



16-17-18
SEPT 2022

LIVING *Well* TOGETHER



Look for participating venues near you

 **4,000**
LOCATIONS

 **140**
COUNTRIES

wellmap.org

   
@worldwellnessweekend

#worldwellnessweekend #wellnessforall #wellnessbyall



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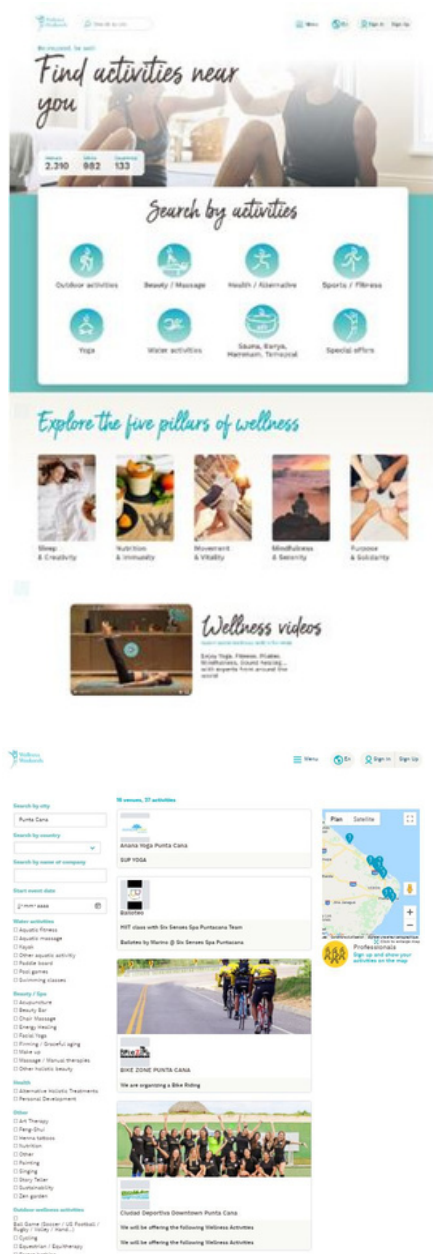
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OFFICIAL WELLNESS SPONSORS



A GLOBAL CATALYST TO LIVE WELL TOGETHER



The 6th edition will start on Friday 16 Sept 2022 at sunrise in Fiji, until sunset Sunday 18 in Hawaii. Over **4,000 participating venues in 140 countries** will be geolocated on the World Wellness Map www.wellmap.org for millions of people to find fun, free, inclusive group activities, classes or workshops nearby.

In alignment with the UNITED NATIONS since 2017, World Wellness Weekend (WWW) is supporting SDG 3 "Good Health and Well-being for All" through 5 Pillars of Wellness: **SLEEP & Creativity, NUTRITION & Immunity, MOVEMENT & Vitality, MINDFULNESS & Serenity, SENSE OF PURPOSE & Solidarity.**

During the Covid pandemic, the focus was on boosting **VITALITY, SERENITY, RESILIENCY and IMMUNITY.** The dramatic events in Beirut, Myanmar, and now Ukraine place **SOLIDARITY** on the forefront and the imperious necessity of **"LIVING WELL TOGETHER".**

Millions of wellness seekers and active travelers are encouraged to team up with a friend ("*Wellness Buddy*"), family or colleagues to set a specific goal to be "fitter together" and, once achieved, to support the association of their choice in order turn the miles on their pedometer into money. People running on treadmills, walking to work, jogging, cycling or hiking for fun and health, will support those who walk for days to flee war and devastation, leaving everything behind, praying that hope and help is on the way.

WWW is **not just a week-end with free activities**, each year, before the September equinox. We are a **year-round movement and a vibrant network** of professionals motivated by making a difference in fitness, mindfulness, well-being, beauty, hospitality, and tourism. We share international best practices to elevate guest experience and drive more clients into spas, clubs, hotels with meaningful activities to enhance healthy lifestyles with a Sense of Purpose.

This would not be possible without the outstanding contribution of **117 volunteers around the globe** ([WWW Ambassadors and Coordinators](#)) who infuse their network with enthusiasm, encourage venues to be innovative, groups to instill a culture of wellness, and cities to be more aligned with the United Nations' SDGs.

#WellnessForAll

#WellnessByAll

#WorldWellnessWeekend

#WellnessBeyondBorders

FREE REGISTRATION & INFO: www.wellmap.org (16 languages, soon 18)

A VERY SPECIAL THANKS TO...

