem), and will download the **ENDONORA** App to enjoy a real outdoors fitness experience with friends or family in Brussels, on their smartphone.

Perle d'Eau, Westerlo: GLOW TIME make-up workshop 18 September. SHOW YOUR GLOW. All make-up starts with a good basis, blush and highlighter. In this workshop full of personal tips and guidance Tamara and her team will show you how to do your make-up as a PRO and get the look you love.....

Phyto Beauty, Nivelles: Has created a beautiful discovery treatment that combines an Altearah colour test with massages and a special moment on ab energetic heated mat with amethysts.

Spencer Handpan Academy, Uccle: In a splendid property, surrounded by nature, the academy is organising a handpan workshop on Sept 19. Especially for World Wellness Weekend, participants are welcome for a 60-minute free immersive sound journey, in the wondrous sounds of the handpan, the didgeridoo, Tibetan bowls.

The Skin Corner, Hasselt, Wellness Champion will be organising 2 events. Saturday 18th there will be a "Make-up like a Pro workshop" with a professional make-up artist who will show participants all the tips and tricks to create the perfect look using mineral make-up.

On Sunday 19th a "Skin & Shave3 workshop led by an Expert Barber. During this event participants will learn all the tips and tricks for an easy and extra smooth shave - the benefits of wet shaving; shaving techniques and moves with Safety Razor and open blade; how to get the perfect shaving cream, after shave and skin care



8 beautiful Sauna and Wellness Complexes in Flanders will be organising special events or offering a number of free day-passes for people to discover their unique worlds of wellness:

- **Elsaisa, Dilsem-Stockem:** Energetic Wellness, connecting you to your inner nature, situated on the edge of the Hoge Kempen National Park. A unique, natural wellness experience where you can discover ancient traditions and the chance to relax in extraordinary saunas and baths.
- **Fitopia, Saunatopia, Edegem:** Discover what rest and relaxation can do for you. In our wellness complex you can enjoy 5,000 m² of facilities. Enjoy swimming in one of our pools, warming up in the sauna and enjoying the Jacuzzi under the starry sky. Our mission is to get to know you, find what motivates you and achieve results together.
- **Katara Belsele:** 10,000m² of pure wellness pleasure taking you around the world to recharge your batteries. Rest your feet in the Roman footbath or close your eyes in the oriental relaxation room. Soak up the atmosphere in the Arabian, Japanese or Finnish sauna or just settle down on a lounge
- **Thermae Boetfort, Melsbroek:** A wellness centre with a unique character close to Brussels. Relax in the shadow of the 400-year-old castle. There are two completely separated sections with no less than nine different saunas in total, swimming pools, Jacuzzis, wellness baths and a great deal of other wellness facilities too.
- **Thermen Dilbeek, Dilbeek:** A beautiful wellness complex with extensive thermal facilities where you can find everything you need to enjoy a day without stress. Experience an unforgettable day of rest and relaxation.
- **Thermen Londerzeel, Londerzeel:** This rural haven of peace and relaxation guarantees an unforgettable day of wellness. The extensive facilities offer ample variety to make a day of pampering complete.
- **Thermen Mineraal, Rijmenam:** Unbridled sauna pleasure with a wide choice of thermal facilities, a beauty centre and a hotel with luxurious rooms. This oasis of peace and greenery near Mechelen is the ideal address to drive away your stress in one of the numerous baths with Finnish sauna tradition.
- **Thermen R, Roeselare:** Plunge into a world of enjoyment and inner peace; where time stands still for a moment to let the body relax in its purest form and rejuvenate. A pampering and purifying experience in the saunas, steam baths and swimming pools under the influence of heat and cold, moisture and dryness, then relax in the lounge or on the beach and sunbathing areas.

Finally, the Belgian team will continue to promote and encourage venues to sign up; work on getting local tourist offices on board, and seek endorsement from officials in the regions!



Led by **Ana Manuela Coelho Silva**, WWW Country Ambassador and **Vânia Sousa**, Coordinator, Portugal is celebrating World Wellness Weekend for the first time in 2021 with a great line up!

13 Satsanga Spas across the country with host workshops to discover Watsu (Water Shiatsu) ; Family Yoga (children from 4 to 8 years old) or Qi Gong or Body & Mind classes in the garden ; face massage techniques and tips for homemade exfoliants ; meditate with creative visualization ; 10 minute SOS tension relief in the upper back ; pamper your better half in a chair massage session to relax your back, held in the garden, against the backdrop of the Douro River ; receive personalized Aromatherapy tips ; experience Foot Reflexology...

Enjoy wellness in stunning locations:

- HIIT session and Qi Gong at **Six Senses Douro Valley Spa**
- Summer Stretching Session in the garden at **The Spa by Corinthia Lisbon**
- a special wellness package at the **InterContinental Lisbon**
- Fitness and Yoga at **Sublime Comporta Country Retreat & Spa**
- Morning Yoga with breath-taking views of rice fields at **Quinta da Comporta - Wellness Boutique Resort**
- Functional training and Aquafitness at **OSMOS Wellness Center**
- 3 **Mandalay Wellness & Spas** just joined and will soon announce their activities...

UNITED KINGDOM

46 venues

- Massive participation from ALL **Aqua Sana Spas** in the UK with outdoor activities in the forests of the Center Parks: **Lonford Forest, Elveden Forrest, Whinfell Forest, Sherwood Forest, Woburn Forest, Longleat Forest**
- The historic **City of Bath**, member of the European Historic Thermal Towns Association (EHTTA), with **Visit Bath, YMCA** (free restorative yoga session), **Thermae Bath Spa**: Enjoy holistic Aquasana sessions in the rooftop pool, complimentary juice and wellness talks in the Cross Bath along with yoga, meditation and movement sessions in The Chapel at the Gainsborough Bath Spa Hotel.
- **The Soul Spa in Hetling Court** has organised a jam-packed programme of free taster events and workshops with specialist practitioners: hand reflexology, healing sessions, spirit readings, calming techniques to share with children and teenagers, a talk on Feng Shui, a Zyto personal wellness scan, mindful meditation, yoga, family guided relaxation and sound bath, Reiki healing, an introduction to Tarot reading and Thai massage.
- Join the Leisure Team at **MacDonald Bath Spa Hotel** for World Wellness Weekend for an alfresco yoga and pilates taster session taking place on their front lawn.

