




16-17-18
SEPT 2022

LIVING *Well* TOGETHER



Look for participating venues near you

 **4,000**
LOCATIONS

 **140**
COUNTRIES

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@worldwellnessweekend

#worldwellnessweekend #wellnessforall #wellnessbyall



OFFICIAL SPONSORS



DIRECTORY

3

A GLOBAL CATALYST TO LIVE WELL TOGETHER

4

A VERY SPECIAL THANKS TO...

5-6

LEADING FEDERATIONS GO THE EXTRA MILE
60+ FEDERATIONS SPREAD THE WORD

7

COUNTRY & CITY AMBASSADORS

8-29

COUNTRY UPDATES

APAC - Asia Pacific.....8
Africa - Middle East.....12
North America.....14
Central & South America.....16
Europe.....22

29-30

OFFICIAL WELLNESS SPONSORS





A GLOBAL CATALYST TO LIVE WELL TOGETHER

The 6th edition of World Wellness Weekend (WWW) will start on Friday 16 Sept 2022 at sunrise in Fiji, until sunset Sunday 18 in Hawaii, with "**LIVING WELL TOGETHER**" as the main focus, **coordinated by 130 volunteers** around the globe (WWW Ambassadors & Coordinators), in **over 900 cities from Brussels to Winnipeg**.

4,000 participating venues in 140 countries will be geolocated on the **World Wellness Map** for millions of people to find fun, free, inclusive group activities, classes and workshops nearby, to enjoy with friends and family.

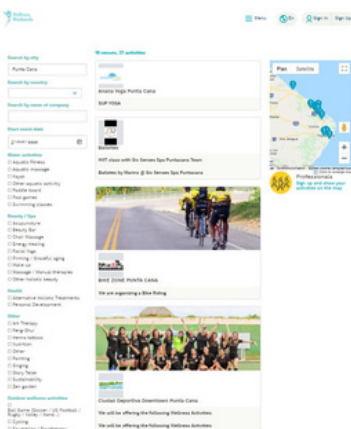
Professionals and venues sign up (free) on www.wellmap.org and schedule free group classes Sept 16-17-18 at their facility or in local parks and recreational areas. There's a one-class minimum, and venues offering three free classes or more will receive a "2022 Wellness Champion" badge.

The public also connects on www.wellmap.org (18 languages) to search a city or click directly on their favorite type of activity. They instantly locate venues nearby, read the description of activities, and are advised to book in advance (in case of limited free seating): Yoga classes, Fitness sessions, Guided Relaxations and Meditations promoting "**Inner Peace & World Peace**", Cancer Aware webinars by Wellness For Cancer supported by Immunocologie, activities in Hot Springs, traditional heat ceremonies in Saunas, Tree planting in Brazil and Vietnam, and even Dance classes to experience the joy of being well! Let's salute the "Tap & Clap" sessions broadcasted throughout Quebec with the support of the biggest association of seniors in Quebec (550.000 members), and a basketball game in wheelchairs in Punta Cana!

With the support of 60 associations and federations such as IHRSA, ISPA, CIDESCO, and ROTARY Clubs in Latin America, venues open their doors and showcase how their classes and activities are part of the solution for local residents to be more active, more often. Everyone is encouraged to find a fitness partner or "wellness buddy" to set goals and stay the course towards longer, healthier and happier lives.

In association with Wellness Tourism Association, city officials and visitors' bureaus are invited to promote their attractiveness through Wellness Tourism around the year, not just on the third week-end of September. Some are actively preparing must-try wellness experiences and "wellness weekend packages", like Alassio, Bali, Florence, Hue, Marbella, Marseille, Niederbronn-Les-Bains, Punta Cana, Val di Fiemme...

WWW is aligned with the **UNITED NATIONS** since 2017, supporting SDG 3 "**Good Health and Well-being for All**" and is one of the partners of the European Week of Sports organized by the European Commission. We promote Wellness through **5 Pillars: SLEEP & Creativity, NUTRITION & Immunity, MOVEMENT & Vitality, MINDFULNESS & Serenity, SENSE OF PURPOSE & Solidarity**.