Groups and iconic venues are going above and beyond:

Alba Wellness & Fusion resorts (Vietnam), **Anantara / minor group** (Asia & GCC), **Aqua Sana / Center Parcs** (UK & Ireland), **Banyan Tree** (Thailand), **Bloom Wellness Center** (Syria), **Brick Bodies** (USA), **Canyon Ranch** (USA), **Cartesiano** (Mexico), **Corinthia** (Europe), **Duniye Spas** (Maldives), **Dusit / Devarana** (Thailand), **Edgewater Beach Resort** (USA), **Euphoria Retreat** (Greece), **Exhale** (USA), **Farris Bad** (Norway), **Fivelements** (Bali), **Four Seasons** (UAE), **Galgorm** (Ireland), **Grand Hotel Bad Ragaz** (Switzerland), **Glen Ivy Hot Springs** (USA), **GOCO Hospitality** (Greece & UAE), **Groupe Maurice** (33 senior homes in Quebec), **Habitas** (Mexico, Saudi Arabia, Costa Rica, Bhutan, Namibia), **Jumeirah / Talise Spas** (UAE & Europe), **Kamalaya** (Thailand), **Katikies** (Greece), **LUX Resorts** (Mauritius), **Mandara Spas** (Asia), **Marriott** (USA, EMEA), **Melia** (Punta Cana), **Oberoi** (Marrakech), **Mayan Luxury Spas** (Barcelona), **Park Hyatt** (Guangzhou), **Peninsula Hot Springs** (Australia), **Rancho La Puerta** (Mexico), **Sensasia** (Dubai), **Sharjah Ladies Club** (UAE), **Ritz-Carlton** (Oman), **Six Senses** (worldwide), **Taj Hotels / Jiva Spas** (worldwide), **Terme di Saturnia** (Italy), **Hilton & Waldorf Astoria** (Dubai, Rome & Phoenix), **WTS International** (USA)...

Strategic partnership with access to millions of Wellness Travellers

World Wellness Weekend is a proud partner of CENTRED, the world's first Travel Wellness App connecting 57 million members with curated wellness and culinary experiences in the cities they live, and the places they visit. CENTRED's personalized B2B2C 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!

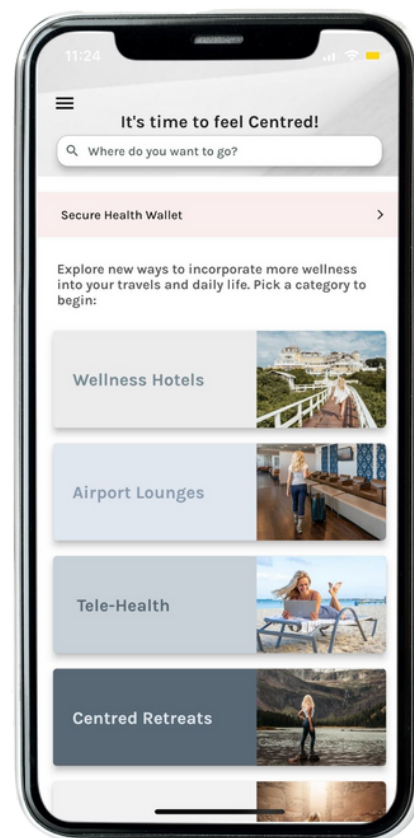
CENTRED is an invite-only portal launching in Q2 2022 with millions of cardholders redeeming points through entitlement programs with major credit cards worldwide.

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, find innovative beauty products and discover hair stylists with their integrated Beauty Match App.

World Wellness Weekend highly encourages the participating venues listed on the World Wellness Map (www.wellmap.org) to take advantage of this opportunity to set up a free landing page on CENTRED and to drive traffic of affluent wellness enthusiasts to their businesses.

Download the beta version of CENTRED : <https://centred-wellness.com/app> using our exclusive code **WWWKND**

|
CENTRED
|



LEADING FEDERATIONS GO THE EXTRA MILE

In addition to the official proclamations from 30 Secretaries of Tourism, Governors, Mayors, and Visitors' bureaus, World Wellness Weekend has a very special partnership with:



ISPA - *The Voice of the Spa* industry with +3,000 members in over 50 countries has included World Wellness Weekend in the Knowledge Builder Sessions of its 2022 Conference, May 2-4 in Las Vegas to encourage "Elevating the Spa World Through Powerful Partnerships".



IHRSA (International Health Racquet Sportclub Association) is promoting WWW to its members, 10,000 fitness club in the USA and around the world, encouraging them to join.



CIDESCO: one of the major references for education, esthetics celebrating 75 years, is fully onboard, encouraging their section presidents to become city or regional ambassadors and engage their accredited spas, salons, schools around the world to participate.



Wellness Tourism Association: Seven WWW Ambassadors were appointed WTA Ambassadors to encourage Mayors and Visitors bureaus in Italy, Greece, Malaysia, Argentina, Brazil to join WTA and celebrate WWW in Sept. WTA will share data and research about wellness tourism with best practices on how well cities, regions, countries, groups are doing, with a Congress in Punta Cana on Sept 20-21-22, 2022.



Asociación Americana de Spa will be organizing an International Congress with workshops in Punta Cana 17-18-19 October 2022 in Punta Cana with keynotes, workshops and amazing wellness experiences.



Leading spas of Canada will celebrate its 25th anniversary June 12-13-14 with Keynotes and workshops in Winnipeg and a massive participation of their members in Sept, alongside other key associations in Canada: ATQN, RITMA, and the Canadian Aesthetics Association.



Sustainable Spa Association: 400 spa members aim to a more sustainable impact in their operations, their community and Nature in alignment with the UN's 17 SDGs. Some best practices from SSA will be free for venues participating in WWW, some will be accessible with a special discount.



International Sport Network Organization (ISO & ISNO) has been very active in 2021 to support its 320 members (Sports federations around the globe) with short online educational and vocational training courses, and a National Observatory for Fitness and Wellness activities. ISO will promote WWW on its online television (ms360.tv) and on SKY in Italy!



