

\*\*\* FOR IMMEDIATE RELEASE \*\*\*

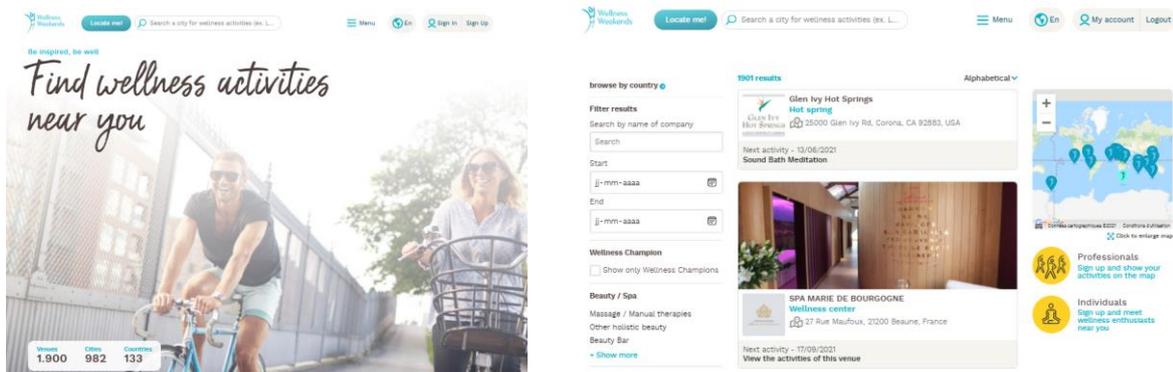


## 5th annual World Wellness Weekend

Locate 1,900 venues in 133 countries (982 cities) organizing safe, fun & free wellness activities held in person and online 18-19 September 2021

Since 2017, World Wellness Weekend (WWW) is a pro-bono event promoting healthy lifestyles in alignment with the United Nations' SDG3 "Good health and well-being for all".

From sunrise in Fiji (Sept 18) until sunset in Hawaii (Sept 19) hotels, spas, fitness clubs, yoga studios, hot springs around the world are **UNITED** to organize safe, fun and free wellness activities. Outdoors (or online) fitness classes, sunrise or sunset yoga sessions, mindfulness or nutrition workshops (hosted at no charge) will inspire and empower millions of people to enjoy more vitality and serenity with friends and family.



Hospitality groups and iconic venues are reaching out to local communities to share hope and enthusiasm with millions of people who suffer physically, mentally or emotionally from the very challenging situation since March 2020, with countries still battling the pandemic.

Let's salute the outstanding participation of iconic groups and properties such as **Alba Wellness & Fusion resorts** (Vietnam), **Anantara** (Asia & GCC), **Aqua Sana Center Parcs** (UK), **Banyan Tree** (Thailand), **Bloom** (Syria), **Cartesiano** (Mexico), **CIDESCO** (Belarus, France, Grand Cayman), **Corinthia** (Europe), **Dusit** (Thailand), **Euphoria Retreat** (Greece), **Fivelements** (Bali & Hong Kong), **Four Seasons** (Dubai), **Galgorm** (Ireland), **Grand Hotel Bad Ragaz** (Switzerland), **Glen Ivy Hot Springs** (CA - USA), **Edgewater Beach Resort** (FL - USA), **Jumeirah** (UAE), **Kamalaya** (Thailand), **Katikies** (Greece), **LUX Resorts** (Mauritius), **Mandara Spas** (Asia), **Oberoi** (Marrakech), **Peninsula Hot Springs** (Australia), **Rancho La Puerta** (Mexico), **Ritz-Carlton** (Austria, Oman, Qatar), **Six Senses** (worldwide), **Taj Hotels** (worldwide), **Terme di Saturnia** (Italy), **Waldorf Astoria** (Dubai & Phoenix), **WTS International** (USA)... and so many passionate professionals in 982 cities!

*"Wellness is not just a decision you take to improve your mental & physical health: it is also an act of influence to inspire those around you to become the best version of themselves", says Jean-Guy de Gabriac, founder World Wellness Weekend and international wellness advisor since 2001.*

In 2019, World Wellness Weekend reached an audience of 224 million people in 98 countries. In 2020, the planetary pro-bono celebration continued to grow in 109 countries and 524 cities.

This year, 60 international professional federations, Ministers of Health, Sports and Tourism and 30 Mayors in Brazil, Cyprus, France, Italy, Quebec, are supporting almost 2,000 venues and encouraging people to **LIVE as WELL** as possible with the anxiety caused by variants, vaccine, mask, lockdowns...

With safe, fun and free wellness activities, we aim to “make healthy easy” to **LIVE WELL WITH** each other, responsibly and respectfully, strengthening immune systems, and lifting up the mood.

Truth is, **before Covid-19 there were already 5 pandemics to address**: Insomnia & Chronic fatigue; Obesity & Diabetes; Sedentarity; Mental health & Opioids ; Chronic diseases. They have not disappeared, yet healthy lifestyle choices could save millions of lives each year.

This is why, since 2017, we promote **5 Pillars of Wellness** that can be experienced in spas, hotels, resorts, retreats, hot springs, fitness clubsn yoga studios... around the world during "Wellness Weekends": Sleep & Creativity; Nutrition & Immunity; Movement & Vitality; Mindfulness & Serenity; Sense of purpose and Solidarity.

*"Wellness is a map telling you where you have been, where you are and where you are heading. Our actions today can balance the past, enrich the present and prolong the future. It's up to us to use a map wisely, if at all..."*

This 5<sup>th</sup> edition of World Wellness Weekend will be a hybrid celebration. Wherever possible, outdoors or indoors (in spacious rooms with air circulating) participants will be connected by wellness, wearing a mask, respectfully 6-feet apart, or a “hockey stick apart” (as they say in Canada)!

Those less fortunate staying at home, in cities where Covid is still present, will be able to travel the world with inspiring online videos, tutorials, talks, even some immersive 360° videos.

This year for the first time, wellmap.org (a geolocator in 16 languages) will highlight “wellness champions”: professionals and individuals, who go over and beyond to safely inspire and empower local communities, with very original activities (see the detailed [Country updates](#)).

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[www.wellmap.org](http://www.wellmap.org) (ENGLISH)

[www.wellmap.fr](http://www.wellmap.fr) (FRANÇAIS)

#wellnessforall #wellnessbyall #worldwellnessweekend

**HD photos:** <https://drive.google.com/drive/folders/1Ce89tWyu3m7K7-1fzKTAH5EJ5ALFwqWv?usp=sharing>

**WWW LOGO:** <https://drive.google.com/drive/folders/1qs0M7PN0cTzKwk7La8PCXK4TKOWPQxO6?usp=sharing>