“There is no nobler purpose than to encourage people to become the best version of themselves”

Jean-Guy de Gabriac,
international
consultant in guest
experience and
founder of WWW.

jean-guy@weekend-wellness.com

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), **Brick Bodies** (USA), **Canyon Ranch** (USA), **Cartesiano** (Mexico), **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), **Habitas** (Mexico, Saudi Arabia, Costa Rica, Bhutan, Namibia), **Kamalaya** (Thailand), **Katikies** (Greece), **Mandara Spas** (Asia), **Marriott** (USA, EMEA), **Melia** (Punta Cana), **Oberoi** (Marrakech), **Mayan Luxury Spas** (Barcelona), **Ovolo Hotels** (Australia), **Park Hyatt** (Guangzhou), **Peninsula Hot Springs** (Australia), **Rocco Forte Hotels** (Italy), **Sensasias** (Dubai), **Sharjah Ladies Club** (UAE), **Six Senses** (worldwide), **Taj Hotels / Jiva Spas** (worldwide), **Ten Spa** (Winnipeg) **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 millions of members with curated wellness and culinary experiences in the cities they live in, and 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!

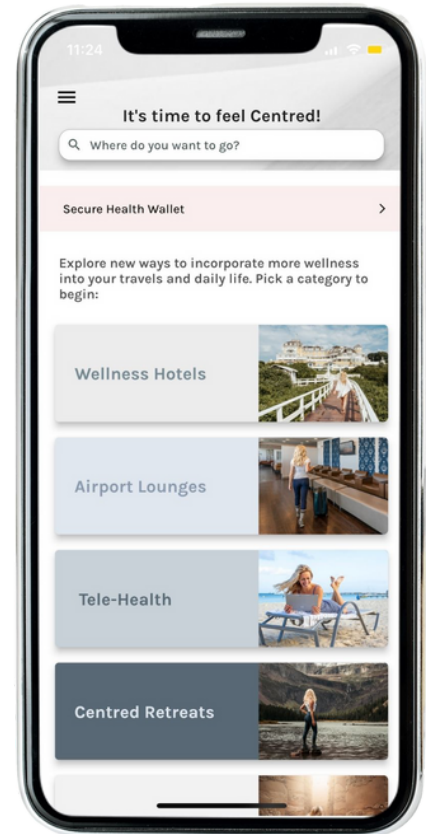
Whether you're looking for tailored experiences locally, or on an exotic getaway, you'll be sure to feel CENTRED! CENTRED is an invite-only portal launching in Q3 2022 with millions of credit card-holders redeeming points through entitlement programs with MASTERCARD.

Members can book a secure tele-health video consultation with a virtual doctor to discuss their health needs, book a fitness class or a massage, 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 travellers to their business.

Use our exclusive code **WWWKND** when downloading CENTRED:
<https://centred-wellness.com/app>

CENTRED



FOUNDER : Jean-Guy de GABRIAC

jean-guy@weekend-wellness.com

Hashtag: #WorldWellnessWeekend #WellnessForAll

#WellnessByAll #WellnessBeyondBorders

Website (18 languages): www.wellmap.org



WorldWellnessWeekend

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 very special partnerships 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 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 clubs 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 a city or regional ambassadors and engage their accredited spas, salons, and 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, and 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 with keynotes, workshops and wellness experiences.

Leading spas of Canada celebrates its 25th anniversary on 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 have 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 Sports 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 230 talented massage therapists for 43 countries are join in Copenhagen 18-19 June for the World Championship in Massage and will organize in person, or online massage 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 associations and professional federations... (see following page)



60+ FEDERATIONS ARE SPREADING THE WORD



GLOBAL THERMAL THINK TANK



COUNTRY & CITY AMBASSADORS

125 AMBASSADORS & COORDINATORS AROUND THE GLOBE

NORTH AND SOUTH AMERICA



Join the World Wellness Network

EUROPE



BECOME A WELLNESS AMBASSADOR IN YOUR CITY

ASIA & AFRICA



COUNTRY UPDATES

ASIA

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

The WWW Indian team is once again lead by **Reena Sheth** and **Rekha Chaudhari**. This year, **Hareeni Vipin**, **Laila Naterwalla**, **Rahul Chauhan**, **Sheric Dorairaj**, **Dr Rajneesh Kumar** and **Rohit Gupta** joined the team !

This year again, **Jiva Spas and Taj hotels** invite guests and communities to join in the celebration of Wellness for All, with a host of offline and online activities and holistic experiences to commemorate World Wellness Weekend.