International Massage Association talented massage therapists around the world should join in Copenhagen 18-19 June for the World Championship in Massage and will organize in person or online workshops on Sept 16-17-18.



International Sauna Association: introductions are underway between the 17 national ISA members and the WWW Ambassadors.

and so many more... (see following page)

60+ FEDERATIONS ARE SPREADING THE WORD



WELLNESS ACTIVITIES SHOULD BE SAFE, FUN, FREE, INCLUSIVE & MEANINGFUL

Registering online is easy as 1-2-3... and it's FREE!

Step 1. Any Wellness, Fitness, Beauty, Hospitality or Tourism related business can register its details and upcoming activities at www.wellmap.org. Just create a FREE account with an email & password.

Step 2. Venues are encouraged to announce their upcoming Wellness activities. No need to wait for September to celebrate Vitality, Serenity, Immunity, Creativity and Solidarity. Wellness enthusiasts are looking for open doors, classes, special events, full moon yoga sessions, spring packages, mother-daughter offers, staycations, getaways, retreats...

Step 3. Share your **WWW** page on social media to reach new clients and remind former clients why they should visit again.

The only participation requirement for venues is to offer to guests, members or locals in their community one 60- minute wellness group activity, class or workshop the day(s) of their choice: Friday 16, Saturday 17, and/or Sunday 18 September 2022. Venues **"donate" one hour** of one of their team members to inspire and empower people to be more active more often, and hopefully support a local charity or NGO to turn miles into money for refugees or underprivileged communities.



COUNTRY & CITY AMBASSADORS

117 AMBASSADORS & COORDINATORS AROUND THE GLOBE

NORTH AND SOUTH AMERICA



Join the World Wellness Network

EUROPE



BECOME A WELLNESS AMBASSADOR IN YOUR CITY

ASIA & AFRICA



ASIA

HUE - VIETNAM ([watch this page on Wellmap.org](#))

Hylton Lipkin, WWW Province Ambassador World Wellness Weekend Vietnam and **Nyoman Yastama**, Coordinator are working hard to make Vietnam and the world a better place through WELLNESS. 2021 was our first year we participated and we are proud to say we were in the top 10 most active countries in the world, this year watch out South America! :-)

Alba Wellness Valley by Fusion started off 2022 by planting 200 trees, they too continue doing monthly online events / Wellness Talks and Wellness Education programs. We are working closely with the Thua Thien Hue Department of Tourism to arrange activates throughout the province, including Schools, Universities and other Government departments (as was the plan last year but due to COVID were cancelled) We hope to spread this to other provinces within Vietnam especially Hanoi and Ho Chi Minh .

Fusion Hotel Group, Vietnam Detox, Diviners Movement, California Fitness & Yoga, Openasia, White Tiger Qigong, Reborn Fitness, Omandala, Alba Group, Mandala Wellness, Banyan Tree Lang Co, Lumina retreats, TIA Wellness, Flow with Meg, Solh Wellness, American Chiropractic Clinic, Akoya Spa, Vinpearl Hotels, Six Senses Vietnam and Anantara Vietnam, will join us again and all arrange exiting Wellness activates, but we will not stop there we will do everything we can to get more, Hotel Groups, Spa & Wellness Centers and Corporate Companies involved. Join us and be a part of the biggest Wellness Event on the planet.

MALAYSIA ([watch this page on Wellmap.org](#))

Hana Halim, WWW Country Ambassador and President of **AMSPA** (Malaysian Spa Association) is working hand in hand with **MAWSPA** (Malysian Wellness & Spa Association) and will involve several NGOs in the bid to promote Wellness for all.

Their respective members will celebrate WWW by climbing Mt. Kinabalu and hosting some activities there. Mt Kinabalu is the highest mountain in Borneo and Malaysia. With an elevation of 13,435 feet (4,095 m), it is third-highest peak of an island on Earth, and 20th most prominent mountain in the world by topographic prominence.

ASIA

INDONESIA - BALI ([watch this page on Wellmap.org](#))

John T G Nielsen, Bali Ambassador for World Wellness Weekend is delighted to announce that **Fivelements Retreat Bali** has planned four quarterly wellness events which are inspired by the WWW and include:

- 19th March - Healing Through Movement
- June 21st - International Yoga Day event
- September 17-19 - World Wellness Weekend
- December 17 - A Healing Journey of Gratitude

As Bali gradually begins to re-open to international tourism, and tourists return, a wide range of events are being planned to welcome tourists back. Bali's spiritual town, Ubud will be hosting a range of mind and body movement events at leading hotels and yoga venues throughout the next six-months leading up to the World Wellness Weekend. Detailed information will be released as the events.

The opportunity to celebrate the re-opening and incorporate the WWW offers a Bali an opportunity to re-establish the island as a leading wellness destination and home to award winning wellness retreats & resorts and sanctuaries.

JAPAN ([watch this page on Wellmap.org](#))

Tomoe Kaneko, WWW Ambassador for Fitness, and **Tomoko Iwai**, WWW Country Coordinator, will introduce WWW in Japan and raise awareness of wellness lifestyle, activities, and tourism. They will contact and build partnerships with organizations, cities, and businesses, to create more chances that people can participate and connect through wellness activities.