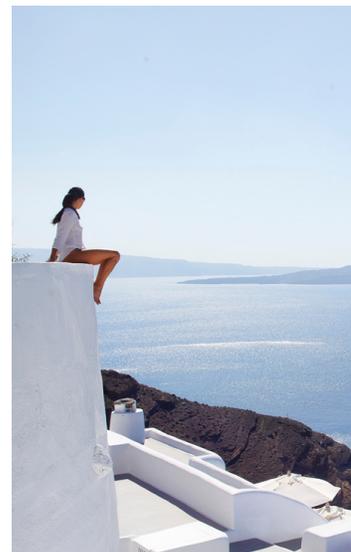
And also...

- **Jumeirah Carlton Tower.**
- **Three Kypwell Studios** offering Face wellness workshops
- **Banya No.1**
- the first **Laughing Club** in Bermuda



Stavros Mavridis, WWW Country Ambassador is coordinating activities with iconic wellness destinations and **Nikos Kouremenos**, WWW Ambassador in Athens and **Katilena Alpe**, WWW Coordinator:

- Four iconic **Katikies** Spas will participate: **A.SPA Katikies Santorin**, **A.SPA Katikies Kirini**, **A.SPA Katikies Garden** and **A.SPA Katikies Mykonos**
- **Six Senses Elounda Crete** will offer workshops including Face Yoga...
- **GOCO Spa Daios Cove** will organize Hatha Yoga and Matt Pilates sessions, with healthy Wellness lunch options...
- **Dr. Alkistis Agio**, TEDx speaker will share a video on how to apply Greek Philosophy for Happiness & Wellbeing, including self-induce hypnosis.
- The **ALBA college** and award-winning **Euphoria Retreat** (Sparta) will participate with hiking, followed by mindful eating.
- **St. George Lycabettus** will be offering one hour's complimentary spin biking on the Roof Terrace where bikers will enjoy amazing views of Athens and the Acropolis.
- **Mystras Grand Palace Hotel & Spa** in the Peloponnese will be joining with a number of activities for their guests during the WWW. There will be a variety of activities planned.
- **Searocks Villas Exclusive Resort**, a villa resort in the village of Kitries outside the town of Kalamata and about 20 min from the International Airport will prepare a wellness program including yoga, pilates, calisthenics
- **Masazaki**: The business is owned by a young female entrepreneur who has three shops in key areas in Athens namely in Glyfada, Kolonaki and Dafni. The offer is one hour of massage chair from August until the WWW . The one hour massage chair will be available between 2pm - 3pm when it less busy and to be adhering to the Covid health protocols.
- **Ioanna Tsagari** is a therapist who specialises in vocal healing techniques. With her method helps people find their own voice in terms of the mental health as well as be able to sing. Ioanna is suggesting to do a Voice Circle with some of her past and present students. A vocal circle is the way the voice is used as an instrument. In the meantime, she'll be teaching vocal healing techniques virtually.
- **Nudie Foodie** a gluten free, vegetarian and vegan café which will be providing a free healthy drink during the 18th & 19th September.
- **Konstantina Makri**, Gold champion at the World Championship Massage will share massage tips to take care of your loved ones from Mykonos.



SPAIN

19 venues



We are happy to welcome **Manuel de la Garza** as the new WWW City Ambassador for Barcelona.

- **Mayan Luxury Spa**, located at Hotel El Palace Barcelona 5*GL and **Mayan Secret Spa**, located at Hotel Claris & Spa 5*GL will be organizing "Mayan Rebirth Rituals" including Temazcal with a Temazcaltzin or Chamán ; Chromotherapy Shower ; and Tribute Mayan Massage.
- **Jumeirah Port Soller**, Mallorca
- **Kellee Kell and Club La Santa** will host a Mind, Body and Soul Retreat in picturesque Lanzarote
- Spa "Open Day" at **Heavenly Spa by Westin** in Marbella
- **AquaYogaDive** in Begur, will surprise you with Sailing Yoga Experience®
- **Único Hotels** in Barcelona will offer a Hatha Yoga class
- **Anantara Villa Padierna** will organize a Wellness Weekend
- **Six Senses Ibiza** and **Nobu Hotel Ibiza Bay** will soon announce their special activities...

NETHERLANDS

6 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**.

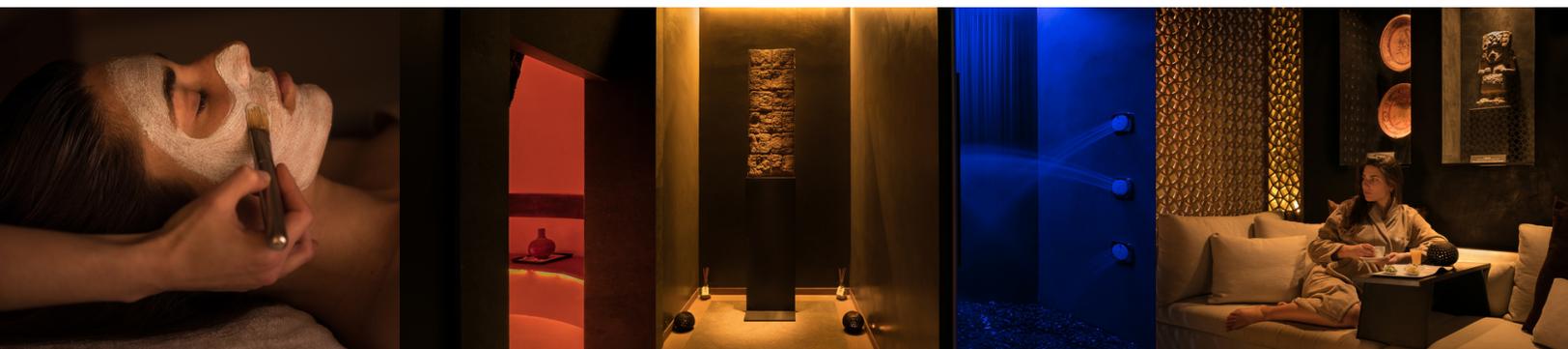
NORWAY

6 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.