Ms. Sushmita Sarangi – Commercial Director for JIVA | NIU&NAU stated: *"To mark the 6th World Wellness Weekend, 50+ Jiva Spas at select Taj, SeleQtions and Vivanta hotels will offer a host of on-ground wellness experiences for their resident guests, as well as the community at large through virtual Insta Live sessions. The celebrations will be kicked off with a meditation session, followed by the brand's signature Jiva chants & prayers across the 51 locations on 15th September. This will be followed by a host of unique immersive experiences inspired by Jiva's award-winning INNERgise program – ranging from yoga, guided meditations, Mandala painting, storytelling, cycling trails, river gazing, sound healing therapies, personal training sessions, healthy culinary delights, nature trails, peacock feeding, star gazing, sound healing, Sufi music and more... The INNERgise menu features fresh and home-grown ingredients packed with antioxidants and immunity-boosting superfoods."*

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

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

1. A 30 minutes Guided Meditation Journey Inner Peace, accessible online every Monday from July to September.
2. A 60 minutes interactive workshop every first Tuesday of the month, at the **Meeru Island Resort Spa**. The topic of these workshops is "Nourishment Beyond Food -Ditch the Diet, there is a better way" and teach people self-empowering perspectives on health and weight.
3. Bi-weekly zoom sessions & activities across 12 islands. "Health for the Healer, well-being for your team" empowers the teams on self-care



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

The WWW team in Vietnam lead by **Hylton Lipkin** & **Nyoman Yastama** (Country Ambassador and Coordinator) and **Dien, Phi Phi, Thuy Cao, Thanh Bui** (City Coordinators) are working hard to get as much people in Vietnam involved and are doing an amazing job at it! They have made contact with the **Ho Chi Minh City Department of Tourism** and are confident this will favorize the development of WWW in Vietnam. They are moreover still in contact with **Mr. Nguyen Van Phuc Director of Thua Thien Hue Department of Tourism**.

- A big push this year is #CorporateWellness. Some companies are already joining such as **Openasia** that have embraced wellness within the company and have recently sent a team to the Mount Everest Base Camp (what a teambuilding activity, right?) .
- **Banyan Tree Spa Group** "Wellbeing Sanctuary" will be participating this year with over 60 Spas spread out across the globe ! Their philosophy is that wellbeing is about connection to self, and relationship of the self to others and nature. just as WWW, they believe that wellbeing should be inspiring and accessible to all. Their 8 Pillars are definitiely in line with the 5 Pillars of WWW: "Physical Vitality, Cultivate the Mind, Harmony with Nature, Sustained Practices, Bonding & Connection, Learning & Development, Sleep & Rest, and Dietary Awareness". We are thrilled to have them on board !
- **California Fitness & Yoga**, will not only be arranging events in all of their 35+ centers across the country but are also helping to promote Corporate Wellness by offering personal trainers to businesses to help grow wellness awareness in the workplace.
- **Oxalis** will most likely organize a Yoga class in Son Doong Cave ("The biggest cave on the planet") in the Phong nha Region
- **Alba Wellness Valley** by Fusion has BIG plans again this year with over 200 children from the local surrounding communities having a fun-filled day of Fitness, Tree Planting (goal of 7,000 this year), Zip Line, Highwire and a full-day access to the **Thanh Tan Water Park**.
- There will be many other activities arranged across the country, such as Fun Runs, Hiking, Yoga, Meditation, Zumba, Tai chi, Walking Meditation, Water Meditation and Floating Meditation. All participants are asked to consider the Environment and arrange activities for #EnvironmentWellness (such as Tree Planting, clean-ups, recycle collections activities...)

Heartfelt GRATITUDE to all current participants: **Fusion Hotel Group, Fusion Resort Phu Quoc, Fusion Resort Cam Ranh, Maia Quy Nhon a Fusion Resort, Fusion Suites Vung Tau, Fusion Suites Saigon, Fusion Original Saigon Center, Fusion Suites Da Nang, Glow Hotels, Vietnam Detox, Diviners Movement, Aryana Sohl, Alyona Moves, White Tiger Qigong, Reborn Fitness, Reborn Camps, Omandala, Alba Group, Mandala Wellness, Banyan Tree Lang Co, Lumina retreats, TIA Wellness, Flow with Meg, American Chiropractic Clinic, Akoya Spa, Vinpearl Hotels, Six Senses Vietnam, Ananatara Vietnam, DanCenter Vietnam, Ana Workout, Hue Runners, Saigon Healthy Lifestyle** and many more coming soon...



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:

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

The Ubud Hotel Association has confirmed to endorse the World Wellness Weekend and are encouraging Ubud hotels to embrace in the global movement. Ubud, is considered the spiritual town of Bali and is home to annual Bali Sprit Festival in May and some of the world's leading wellness retreats.