MALDIVES ([watch this page on Wellmap.org](#))

Renate Hermes, WWW Ambassador has created a series of activities and services for guests within the very unique setting of The Maldivian Island Holiday Experience :

1.Group Immersive experiences, with "**Healing Island Sounds**" – a guided relaxation Journey ; and "**Nature has your back**" – a Journey of exploration at sunset to deepen your connection with nature and self.

2.Let's Talk / Interactive Workshops/ Q & A / 1 on 1 sessions

- Living a yummy life – demystify healthy nutrition
- Discover the Power of Mind (transformative result coaching)
- o Find peace, calm and clarity amidst turbulent times
- o Healthy thoughts – healthy body – how to cultivate a "healthy mindset"
- o More joy and fun as pillar of wellbeing

3.Wellbeing and mental wellbeing at the workplace, with fun activities to support team well-being.

AFRICA - MIDDLE EAST

UNITED ARAB EMIRATES ([*watch this page on Wellmap.org*](#))

In 2021, WWW UAE Ambassador **Aheem Siddique** and the two Ambassadors in Dubai **Vyara Tosheva** and **Karen Coetzee** are taking World Wellness Weekend to another level with prestigious hotel groups, day spas, wellness centers and local authorities.

Sharjah Ladies Club, Wellness Champion in 2021 with all 10 branches fully engaged, will be a home to women of all nationalities to join on World Wellness Weekend to experience activities in all of the 5 Pillars of Wellness, including workshops to nurture one's talent.

MOROCCO ([*watch this page on Wellmap.org*](#))

Soumia Hite, WWW Country Ambassador is coordinating fun programs to inspire people to a healthier lifestyle with Oberoi hotel, Mövenpik, Vichy Célestins, Royal Mansour, The Pearl hotel, Top Zen center....)

BENIN ([*watch this page on Wellmap.org*](#))

Marina Dannon, WWW Ambassador in Benin will offer activities inspired by the 5 Pillars through fun and educational activities, and a wellness program in partnership with wellness centers (tourist office, hotel, beauty salon, spa, fitness room, etc.) workshops, forums and fairs for enthusiasts, actors and well-being professionals.



NORTH AMERICA

CANADA - QUEBEC ([watch this page on Wellmap.org](#))

Katja Prpic-Tremblay WWW Ambassador in the Laurentians, supported by **MassoCie** the international wellness network of La Francophonie will coordinate the following activities in september to promote wellness throughout Quebec, with the support **AQS - Quebec Spa Association, AQTN and RITMA:**

- **Rosette Pipar**, poet and writer is creating with the City of Sainte-Adèle a 3 days event called "**The echo of words... words to feel good**" in the Laurentians: Poem readings, Art photographs and gatherings
- **Lisa McLellan** founder of **Age Smart Fitness** will present a **Tap & Clap session** broadcasted throughout Quebec with the support of the biggest association of seniors in Quebec the F.A.D.O.Q (Fédération de l'âge d'or du Québec - 550 000 members) to celebrate the 50 years of F.A.D.O.Q.
- **Cindy Quevillon & Jessica Locas Racette** from **Equilibrio** invite Laurentian families to explore their environment with nature walks and stop at different wellness stations: Chair massage, yoga, meditation, aromatherapy).
- **Marie-France Lalancette founder of NSF is creating an NSF International Roundtable:** a gathering of international specialists to discuss the realities of malnutrition and the solutions implemented in some countries to put an end to it, in alignment with the UNITED NATIONS' 2nd SDG "End of Hunger"
- **AQTN & MASSOCIE Integrative Health Roundtable:** The Quebec natural therapist Association AQTN and MassoCie will organize a roundtable with some of their members (naturopaths, massage therapists, reflexologists) to discuss the advancement of integrative approach in health practice and prevention.

Phiane Duquet, WWW Quebec Ambassador and Gold Champion in massage, is preparing a number of events leading up to World Wellness Weekend to create more awareness in the months to come, including:

- June 5-6, 2022 : The Canadian Massage Championship in partnership with LNE - Les Nouvelles Esthétiques, AQTN, RMQ, ACAM and Massage Therapists' Association of Nova Scotia (MTANS)

Sonia Giguère, WWW Ambassador in Sainte-Agathe-des-Monts and naturopath, is preparing a week-end to discover physical activity for age 5 until 90: ball field hockey and baseball clinics, Dance classes for kids, Yoga, Zumba, Tennis, Stretching, Karate, Fitness classes for seniors, Aerobics and Health lectures!!!

CANADA - Ontario ([watch this page on Wellmap.org](#))

Laurie Barkman, WWW City Ambassador in Winnipeg, will coordinate in Winnipeg provides many outdoor activities walking, biking, running, yoga, meditation and group fitness classes.

Ten Spa and **Riverstone Spa**, will curate activities to rejuvenate mind and body.

Corrie Gallant, WWW City Ambassador in Brantford will be hosting the 6th annual Awakening to Better Beauty event on World Wellness Weekend at the **Beauty Barn Spa**. The oncology nursing department at the Brantford General Hospital nominates local people who are going through cancer treatment. They will attend a day of wellness pampering beauty & photography to help them forget about there struggles just for one day.