CYPRUS

6 venues



With the leadership of **George Tavelis**, WWW Country Ambassador and President of the Cyprus Spa Association:

- **the Deputy Minister of Tourism, Mr. Savvas Perdios** is renewing his support to WWW
- **Sanctum Spa & Fitness at Limassol Marina** will organize an outdoor circuit exercise and Zumba for All
- **three Kypwell Studios** will host Face wellness workshops
- Award-winning **Parklane** in Limassol will offer fun fitness activities for families in the pool and in the garden

ROMANIA

4 venues

We salute WWW Ambassadors in Romania working hand in hand to organize wellness activities for this 5th edition: **Iulian MOTOC, Alin GHEORGHISOR, Radu GLIGOR, Andrei BANC, Mihaela NECHIFOR, Diana HORGA, Ionut STRUGARIU, Constantin DUCA, Andrada MIZGAR, Doru TOMA, and Valeriu BARBUICA,**

Specialists from the **AMTC and Reflexovital** team will put their skills to use in promoting everything Wellness. Apart from the live demos of different therapies, we will also support clients and Wellness enthusiasts from Romania with the help of several collaborations with local Spas, Gyms and Pools such as **Centrul Aria** in Sibiu and **Forest Retreat** in Maciuca, Vâlcea county, that will offer special offers.

Furthermore, Reflexovital and **Zen Holistic Center** will also offer vouchers for relaxing massages, therapeutic massages, yoga and more.

And also...

Iconic properties of **Corinthia Hotels** confirmed their participation to the World Wellness Weekend.

- **Corinthia Budapest** is organising crossfit, mobility and yoga classes, as well as a massage workshop. Furthermore there will be an interesting conference about nutrition "No-nonsense nutrition – ditching diets, unlearning old patters, creating sustainable habits and finding your best balance".
- **The Spa by Corinthia Lisbon** will invite guests and friends to enjoy the swimming pool, lounge and sun terrace during the 18th and 19th of September. Previous booking is required and limited to a maximum of 15 guests per day. Join them as well for a stretching session in their garden, where you can benefit from pure oxygen and a relaxing environment. Surrounded by Nature, combine the power of breathing with the most pure oxygen leading to into deep relaxation.
- **ESPA Life at Corinthia in London** registered and will confirm soon their activities.

GOCO Hospitality will actively participate once more !

Enjoy some Hatha Yoga and pilates at the iconic **GOCO Spa Daios Cove**, or visit **GOCO Spa Ajman** that will soon announce their activities. **Glen Ivy Hot Springs** will organise a Sound Bath Meditation, taught experts, Anthony Espanet and Marsha Pacificar. A beautiful experience that will leave you relaxed and renewed.

and also...

SLOVENIA

1 venue

POLAND

2 venues

UKRAINE

2 venues





“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 Tayym
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)



Nyoman Yastama
Coordinator
Hue Province (Vietnam)



Jeanette Tambakau
MALAYSIA



John T. G. Nielsen
BALI

ASIA



Inspiring thoughtful choices for a healthier life, Ms **Sushmita Sarangi**, Commercial director **JIVA & niu&nau**, **Taj Hotels** invites guests and communities to join in the celebration of Wellness for All. **Reena Sheth**, WWW Ambassador in India confirmed that this year, over **50 Taj Hotels** will participate.

The Taj Hotels will present a hybrid “wellness extravaganza”, embracing the 5 pillars of wellness. From demonstrating the serenity of a **“sunrise yoga” session** from mountain terrains of Taj Chia Kutir in Darjeeling to a **“INNERgising Cooking experience”** at the lush lawns of **The Taj Mahal Palace, Mumbai**; from a session on **“Sunset Sufi experience”** at the majestic Taj Falaknuma Palace, Hyderabad to a invigorating **“Nature Trail”** at the Taj Madikeri, Coorg; from a knowledgeable session on **“Mudras and Bandhas”** at the regal Jai Mahal Palace to a divine **“Spiritual Awakening experience”** at the banks of the holy Ganges at Taj Rishikesh Resort & Spa. These InstaLive sessions promise to be exhilarating and soul stirring. These carefully curated immersive experiences, focus on mindfulness & mental wellbeing, which are the need of the hour.

50+ Jiva Spas at Select Taj, SeleQtions and Vivanta Hotels will offer a host of onsite Wellness Experiences for their in-house guests ranging from **yoga, guided meditations, Mandala painting, storytelling, cycling trails, river gazing, sound healing therapies, personal training sessions and healthy culinary delights.**

A series of pre-recorded, curated Wellness modules by our in-house Jiva experts comprising of our Vaidyas (Ayurveda Physicians) and Yoga Acharyas will be available on @TajHotels. These capsules of wisdom are inspired by the principles of ancient Indian healing sciences of Ayurveda and Yoga.

Taj Hotels introduces INNERgise; an offer designed specifically for enhancing one’s immunity through curated stays, rejuvenating spa therapies, immersive experiences and nourishing meals created in partnership with experts from Arya Vaidya Sala- Kottakkal. The thoughtfully customized, three-, five- and seven-day itineraries begin with a consultation with a wellness coach, followed by a range of spa therapies and treatments at Taj’s all-natural Jiva Spas.

For those looking to satiate their tastebuds with soulful flavours from the safety of their homes, the curated INNERgise menus available on Qmin; IHCL 's culinary platform and food delivery app, will deliver a pop of immunity-boosting goodness at your doorstep.



Onlinewellness, India wellness tourism ministry, ZEP foundation, Sattva nation, Smita Jaykar, Samrudhi (film producers), **Pooja Bedi** (celebrity wellness entrepreneur), **Archan Narvekar** (film producer) guests and communities join the celebration of #WellnessForAll, with onsite & on line activities and holistic experiences. There will be a bundle of events and wellness experiences ranging from yoga, physical workout sessions, guided meditations, cycling trails, sound healing therapies, personal training sessions and healthy culinary delights, spiritual talks , woman health and self-care sessions along with a special book launch:

- **Online wellness** has invited 2,000 spas and salons to participate, so they can encourage their millions of consumers to live well.
- **India's Tourism Ministry and wellness tourism authority** has been invited by Dr.Rekha chaudhari to talk on at Online wellness Virtual Conference platform on "HEALTH & WELLNESS TOURISM: "Transforming Wellness Tourism Sector & Roadmap to Reopening post COVID 2nd Wave"
- **Simran Ahuza and Mickey Mrehata**, a spiritual yoga guru, will host an online talk on Instagram about the serenity of a "sunrise yoga" session on 18 th September.
- **Smita Jaykar** a spiritual guru and actress will give an invigorating "spiritual talk " on Instagram about "Keeping yourself calm to achieve real mental wellness, also called samadhi".
- **Sattva Nation** will invite top experts online to give "wellness awakening" sessions.
- **Zep Foundation** will organize mental care sessions with the help of 20 Asha workers, each handling a minimum of 1,000 women's health.