The Bali Tourism Office will endorse the World Wellness Weekend. The Ministry expressed their delight about Bali becoming WWW's partner. WWW offers "a wonderful opportunity to highlight Bali's unique culture and quality hotels" stated a senior manager from the Ministry.

The Australian lifestyle hotel group **Ovolo Hotels** joined with their property **Mamaka by Ovolo**. Mr Joel Bartlett, General Manager said that "Mamaka is delighted to join the World Wellness Weekend and will offer Yoga, Beach bootcamp & even 24hr Rowing in the lobby of the hotel". Mr Bartlett also inspired the Australian hotels to join the movement creating activities for guests and staff.

Asia's largest fitness groups, **Evolution Wellness**, owners of Celebrity Fitness, Fitness First and Fivelements Retreat Bali, have also confirmed that all health clubs in Indonesia will join the global movement, dedicating the weekend to special wellness activities throughout the health clubs, with even a planned Yoga in Park in Jakarta for new and current members to join in.

Bali's World Wellness Weekend Ambassador, **John Nielsen** stated "I am beyond thrilled to see the movement grow in Bali and Indonesia. The inclusion of leading hotel and fitness groups highlights the importance of wellness in each business, amongst guests and team members".

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

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

Tomoe Kaneko and **Koumei van Zeeland**, WWW City Ambassador, and **Tomoko Iwai**, WWW Country Coordinator introduced WWW in Japan and are currently working with many professionals in the field.

Major support has been confirmed by :

- **SPORTEC**, Japan's largest sports and wellness industry exhibition. SPORTEC has a great presence, improves the sports industry in Japan and raises people's health awareness and lifestyles.
- **JSTA** (Japan Sport Tourism Alliance), that not only widely promotes sports-related activities but also serves as a hub to bring together academic, business and governmental circles for collaboration purposes.
- **FIAJ** (Fitness Industry Association Japan), a committed organization of health and fitness professionals
- **JAFA** (Japan Fitness Association), a public interest corporation approved by the Ministry of Health, Labor and Welfare, that was established to promote and develop fitness professionals in Japan.

Cities and big groups are participating:

- **Blue Sky FITNESS** in front of the city hall of Shinagawa will collaborate with Shinagawa City, Tokyo
- **Odawara City**, Kanagawa will organize activities such as Trekking Yoga, Town Yoga, and agriculture yoga...
- **Mikuni Sunset Beach** organizes Sunset Beach Yoga and Blue Sky Outdoor Fitness in Fukuiis
- **Chiba Fitness Community**, the fitness professional leading group is planning activities in Chiba area.

On top of this great news, plenty of exciting activities are currently being organized by venues.

Discover typical Japanese featured activities such as Sumo-style leg stomps exercise "Shicorecise", developed with Yokozuna (the highest rank in sumo) or a Japanese drum exercise "Wadaiko Fit", organized along with a Health & Beauty exercise in Yokohama, Kanagawa... The Wellness tourism brand **Otera Stay** will organize meditation classes by trained monks at temples in historical places. Moreover, in order to promote the 5th Pillar of Wellness "Purpose & Solidarity", a VIM Exercise is organized as a support programme for the persons with disabilities in Tokyo.

If you are an adept of nature, you will probably enjoy original activities such as: Island Yoga and Pole walking in Miyako-Island, Loop Exercise and SUP+plus in Kanagawa, Lantern light Yoga at the grass field in Tokyo, Twilight FITNESS CAMP in Kagawa, and more ...

More wellness activities are organized all across Japan such as an Easy stretch class by **Studio Genius**, a Dog Yoga at **Hot Spring Resort in Hakone**, a Wellness Nutrition Seminar by the **International Society of Sports Nutrition (ISSN)**, Core Breathing, Fit Dance, Yoga, Zumba, Hip Hop and more ... Some activities like Beauty Hot Active Lymphatic Stretch and Wave Stretch Ring Class will be accessible online!



AFRICA - MIDDLE EAST

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

In 2022, 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.

In the month leading up to the weekend, wellness venues around the UAE will be hosting free and open retreat events including meditations, yoga sessions and workshops devoted to mindfulness.

Sharjah Ladies Club, 'Wellness Champion' for two years in a row, is the perfect destination for wellness and recreation, where women and children are always encouraged to be part of diverse activities that promote education, culture, art and health. Sharjah Ladies Club will celebrate the World Wellness Weekend for the 4th year in 2022 with a variety of dynamic and energetic activities. Sharjah Ladies Club is dedicated to empower women and inspire them to lead healthier lifestyles, which is a cornerstone of the club's vision and values.