UNITED STATES OF AMERICA ([watch this page on Wellmap.org](#))

Peggy Sealfon, WWW City Ambassador in Florida, **Carol Phillips** in California and **Judi Culp Pearson** in Oregon Wellness Ambassador, joined by her Coordinator **Michelle Crisanti** are already spreading the word about healthy lifestyles. They will raise awareness with venues across the wellness spectrum and the media.

SOUTH AMERICA

BRASIL ([watch this page on Wellmap.org](http://www.wellmap.org))

Dianna Therssia Aranha Ruas, WWW Country Ambassador continues to lead Brazil the most active country in the world during World Wellness Weekend.

Major support has been confirmed by **Conselho Regional de Autoregulação da Acupuntura do Estado de Minas Gerais, Instituto de Pós-graduação, Associação Brasileira de Acupuntura, Brazilian Federation of Acupuncturist, and Tai Chi and Easter Culture Institute of Minas Gerais.**

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...

Limpa Brasil will host blogging and activities to support sustainability across the entire country.

Oca Wellness with sustainable wellness activities across the country;

Medita Juntos Brasil will host mindfulness groups with free sessions across the country.

Plantio Brasil will planting trees across the country;

Marco Aurelio Cozzi will give a lecture on Ecological and Popular Energy Health, in his clinic **Sempre Viva Minas Gerais Center of Acupuntura and Natural Energetic Therapies.**

Iguazu Wellness will organize breath-taking activities at the Iguaçu Falls, including Ion Therapy combined with exercises.

Balneário Dr. Octávio Moura Andrade do Águas de São Pedro, will offer free day-passes for the Thermal Spa with the support of Águas de São Pedro City Hall;

Balneário de Pocinhos do Rio Verde, will offer free day-passes with the support of Caldas City Hall;

Rubim City Hall coordinate activities for promoting sustainability and Wellness Tourism;

With the support of the **Brazilian Embassy in Athens**, the **Brazilian Citizenship Council in Greece** will commemorate the Brazilian Day in synergy with 6th WWW: planting trees, capoeira, music, plogging, etc.

Eliana Costa, WWW Coordinator, will offer free LIAN GONG classes online.

Lia Ruas will 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;

Antonio Carlos Aranha Ruas, the Triple Border Ambassador, will focus on Sustainability, Ecology, Sport Activities, Martial Arts, Capoeira... and some surprises like Pet Wellness, including "Hippo therapy"!

Rosemary Ramos, the WWW Area Ambassador for Vale do Jequitinhonha will focus in art.

Instituto Ayurveda, Grupo Mulheres do Brasil, Hotel Marina do Porto, Fenix Podologia, Women Capoeira Sul da Bahia, and Pakaas Palafitas Lodge will soon announce their activities.

BUDDHA SPA, largest Day Spa Franchise in Brazil will mobilize all, or most of its 50+ day Spas with activities on Vitality and Serenity, with Aromatherapy and group workshops.

SOUTH AMERICA

[CHILE](#) *(watch this page on Wellmap.org)*

Jessica Heredia, WWW Ambassador in Santiago de Chile and co-founder of **Consciencia Wellness** will create the first digital wellness magazine in Chile, with national and international professionals writing articles, and entrepreneurs and institutions joining this great wellness movement.

- **Yasna González** and **Espacio Equilibrio y Bienestar center** in Los Angeles, southern Chile, will conduct Sonotherapy workshops with Tibetan bowls, Usui Reiki workshops, yoga classes for boys and girls in online and face-to-face, together with sports associations, dance schools, yoga and Therapeutic centers of alternative medicine.
- **Movimiento Vital** represented by Lorena Freire will carry out various classes and workshops outdoors, indoors AND online, for those who cannot attend in person with all the necessary sanitary conditions.
- **Amelia**, chef and poet from the Araucanía region, will conduct workshops about the Mapuche culture, cuisine and therapeutic writing as a means of healing.
- **Katherine Morales** and **Martín Santillán**, join from the coastal city of Viña del Mar with a strong commitment to "vitality and movement", providing all the motivation and energy to empower the body and the mind with Tribal energy.
- **Natalia Estroz** will lead free activities for the community about emotional well-being, mainly through workshops and talks supported by SERCOTEC (government entity that supports entrepreneurs)
- **Paula Astorga, Catherine Pinto and Denitza Ibañez** with the Atenea mujerfoundation, continue to provide a real and sustainable contribution to the emotional well-being of women in conditions of social and economic vulnerability, strengthening their personal development and growth, generating autonomy, a sense of purpose and a positive role in the community, promoting comprehensive well-being with emotional mentoring programs. They will also conduct workshops related to gender equity. Universidad del Desarrollo, the municipality of La Reina (the House of Women) and other private and government institutions are supporting.
- **Yessica Medina Olavarria** supports as multi-talented Holistic Therapist from Sanarte Space (Patagonia).
- **Odette Esquivel** will organize workshops to educate the community about the benefits of traditional Chinese medicine, acupuncture, Tuina massage therapy... to achieve greater balance in the spiritual, emotional, mental and physical energy.