To mark the 5th World Wellness Weekend, 15+ online sessions will be organised by **Dr. Rekha Chaudhari** WWW Ambassador in conjunction with the official launch of the book she authored on "India's Ancient Legacy of Wellness":

- "How can a woman maintain her well-being while going for surrogacy" talking with film producer **Samrudhi Pote** and **Dr. Sangita Navle** who has fought for special laws for surrogacy in India.
- **Archana Narverker** will talk about how women from the film industry can follow a well-being mantra.
- **Nano-pro** a self care hygiene brand, is offering free coating to Police departments and share self-care wellness tips by experts at the Police station in Navi Mumbai.
- **Bhawana fort India** will organize a session for their 800 employees on self-care hygiene habits.



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!

In these very challenging times World Wellness Weekend equals Mental / Physical / Nutritional and Green Wellness, bringing the Wellness community of Vietnam together with one goal: "Have Fun".

- **Alba Wellness Valley** will organize a **CrossFit forest challenge** including a **500m Zip Line** with over 300 kids on 18th and on the 19th Yoga, Meditation and hoping to **plant 1,000 trees!**
- **VnExpress Marvelous Nha Trang 2021**, for the first time in Nha Trang city, with thousands of domestic and international athletes.
- **Fusion Hotels & Resorts** (saigon, Phu Quoc, Cam Ranh, Mai Quy Nhon, Vung Yau) is organizing yoga, meditation and outdoor activities across Fusion properties.
- **Vinpearl Hotels & Spas**: 17 spa properties will be joining the event (including 12 properties in the North and Vincharm Spa, 5 properties in the South – Akoya Spa).
- **California Fitness & Yoga**: 30 Centers around Vietnam will be organizing wellness classes.
- **Six Senses Con Dao & Six senses Ninh Van Bay** will organize a beach walk, a Hatha Yoga workshop, a singing bowl workshop and a beach yoga stretching for hosts and guests.
- **Openasia " Fun Run"** in Saigon and Hanoi about 100 persons.
- **Reborn Fitness & Health Vietnam**: Virtual World Wellness Weekend the whole week-end: 20+ different fitness classes and wellness sessions.
- **Alyona Moves** will organize a **YogaDance Workshop** on September 19. The 2 hours workshop will help you connect to your mind, body, inner wisdom, and intuition through the mix of yoga and dance practice.
- **Vodung Beauty & Spa Int. Academy** will organize a thai massage course
- Join **Mandala Wellness** for a healing sound bath session, guided meditation, yoga & pilates class as well as for talks and discussions about nutrition, mental well being, pre & post natal health, and movement.
- At **Vietnam Detox & An Nhien Garden** you will be able to enjoy a two hours workshop and learn how to make healthy green juices, and understand their benefits with useful tips.



ASIA



MALAYSIA 14 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.



ASIA



INDONESIA

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, enjoy some of the finest Balinese Traditional Healing and Beauty regimes, **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!

SOUTH KOREA

4 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.

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, Sunrise Island Run, sunset Muay Thai boxing sessions, wellness talks and hands-on guest activities including introductory sessions with onsite expert practitioners and medical teams, cooking classes, mini massage courses and much more.

Yannick Dedigama, WWW Ambassador for Singapore, will be launching an incredible AQUASPIN experience, aquatic fitness program. Be ready to be transported through a fitness class filled with amazing live music and dynamic instructors, which will leave you feeling refreshed and rejuvenated."



FOUNDER : Jean-Guy de GABRIAC

jean-guy@weekend-wellness.com

Hashtag: #WorldWellnessWeekend

#WellnessForAll #WellnessByAll

Website (16 languages): www.wellmap.org



WorldWellnessWeekend

OFFICIAL WELLNESS SPONSORS



"It is a pleasure to support World Wellness Weekend with Immunologie 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 Immunologie



"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."

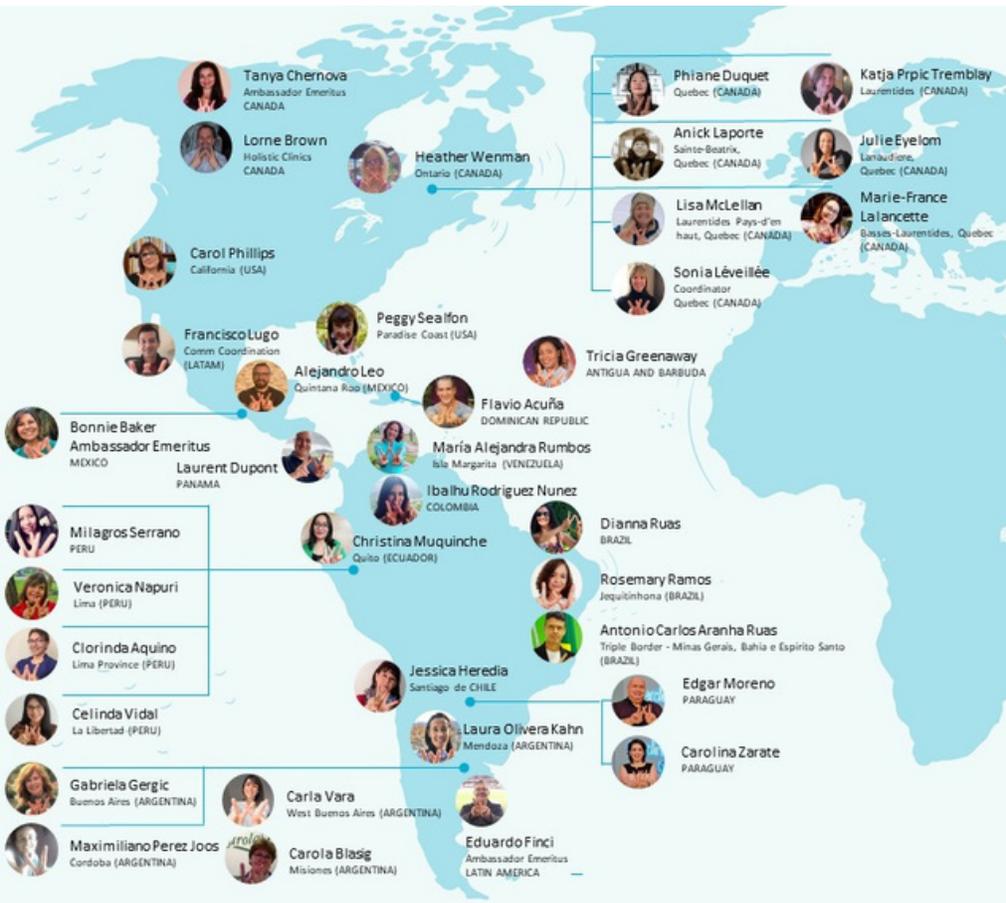
Christophe Andanson, President -
Planet Fitness Group