Altearah Bio Middle East, an award-winning organic wellness brand, has created a customized self-massage ritual to celebrate the pillar of Serenity. This self-massage with aromatherapy products has as a goal to align with the World Wellness Weekend's philosophy and allow people to incorporate the simple ritual in their daily life, bring wellness back home and make intentional decisions for inner serenity.

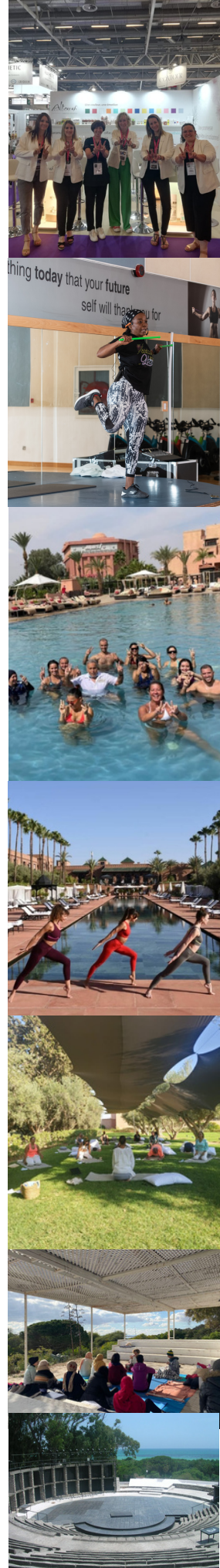
[MOROCCO](#) ([watch this page on Wellmap.org](#))

Soumia Hite, WWW Country Ambassador and her coordinator **Chafika Bendjennat** are coordinating fun programs to inspire people to a healthier lifestyle. She is currently working on the organization of a dance workshop and other outdoor activities in an emblematic place in Morocco ...

She gladly announced that all venues that participated in the previous year have confirmed their participation to the 6th edition. The **Royal Mansour**, **Selman Hotel**, **Oberoi hotel**, **Vichy Célestin**, **Movenpick Hotel** and other wellness and yoga centers will offer inspiring wellness activities such as aquafit, yoga, art therapies, dance, Reiki and nutrition workshops...

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

AHLA, Applied Hospitality and Leadership Academy in Hammamet will collaborate with the **Center Fleu de Lotus** in Nabeu. Together, they will organize resourcing activities such as sophrology, meditation, yoga and therapeutic art... The event will take place in Dar Sébastien (Hammamet), a cosmopolitan meeting place for artists, intellectuals and personalities from all walks of life, and a member of the international network of cultural meeting centers which has nearly 40 active centers around the world.



AFRICA - MIDDLE EAST

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

Marina Dannon, WWW Ambassador in Benin will offer activities inspired by the 5 Pillars. In collaboration with professionals, she will propose workshops and well-being activities to managers and collaborators for workers to feel great and learn some tips and tricks to bring back home.

As the 1st Pillar of Wellness (sleep & restoration) will be celebrated by **Spa fleur d'ébène** which will offer a massage at Cotonou with the objective of improving sleep, the 3rd (Vitality & Movement) and 4th (Serenity & Mindfulness) will be celebrated with free yoga and fitness sessions by **Flex Fitness**.

Mr. Ezéchiel Bossikponon, a specialist in nutrition and food technology, will on his side pay a tribute to the 2nd pillar: Nutrition & Immunity. He will be working with other local structures with the objective to raise awareness of a healthy and balanced diet to bring participants to adopt healthy and sustainable nutrition practices.

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

For the 6th edition of the World Wellness Weekend, join **Tamassa Bel Ombre** for a remarkable Santosha Retreat all weekend! Inspired by the pursuit of happiness and joy, "Santosha", meaning "complete Contentment" is both an attitude and a deep state of inner peace. The very complete retreat includes plenty of exciting activities.

- On Friday, enjoy a sunrise meditation, biking, hiking, aqua gym, local cooking class, natural infusions discovery, Tai Chi and Pranamaya...
- On Saturday, enjoy activities such as morning walk, Zumba, dance, gardening, humanitarian workshop, yoga and float fit...
- The weekend ends with activities on Sunday like yoga, cooking, a tea workshop and ... a Spa party!



NORTH AMERICA

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

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...