[PERU](#) *(watch this page on Wellmap.org)*

Milagros Serrano, Country Ambassador, **Veronica Napuri**, Ambassador in Lima and **Eduardo Finci**, Ambassador Emeritus in LATAM are not only preparing very original activities for September... They are organizing on May 29/30, 2022 a 2-day course to introduce a new position "Executive Wellness Director".

The **Ministry of Tourism in Peru** is in conversation with Veronica Napuri and **Termatalia** to increase awareness of the therapeutic benefits of the healing properties of thermal bath across the country.

SOUTH AMERICA

ARGENTINA ([watch this page on Wellmap.org](#))

The full team of Ambassadors in Argentina is scheduling activities to promote awareness of the 5 pillars of well-being: **Eduardo Finci, Gabriela Gergic, Carla Mariel Vara, Maximiliano Perez Joos, Carola Blasig, María Laura Olivera Kahn.**

As many venues and professionals as possible will join in the cities of Buenos Aires, Córdoba, Jujuy, Mendoza, Misiones, and other regions, with a possible support of the Ministry of Tourism.

Together with the **American Spa Association** several online meetings will be organized to spread the word in the months to come, not just in September

DOMINICAN REPUBLIC ([watch this page on Wellmap.org](#))

Flavio Acuna, WWW Country Ambassador with two new Ambassadors: **Manon Calvignac** in Cabarete, **Doris Chirinos** in Santo Domingo, and his many partners are preparing 300 events at the national level: Gyms, Padel Tournaments, Soccer Tournament, Martial Arts Tournaments, Healthy Eating Workshops, Zumbaton in three different points of the Island, Meditation, Yoga classes, Guided Meditation, Pilates, Aero Yoga, Tai Chi, Salsa Classes, Merengue Bachata, Facial Treatments, Body Treatments, Tibetan Bowls, Swimming classes, Organic Garden Workshops.

Cities of **Bavaro, Bayahibe, Cabarete, Macao, Miches, Punta Cana, Santo Domingo, Verón** will fully participate, making the DOMINICAN REPUBLIC one of the most active destinations for Wellness in September.

PANAMA ([watch this page on Wellmap.org](#))

Lead by **Lizzie Espinosa**, WWW Ambassador in Panama, the 6th WWW will be inspired by indigenous and holistic traditions in the main tourist attractions in the country with proactive wellbeing activities, including adventure, glamping, spa centers, itineraries in magical nature, art, holistic and spiritual well-being:

- **Arlines Organic Ways** will organize treatments linked to holistic activities and healthy living.
- **Hotel Buenaventura** is preparing outdoor activities and relaxation in its wellness **Spa Corotu**.
- **Ruta Wellness Panama** is fully engaged with over 100 wellness partners including yoga professionals, therapists, centers, spas and wellness activities such as festivals, retreats and workshops that transform your trip into a ritual of life throughout the country.
- **Alfredo Rojo**, coordinator for **Pearl Island** with **Spiritu Santa Festival**
- **IA Isla Hotel** with relaxing activities and sport adventures in the most beautiful beach in Panamá.
- **District of Boquete** in coordination with the Mayor and Travel Office working to become the first wellness destination in the country with thermal wells, waterfalls, climbing, therapeutic activities with geisha coffee and organic chocolate...

EUROPE

ITALY ([watch this page on Wellmap.org](http://www.wellmap.org))

Regis Boudon-Doris, WWW Country Ambassador and founder of BBSpa, is doing a REMARKABLE job, year after year with the team of WWW Ambassadors to possibly becoming the most active country in Europe during World Wellness Weekend!

Simone Ciolli WWW Ambassador for Tuscany region confirms the participation of **Terme di Casciana** (Pisa), **Mugello** area and **the City of Florence**.

Cinzia Galletto, WWW Ambassador in Piemonte and Liguria confirms the participation of the **City of Alassio**.

Rosalia Vitrano WWW Ambassador in Sicilia confirms the participation of:

- **Verdura Resort, a Rocco Forte Hotel** (Sciacca, Sicily) a centre of wellbeing with the flagship Rocco Forte Spa.
- **La Excelencia** (Sciacca, Sicily) Dance Studio with qualified Masters of Freestyle Choreographic Dances, Caribbean International Dances and Street Dance Urban Dance ; Fitness, Yoga, Functional & Postural Gymnastics, Acrobatic Gymnastics Agonistic Pole Dance...
- **Villa Igiea, a Rocco Forte Hotel** (Palermo, Sicily), a stunning turn-of-the-century palazzo.
- **Hotel de la Ville, a Rocco Forte Hotel** (Roma, Lazio), a lively 18th-century palazzo with an effervescent rooftop bar and Sicilian-inspired spa.
- **Masseria Torre Maizza, a Rocco Forte Hotel** (Fasano, Puglia) renovated from the 16th century surrounded by ancient olive groves, with aromatic sunset rooftop bar, a 9-hole executive golf course, an indulgent spa...
- **Momentum Resort Bio-Resort** (Castelvetrano, Sicily) with a spa, fitness area, bio-restaurant serving local products exclusively, a pool and sun terraces with a magnificent view of the surrounding olive groves.
- **Fitness Point** (Marsala, Sicily) offering Functional Training, Pilates, Zumba, Fit & Boxe, Aerobic Trainer...
- **Tenuta Carabollace** (Holidays House in Sicily) (Sciacca, Sicily) surrounded by 30 hectares of olive groves, a family farm, golf or horse riding by the sea...
- **Susafa Boutique Hotel** (Polizzi Generosa, Madonie, Sicily) strategically located in the heart of Sicily, with a swimming pool provides a cool break when the surrounding hills turn to gold.
- **KinesioLab** (Sciacca, Sicily) specialized in posturology and the musculoskeletal and osteoarticular system