COUNTRY & CITY AMBASSADORS LATIN AMERICA



110 AMBASSADORS
& COORDINATORS
AROUND THE GLOBE

NORTH AND SOUTH
AMERICA

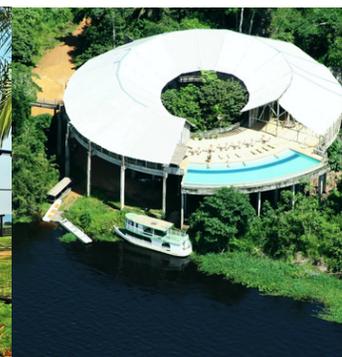


Dianna Ruas, WWW Country Ambassador continues to lead the most active country during WWW 2020

- The Wellness Champion **Iguazu Wellness** organises events in Foz do Iguaçu at the Cataratas of Iguaçu including Ion Therapy combined with exercises.
- The Wellness Champion **Thermal Spa, Balneário Dr.Octávio Moura Andrade do Águas de São Pedro**, tourists and thermal station, offers free day-passes with the support of **Águas de São Pedro City Hall**.
- The Wellness Champion **Balneário de Pocinhos do Rio Verde**, tourists and thermal station, offers free day-passes with the support of **Caldas City Hall**.
- **Rubim City Hall** coordinate activities for promoting sustainability and Wellness Tourism with an adventure along the trail to the top of Pedra do Salão.
- **Agro Ecologic fair Sabores da Terra** (Vitória), is supported by the government of Espírito Santo State, in Vitória ES, coordinate event with all participants in cooperation with Sabores das Montanhas.
- a series of videos about the Brazilian Culture will be showcased during the 5th WWW.

On September 18th

- With the support of the **Brazilian Embassy in Athens, the Brazilian Citizenship Council** in Greece will commemorate the Brazilian Day in synergy with 5th WWW: planting trees, capoeira, music, plogging, etc...
- **Health:** Wellness Champion **CRAEMG, IPGU, ABA** organizing a full program for and with the members, and also coordinate with others institutes such FENAB Brazilian Federation of Acupuncturist, and Tai Chi and Easter Culture Institute of Minas Gerais.
- **Fenix Podologia** will offering free Reflexology at Valença - BA
- **Doutor Farma** offering free diagnosis in Teixeira de Freitas - BA
- Wellness Champion **Marco Aurelio Cozzi** in his clinic **Sempre Viva Minas Gerais Center of Acupuntura and Natural Energetic Therapies**, will do a lecture on Ecological and Popular Energy Health;
- **Nutrition: Sabores da Montanha** will do organic cooking classes with **Agro Ecologic fair Sabores da Terra**.
- **Relaxation:** Reiki, Massage, Mud Therapy, Crystal Therapy, Shamans Rituals, Acupuncture, and Facials.
- **Medita Junto Brasil** will host mindfulness groups with free sessions on the city parks in all 27 States.
- **Sustainability: Plantio Brasil** will be planting trees and plogging in all 27 States in cooperation with **Coya Wellness, Oca Wellness and Dianna Ruas**
- **Dance: Women Capoeira Sul da Bahia** group based in Arraial d'Ajuda, will teach Maculelê at the gym (an Afro-Brazilian dance with sticks)
- **Eliana Costa**, WWW Coordinator, will offer free **LIAN GONG** classes online.



On September 19th

- Gluten free online cooking classes with **Marianne Miacci**.
- The Wellness Champion in Sustainability **Quinta da Estância** organized Environmental Education & Sustainability Activities for Kids taught by Biologists and Veterinarians outdoors and in concert with nature and **Estância das Oliveiras organized** Visiting Activities to Olives Orchards with a focus on Sustainability, outdoor activity they are located in Viamão - RG.
- **Oca Wellness** will plant trees in the State of Espirito Santo and Bahia, in coordination with **Plantio Brasil**.
- **The Hotel Marina Quinta do Porto** offers classes of diving, Kayaking and musical sunset, to encourage guest and locals to discover wellness experience in Arraial D'Ajuda - BA.
- **The PAKAAS Palafitas Lodge** coordinate ritual with the Rondonia Indigenous Tribes, out door activities in Guajará-Mirim - RO.
- **Sahara Yoga Center** in Belo Horizonte will do a Live presenting the meditation proposal as a tool for peace;
- Art passionates will enjoy Music with **Helcio Hime** or Origami online class with our **Valle do Jequitinhonha ambassador Mary Ramos**.
- Class of Native Tribe Pataxó traditional hand craft with **Arapati Índio Pataxó**;
- **Lia Ruas** coordinate basic need baskets (food and toiletry for families, toys and books for children) distribution with the support of Rotary Club in Nanuque MG, and also Trees Plantation.
- Capoeira Therapy Wheel presented by **Dr. Sergio Lima Mestre Brucutu** in the center of Brasilia DF, at the TV Tower craft fair, it's a classic activity that he does every month in order to salute Capoeira, the family and the good life, and will be broadcasted to the world.
- **Prof. Eppa Junior** organized the In Door Cycling event from Recife - RN to other cities.

Due to Covid19, there will be a lot of ONLINE activities: a virtual art gallery will illustrate the 5 Pillars of wellness with local artists, including **Eliana Vassilakis, Norma Amaral, Vila Francione, Maximo La Malfa are confirmed**. Moreover, several videos will be showcased about the Brazilian culture.

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

ARGENTINA 17 venues

The Ministry of Tourism and Sports of the Argentine Nation, through the **Tourism Promotion Secretariat**, accompanies the celebration of the Fifth World Wellness Weekend and all the actions that this event will take place in the 133 countries in which it takes place. The initiative inspires millions of people around the world to change their lifes tyles for a healthier one.



"We evaluate Thermal and Wellness Tourism and the tourist offer of Argentina, a destination where visitors can connect the mind, body and spirit with nature."

Representative Dra. Yanina Martinez.