Viviana Confalonieri WWW Ambassador for Milano and Lombardia region confirms the participation of :

- **Golferenzo** (Pavia), a picturesque village near Pavia offering a holistic journey through the 5 pillars of wellness: meditative workshop, Shiatsu in nature, Trail running experience - running, "MindFood" Workshop, a natural cooking workshop, Core active yoga, Dynamic practice of hatha and vinyasa yoga, Open Farms and cellars of Oltrepò Pavese for a food & wine experience.
- **Holibreak** in Milan will offer an innovative session of Odaka Yoga, recreating fluid movements that transform the practice of yoga into a dance, where the body moves and flexes just like the waves of the Ocean.
- **Wanderlust** in Milano
- **Bormio, Livigno e Valtellina**, the Wellness Mountain

ITALY (continued) (watch this page on Wellmap.org)

Giovanna Lorrai WWW Ambassador for Sardegna confirms the participation of key operators and institutions:

- **InEvoSpa** (Central Sardinia), will again create a mix of wellness, artistic, gastronomic and cultural excellences. The five pillars of well-being will be linked with sustainability.
- **Locanda Minerva** in Villanova Monteleone (SS), is a natural oasis of Monte Minerva offering workshops in nature to experience meditation and holistic activities;
- **Olisardinia** in Cagliari, deals will create sensory experiences immersed in nature. Walking slowly, barefoot, to rebalance and stimulate the body's functions, calm and relax the mind, reconnect with oneself;
- **ImmagineSalute** in Palau and the archipelago of La Maddalena (OT), will offer innovative and multisensory massage techniques.
- **Lèpia Spa Diffusa San Teodoro** (OT), surrounded by green gardens and the white beach to experience holistic aesthetic treatments.

...and welcoming the new participants:

- **Mani Manù** in Nuoro and Cala Gonone (NU) will showcase their professional aesthetic treatments;
- **Pellhermosa** in Santa Maria Coghinas (SS), will share the rich heritage of Sardinian herbs, with conscious walks and breathtaking excursions.
- **Venice Trail** in Casale sul Sile (TV) will organize a kayak or bicycle excursion between water, forest and unspoiled nature, along the entire **Sile River Regional Park** to discover the pearl of the province of Treviso.

Award-winning Preidlhof in Tyrol plans an unforgettable WWW for its team and guests: a true festival of wellness activities to stimulate our innate vitality, our inner self-healer and a soothing sense of oneness.

Sound healing events led by a local healer who uses artisanal instruments, vocal coaching session with a brilliant singer, video training of healthy cooking with our consulting Spa Cuisine Chef, forest bathing with Senior experts and a special "walking live music background" around the wellness area organized with the nearby Music School and its young students. Fitness-dance classes during the day and meditation at dawn will keep the vibe high.

Patrizia Bortolin, is joining this year as WWW Ambassador in Tyrol.

EUROPE

[PORTUGAL \(watch this page on Wellmap.org\)](#)

Ana Coelho WWW Country Ambassador, **Vânia Sousa** Coordinator and **Liliana Ferreira** WWW City Ambassador Lisbon participated for the first time in 2021, placing Portugal in the top 20 countries in the world, and received 3 awards for Best Active Spa Brand in Europe with Vila Gale Hotels, and outstanding Ambassador and Coordinator.

They are communicating with **Tourism of Algarve and Tourism Bureau - Turismo de Portugal** to reach all local Government departments such as city halls, and all entities involved in the hotel industry (Hotels, Spas, etc)

Most of last year's participants will join again, with **Vila Gale** being the most active member, and we will do our best to bring together other hotel groups: **Pestana, Top Spas, Sana Hotels, Tivoli...**

[BELGIUM \(watch this page on Wellmap.org\)](#)

Julie Wren, WWW Ambassador for Belgium aims this year at gathering 20 venues from a variety of sectors (sports, fitness, spa, beauty, wellness brands and companies with a heart for employee wellbeing). With venues such as **Fitopia** in Antwerpen and **Katara** in Belsele returning for another year, she will be encouraging other members from the **Exclusive Wellness Group**, plus other top wellness locations and businesses across the country to take inspiration and join in. She'll also be working hard on getting support from the city of Antwerp!

[SPAIN \(watch this page on Wellmap.org\)](#)

Valérie Le Mao starts her first year as WWW Ambassador in Catalonia, Spain to showcase the culture and the wellness sector in the Iberian Peninsula, the Balearic, and Canary Islands. Therefore, the main task is to connect with institutions, associations, the professional press, specialised digital platforms and leading companies in the sector to get their support to give us visibility and credibility and to unite the establishments & venues to awaken wellness awareness thanks to fun, different and relevant wellness activities, and experiences.

[NETHERLANDS \(watch this page on Wellmap.org\)](#)

Christina Blei-Amatdoelrasit, WWW Ambassador for the Netherlands confirms that **SoeReiMas** in Lelystad (Flevoland) and **ReiClaud** in Kilder (Gelderland) will participate and involve professionals in Brabant.

CROATIA (watch this page on [Wellmap.org](https://www.wellmap.org))

Snježana Ledinski and **Kristijan Zulle**, WWW Country co-Ambassadors are confirming that for the second consecutive year, **Kvarner Health Tourism Cluster** will support all the 36 members to inspire and empower people to make healthier choices and enjoy an active lifestyle through free, fun and creative wellness activities.

As the 2021 Wellness Champion, **Opatija Tourist Board** (declared a climatic health resort in 1889) decided to continue to organize free Nordic walking routes lasting from 2 to 3 hours and are mostly of an easy or moderate level.

LUXEMBURG (watch this page on [Wellmap.org](https://www.wellmap.org))

Dorothy Germaine, WWW Ambassador and owner **Spa Escape** is excited to announce that Luxembourg will be participating for the first time, with:

- a Somatics & Perception coach leading a seminar on developing and maintaining lifelong good mental health
- yoga and pilates practices in studio and in the park
- Spa Escape: head and hand massages for lower income women performed outside on the spa terrace (weather permitting)
- Full Body Conditioning and Strength Workout with a Fitness Coach
- an organic store, an organic chef and an organic kitchen will sample and present a recipe
- a Nutrition and Mental Health Influencer will present a recipe on her YouTube channel
- ... with expectations that Red Cross and Caritas, Luxembourg will join.

SLOVENIA (watch this page on [Wellmap.org](https://www.wellmap.org))

Iztok Altbauer, managing director of the Slovenian Spas Association, will encourage all 13 members of the association to actively participate at the World Wellness Weekend by offering several activities related to the five pillars of wellness. Activities will be performed in the following Slovenian thermal spas: **Čatež Thermal Spa, Dobrna Thermal Spa, Dolenjske Toplice Thermal Spa, Thermiana Laško, Terme 3000 – Moravske Toplice, Olimia Thermal Spa, Ptuj Thermal Spa, Radenci Health Resort, Rogaška Medical Centre, Talaso Strunjan, Šmarješke Toplice Thermal Spa and Zreče Thermal Spa.**



OFFICIAL WELLNESS SPONSORS

DIAMOND



"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 – President ATP VALLE DI FIEMME

PLATINUM



Pioneer SPONSOR of World Wellness Weekend

« We are very supportive of the new World Wellness Weekend initiative from Jean-Guy de Gabriac. Combining Wellness, Hospitality, and Personalization is at the core of what we strongly believe in at Biologique Recherche!"

Rupert Schmid and Pierre-Louis Delapalme
Co-Chairmen Biologique Recherche



From the beginning, it's been our mission to connect the fitness and wellness community through technology. As the leading all-in-one software solution for the fitness and wellness industries, we provide them with everything they need to transform their businesses and communities.

At WellnessLiving, we live wellness and our personal wellness choices are deeply rooted in who we are as company. We are proud and excited to support World Wellness Weekend and the millions of fitness and wellness businesses around the world, as we bring the message of wellness to a global scale!"

Len Fridman, CEO and Co-Founder of WellnessLiving

GOLD



At LEMI we are aware that the route to well-being is a long and challenging process that is successful as long as it is pursued with reliability and tenacity, which is what we have done:

indeed, since 1989 at LEMI the wellness has been the core of a process leading to a steady business growth involving different factors, thus aiming at a 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 Brusafferri General Manager

OFFICIAL WELLNESS SPONSORS

SILVER



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



"At Mindbody, we are steadfast in our purpose to connect the world to wellness through technology. As the leading software provider to the fitness, wellness and beauty industries, we have a responsibility to practice what we preach. 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. We believe wholeheartedly in making the world a healthier, happier place and partnerships such as this one, helps us spread that message to large and receptive audiences."
Josh McCarter – CEO MindBody

BRONZE



"I fully share the values of the World Wellness Weekend and implement the 5 Pillars of Wellness in all our Spa projects. I am very proud to lead the team of Ambassadors for Italy, alongside Jean-Guy de Gabriac and all the Ambassadors for this fantastic global initiative for wellness. For me, WWW is the most representative synthesis of my last 30 years of work in the SPA & Wellness sector."

Regis Boudon-Doris, Co-Founder & CEO bbspa group



We are delighted to support Jean-Guy de Gabriac's World Wellness Weekend with BC SoftWear-a touch of Luxury , since we believe that wellness starts with the first touch point as you arrive in a spa. The first thing that touches the person's skin is actually the bathrobe you put on as you start your wellness journey, therefore it is essential that the robe feels as soft and luxurious as the journey you are about to embark on.

Barbara Cooke, CEO & Founder BC Softwear Ltd



"It is an honor and a pleasure to lead this global wellness initiative bringing together 60+ federations, leading hotel groups and operators. There is no nobler mission in life than to empower people to be the best version of themselves."

Jean-Guy de Gabriac - Founder Tip Touch International



"We are very happy to support World Wellness Weekend, an international major project, 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