The Asociación Americana de Spa and Wello Academy will continue during August and September 2021 with the cycle of virtual conferences, weekly "**Conectar con el Bienestar Gerencial**", connecting with corporate wellness. Topics related to the 5 pillars of wellness and hot Spa trends will be discussed

Carola Blasig – Ambassador of Misiones, will host a seminar with professionals from the city to address wellness topics with cosmetology colleagues and students. It will be held at the **German Club** in Oberatown, with seven acres of green space, big open rooms that allow to do different activities, within the COVID 19 protocol.

On Sunday 19 Sept, the public will enjoy free activities like walking, yoga, etc.

The students from the PE career at **Linneo College** and physical therapists-to be- from Dachary University have been invited to take part in.

Different companies from our city related to healthy food and cosmetology products, have been invited to participate.

Event will be sponsored by Mayor of Obera, German Club, Asociacion Americana de Spa and Carola B Institute.

Gabriela Gergic - Ambassador of Buenos Aires:

within the framework of the Wellness Weekend - in the Tigre party, El Bienestarlate♥ will be celebrated in Don Torcuato, on Sunday, September 19 at 10:00 am at the **Hunting and Fishing Club**.

Inviting approximately 150 people to participate according to the capacity allowed for outdoor activities with adequate distance (Covid 19 Protocol):

- Yoga Class to restore mind and body
- Functional class to contact healthy body positions
- Zumba class to enjoy the joy that dance transmits
- We will finish the event by planting 3 fruit trees on the Club grounds to honor Nature, with the message of taking care of our planet in order to live in Well-being

Event will be sponsored by World Wellness Weekend - Hunting and Fishing Club - DT Chamber of Commerce - Tigre Municipality, American Spa Association and Cielo y Tierra Spa.



Maximiliano Pérez Joos - Ambassador of Córdoba

The province of Córdoba joins for the first time the WWW in order to contribute to the quality of life.

On Saturday 18, in the seaside resort of Miramar, the **Cultura Termal Advisor** will talk about the benefits of the mineral-medicinal waters of the **Ansenuza Lagoon**. The day ends with the participation of **Estela Bianciotti** to host a yoga class in harmony with the lake landscape.

On Sunday 19, in the capital city of Córdoba, citizens are invited to a series of activities in **Sarmiento Park**:

- **Yoga** class by **professor Nicolás Motos**
- **Postural Self-Correction** guided by Agostina Bianchi Ghorzi the **Centro Benessere, Salud Integral**.
- **Reiki** session by Reikista Silvina Guilano from **Espacio Verde Violeta**.

The event will be sponsored by World Wellness Weekend and the Thermal Culture Consultant. All the aforementioned activities will be provided with physical distance (Covid 19 Protocol).

Carla Mariel Vara - Ambassador of West Buenos Aires

Wellness is a lifestyle. The **city of Morón** offers two days of internal connection and contact with Nature, with a program of free physical, mental and emotional activities for all neighbors, showing in a playful, entertaining and educational way that there is an alternative to the imposed life model: **Yoga classes, Gong baths, guided meditations, music, talks** and more at Villa Sarmiento.

María Laura Olivera - Ambassador of Mendoza

Entre Cielos Luxury Wine Hotel & Spa will be offering two activities with an outstanding view of vineyards and The Andes:

- **Morning Yoga** to connect with nature and our-selves.
- **Sunset Sound Meditation**, a profound experience to take you into an intern journey of relaxation, self-discovery and healing.

Jose Antonio Czajka - Ambassador of Jujuy

Being its first year celebrating the World Wellness Weekend, Jujuy is a province blessed by a unique beauty in the northwest of Argentina, will join this world event and carry out a recreational and different activity at the **Cerro Chico Lo del Frances hotel**, located in the town of Tilcara.

Be ready for a **walk with llamas**, recalling the journeys that the ancient inhabitants of the area made, moving from the salt flats to the valleys to exchange salt for corn. An invitation to fully connect with nature and the landscapes that the place offers.



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.

- **Rancho La Puerta** also confirmed its participation and will create exclusive video content.
- **Hacienda 1800** will offer free open air activities, including : hiking, SUP and kayak classes in the parks.
- **Grand Hyatt Playa del Carmen** will also participate by organizing a yoga experience with a devine ocean view
- **The Ritz Carlton Spa** (Cancun).
- **Esencia Yoga Spa Retreat** (San Miguel de Allende) will explore the benefits of conservative inversion therapy in a yoga trapeze by yoga body naturals developed by Lucas Rockwood (ON-SITE indoor activity) and live streamed on Facebook and Instagram. They will also offer a Mat yoga class focused on bio-mechanics in the outdoor yoga rooftop studio at 9:30amCST (also live stream on Zoom). In addition, 15 minute back massages will be offered to the local community.
- **Esencia Wellness at Nobu Hotel Los Cabos** will honor their hotel team with free massages...

CHILE**20 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

18 venues



Flavio Acuna, one of the most dynamic WWW Ambassadors in the world, organizes each month activities and workshops to help underprivileged local communities in partnership with Rotary and local associations. A true example of #WellnessForAll #WellnessByAll

About 100 events will be organized at the national level promoting Pura Vida in the land of Rum and Merenge!

Saturday, September 18

- Yoga / Pilates classes
- 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

VENEZUELA

15 venues

María Alejandra Rumbos, WWW Ambassador of Isla Margarita, is preparing a wellness week in September, with hotels, fitness clubs and speakers. A complete Wellness program is organized on Isla de Margarita

On Friday 17

The Clinica de Asanas de yoga is participating and a yoga class is organized.

Saturday 18, the program is:

- "Yoga and internal organs" class
- Aquapilates at the sea
- Conversatory anti-aging lifestyle and sport
- Conference: "Conscious Emotions as a Resource for integral Well-being "
- Conversation on the Benefits of seawater and its therapeutic effects on health
- Chair Pilates class
- Mandalas Drawing
- Functional training class

On Sunday 19, the program is:

- Aichi water meditation in the pool
- Fool Moon Pilates Session
- Conversation The Value of Being Timeless and Ageless
- Classes of Chi Kung of Perfume
- Open water swimming Kisses

And ...

Join the **Hyatt Regency Aruba Resort Spa and Casino** for a full moon yoga sessions



ECUADOR

92 venues

Cristina Muquinche, the new WWW City Ambassador has done a remarkable job, bringing Ecuador to the Top 10 most active countries out of 133 with the participation of some of the most inovative Spas, Wellness centers, Hotels and Resorts:

- Sandalo Centro
- Siluet Derm Spa
- La Sirena Centro Holistico Manta
- Center for Aesthetic Clinical Medecine BIYO
- Artemis Wellness Center
- local officials of Puerto Ayora...

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.

PERU 15 venues

ANTIGUA & BARBUDA 4 venues

PANAMA 4 venues

CARIBBEAN 2 venues

PARAGUAY 2 venues



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**



" 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 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

DUBAI & UAE

23 venues

Vyara Tosheva, WWW Ambassador has 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.

For the third time in a row, **Sharjah Ladies Club** will participate with all of its 10 branches, 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 with dynamic and energetic activities, including fitness, beauty, wellness education...

Stay tuned for more information from these properties:

- massive participation from Jumeirah group in Dubai. Guests will enjoy Energizing yoga with laughter therapy, Pranic Breathing with Singing Bowl Meditation at **Jumeirah Al Qasr, Jumeirah Beach Hotel; Burj al Arab; Jumeirah Zabeel Saray** and **Jumeirah Saadiyat Island Resort** in Abu Dhabi
- **Waldorf Astoria Palm Dubai**
- **Anantara The Palm Dubai Resort**
- **Jiva Spa - Taj Dubai**
- **Kingfisher Lodge by Mysk and Al Faya Lodge by Mysk**
- **Five Palm Dubai**
- **Dreamworks Spa**
- **Goco Ajman**
- **The Art of Living UAE chapter** with 4 centres in Dubai and more in other Emirates...



SOUTH AFRICA

17 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.
- **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.
- The **Spa at the One & Only Hotel** will be hosting a scenic hike near Table Mountain to inspire and empower people to make healthier choices and enjoy an active lifestyle with family & friends.
- **Jiva Spa** at the Taj Hotel will be supporting the wellness movement with exciting activities.
- **Splash H2O 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.

SYRIA

1 venue

Bloom Wellness Center in Damas confirmed its participation to the 5th edition of World Wellness Weekend. Stay tuned for the wellness program they will organize.



MOROCCO

18 venues



Soumia Hite, WWW Country Ambassador, is coordinating the following activities:

At **The Oberoi Marrakech** start with the "**better Plate** activity" (vegetables picking in the potager to learn how to grow your own organic vegetables; indulge yourself with a balanced breakfast and **cooking demonstration**. Enjoy an **AquaFit and Float Fit** session! Experience a **polarity test**, learn how to **self-facial massage**. Finally, join a **balancing meditation** with Malika El Alami, Holistic Coach and hypnotherapist.

You can also participate in "**Les échappées bien-être de L'Oberoi Marrakech**" with Malika and Zineb Berrada, holistic therapists: **Mantra chanting, Breathwork and Meditation** by Malika on Friday are open to all, as well as the **Sadhana** on Saturday morning.

Le Royal Mansour welcomes participants for a **Nordic Walk** with Mouad Benchanna in the Hotel garden, **Tibetan Singing Bowls workshop** with specialist Suthada Chaitip, **Posture & Stretching** workshop with kinesiologist Amina, **BGA InSoles Workshop** with Frédéric Mercier

The Pearl Spa offers you a unique opportunity to experience a heavenly Moroccan Hammam experience.

Soumia also created a partnership with the association "**Education for All**" in Marrakech (Asni) in order to offer a wellness program to the young teenagers of the Association on September 18 and 19.

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.

We are proud to have the Wellness Champion **Al Bustan Palace, a Ritz Carlton Hotel**, participating to the World Wellness Weekend. On Friday 17, enjoy hatha yoga, breathing exercises or beach jogging and functional training for the most sportives. You will also be able to make a Body Composition Analysis. On Saturday 18, enjoy yoga the way you like it: vinyasa yoga, yoga for kids, sunset yoga, or meditation.

ISRAEL

3 venues

BENIN

3 venues



OFFICIAL WELLNESS SPONSORS



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."

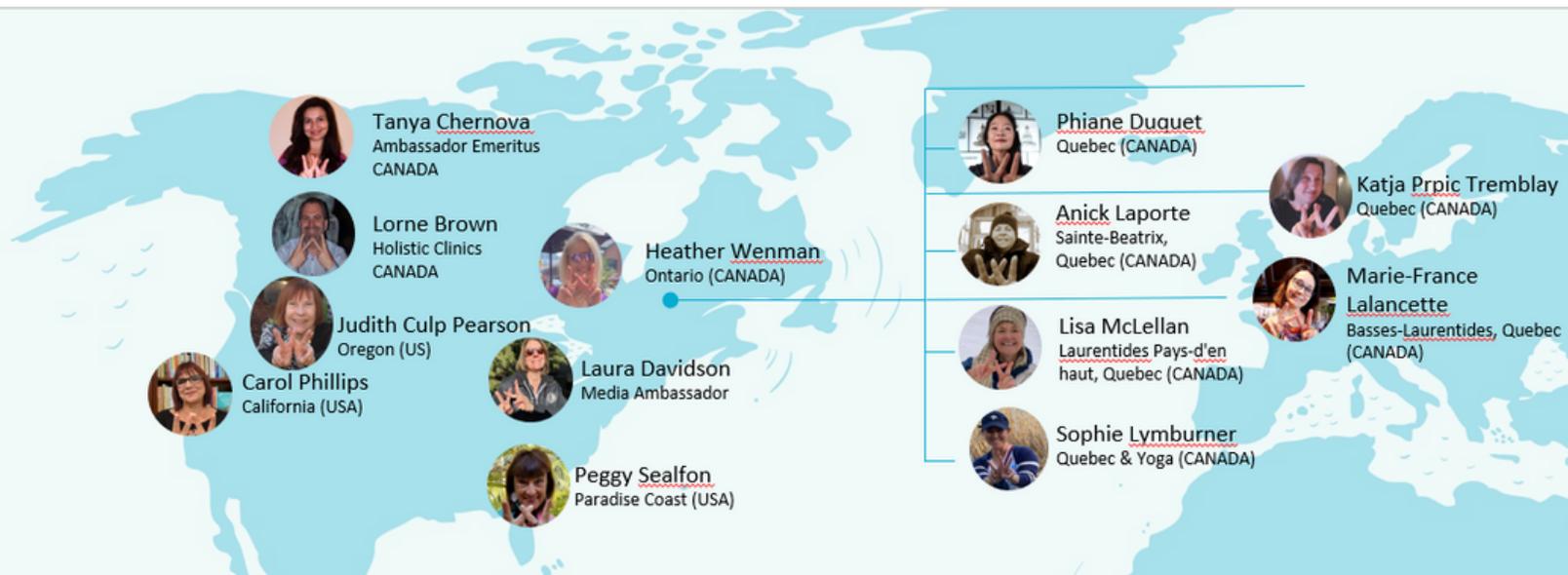
**Valeria Cavalcante - CEO
Vagheggi**



"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



NORTH AMERICA

QUEBEC - CANADA

107 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 in Quebec.**

Tourisme Gaspésie invites businesses to participate in the WWW.

Sept 16-19 2021: follow « **Le voyage à travers les soins du monde** » orchestrated by Phiane Duquet:

- The Art of ancestral massage Kobido (**Isabelle Galarneau**),
- The traditional art of Thai massage (**Camille Massalve**),
- The art of Dien Chan and Chan beauty, facial multireflexology (**Nhon Le**),
- The art of Trichotherapy, energetic hair cut (**Lorenzo Belliot**),
- The art of La Gestuelle Yin-Yang wellness massage, winner of the silver medal at the World Massage Championship organized by the International Massage Association in Copenhagen.

Sophie Lymburner, WWW Ambassador for Montreal and for Yoga in Québec is the founder of YogaTribes (a leading collaborative platform connecting teachers, studios and students through a worldwide real-time marketplace and booking engine), Yoga sessions will be offered by **Idolem Yoga Chaud** and **Decathlon Canada**, and a well-being afternoon in collaboration with **Être-Zen** and **Bota Bota - Spa** on the water.



Katja Prpic-Tremblay, WWW Ambassador in the Laurentides and Managing Director of MassoCie, Masso'Preneurs and BIEN Magazine is coordinating an outstanding mobilisation with the official support of **Association Québécoise des Spas, Association RITMA** (Regroupement des Intervenants et Thérapeutes en Médecine Alternative et complémentaire) and **AQTN** (Association pour Massothérapeutes et Naturothérapeutes au Québec)

The international **POW WOW of Wendake** will take place during WWW!

33 senior residences **Groupe Maurice** are in motion with Lisa McLellan's Program Tap & Clap.

Nutrition Sans Frontières will organize an international conference "**end hunger**". The purpose of it is to raise awareness and discuss how the daily reality of malnutrition is experienced in different countries around the world. The conference will take place virtually with presentations from various continents. A beautiful exchange on realities that come together through actions and visions that bring hope.

Arts for the well-being of all:

- **L'être et le pouvoir** des mots is an online poetry event by the writer **Rosette Pipar**.
- Enjoy the crazy universe, think and laugh with the humourist **Francis Pellerin**.
- Visit the photography exhibition "**Cadre Bien-être**" with MarvHELL

Clinique Virtuelle Équilibre organizes a massage session for pregnant women.

Participate to an initiation to the Swedish massage, with **Clinique Entre 2 OS**

Discover the Laurentian Flora with **De Fleurs en Fleurs**

Enjoy a laughter yoga or a meditation session with **Infinies Possibilités 888**

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

As for the media coverage, In September a special issue of **BIEN MAGAZINE** will be released on the WWW. In September, an article will be published in **MASSO'PRENEURS MAGAZINE**.

The next issue of **BOOMERS & Cie** magazine will have an article and a summary of WWW activities in Quebec. **The Tribongo.club event directory portal** will relay Quebec activities.

Les Nouvelles Esthétiques Canada & Québec will also actively support World Wellness Weekend with an interview and newsletters to encourage aestheticians to join.



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:

- Elmwood/Elmspa (Virtual Face Training Seminar)
- St. Anne, East of Toronto (Forest Reflection)
- Ten Spa, Winnipeg
- Langdon Hall, Ontario
- Rosewater Spa, Ontario
- ScandinaVe Spa, Thermal Baths, Blue Mountain, Ontario
- Beauty Barn, Ontario
- Hammam Spa by Cela...

USA

168 venues

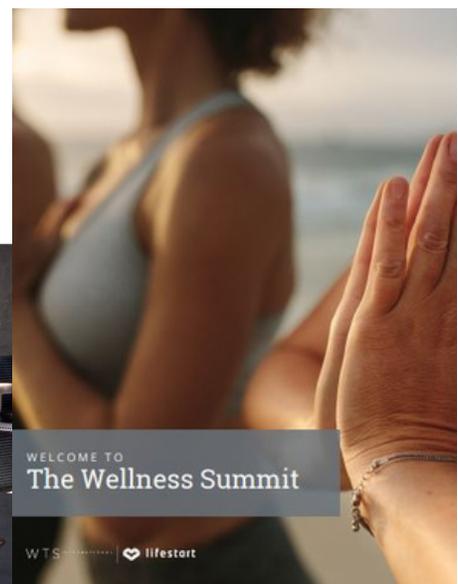
Peggy Sealfon, WWW Ambassador in Florida, author, speaker and co-founder of BeWellinParadise.com, will coordinate: swamp walking on the edge of the Everglades at **Big Cypress Preserve**, a "taste of qigong and yoga by **Love Yoga Center** practitioners at **Hyatt House Naples**, yoga on the beach followed by a healthy smoothie at **Edgewater Beach Hotel**, a fitness boot camp class with **Max Flex Fitness**, plus **Spiritual Communities Network** will offer "wellness talks" accessible from anywhere in the world about frequency and how to use it, all about essential oils and meridian magic.

WTS International and Lifestart On Demand are rolling out a remarkable nationwide "Wellness Summit" with in person activities and online classes:

- Meditation for Grounding with **Kimberly Dunn**
- Full Body Weight Workout with **James Towns**
- Vinyasa Flow with **Julianne Aerhee**
- Happy Hour Flow with **Robert Sanchez**
- HIIT Refresh with **Hannah Sperry**
- Self-facial with skincare expert and Spa Director **Angela Brady**

All 3 **Brick Bodies** clubs will be opening their doors and offering fitness classes with the support of **IHRSA**

Historic **Glen Ivy Hot Springs** (established 1850) will offer wellness activities in the pool and healthy menu options.



WELCOME TO
The Wellness Summit

WTS | Lifestart

FOUNDER : Jean-Guy de GABRIAC

jean-guy@weekend-wellness.com

Hashtag: #WorldWellnessWeekend #WellnessFor All

#WellnessByAll #Welfie2021 #WellnessBuddies

Website (16 languages): www.wellmap.org



WorldWellnessWeekend