She also confirmed as one of the highlight of this 6th edition in Quebec: the official support of the **Minister of Health, Lionel Carmant !**

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 of **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 families to explore their environment with nature walks and stop at different wellness stations: Chair massage, yoga, meditation, and 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 approaches in health practice and prevention.
- **La Galerie Bien-être** is inviting therapists and wellness businesses in Quebec to register for the Wave of Wellness Draws. They are asked to all create a contest draw on their Facebook page that will take place at the same time (during the 10 days prior to the WWW). Results from all of the draws will be presented during WWW !
- On June 21, join **YogaTribes** for the International Yoga Day!

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!!!



NORTH AMERICA

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

Laurie Barkman, WWW City Ambassador in Winnipeg, will coordinate 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. The **Clarion Hotel and Spa**, **Alt Hotel Winnipeg**, **Lakeview Hotels and Resort** and **Laurie Barkman Fitness & Nutrition** are joining the movement. These locations are offering wellness experiences for employees, for their customers and for the community, through wellness expositions, self-care workshops and relaxing spa experiences.

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**. This day is offered to locals in the community going through cancer treatment. The oncology nursing department at the **Brantford General Hospital** will nominate local people 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.

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

Dr Lorne Brown confirmed three themes activities for the weekend (such as fertility or anxiety). He will be giving a talk, and you will also be able to assist to a free yoga class, as well as a fun Qi Gong class.

[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.

We are proud to announce that the **Hot Springs Association** has reached out to over 100 geothermal properties from across the United States and Canada encouraging them to participate in World Wellness Weekend. We anticipate a collection of yoga, meditation and water-based wellness activities. **The Springs Resort in Pagosa Springs**, Colorado will provide a session of breathwork, stretching, and meditation around the Mother Spring.



SOUTH AMERICA

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

Dianna Therssia Aranha Ruas, WWW Country Ambassador continues to lead, with Brazil being 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.**

Combine wellness and tourism with amazing activities and venues and support the local environment while taking care of yourself

- **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, activities for mental health, and even cultural rituals from Natives Tribes...
- **Limpa Brasil** will host "plogging" and other activities to support sustainability across the entire country.
- **Oca Wellness** will organize on sustainable wellness activities across the country;
- **Plantio Brasil** will be planting trees across the country;
- **Iguazu Wellness** will organize breath-taking activities at the Iguaçu Falls, including Ion Therapy combined with physical 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** will organize activities promoting sustainability and Wellness Tourism;
- **Marco Aurelio Cozzi** will give a lecture on Ecological and Popular Energy Health, in his clinic **Sempre Viva Minas Gerais Center of Acupuncture and Natural Energetic Therapies.**
- With the support of the **Brazilian Embassy in Athens, the Brazilian Citizenship Council in Greece** will commemorate the Brazilian Day in synergy with the 6th WWW by offering trees planting, capoeira, music, plogging, etc...

Celebrate all 5 Pillars of Wellness across Brazil and learn how to adopt a healthier lifestyle...

- The 4th Pillar (Serenity & Mindfulness) will definitely be celebrated in Brazil, thanks to **BUDDHA SPA**, the largest Day Spa Franchise in Brazil, that will mobilize all, or most of its 50+ day Spas with activities on Vitality and Serenity, with Aromatherapy and group workshops. On top of that, **Medita Juntos Brasil** will host free mindfulness group sessions across the country.
- **Belo Horizonte** and **Nova Lima** in Minas Gerais state confirmed massive participation of Integrative Health practitioners, physiotherapists, Associations of Organic Producers and Farmers, and socio-biodiversity.
- **Instituto Artemis** will support **CCBG**, on "Education for All", the 4th SDG of the United Nations, in line as well with the 5th pillar of World Wellness weekend (Purpose & Solidarity).

More next page ...

SOUTH AMERICA

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

WWW Ambassadors and Coordinators in Brazil are doing an amazing job at the approach of this 6th edition and will all be proposing some activities.

- **Eliana Costa**, WWW Coordinator, will offer free Lian Gong classes online.
- **Lia Ruas**, with the support of the Rotary Club in Nanuque MG will coordinate basic need baskets (food and toiletry for families, toys and books for children) distribution, and Trees Plantation;
- **Antonio Carlos Aranha Ruas**, the Triple Border Ambassador, will focus on Sustainability, Sport Activities, Martial Arts, Capoeira... and other surprises like Pet Wellness, and "Hippo therapy"!
- **Rosemary Ramos**, the WWW Area Ambassador for Vale do Jequitinhonha will focus on Creativity with artistic activities.

Other activities will be announced in our next press release by:

- the **Balneario of Artemis** and **Porto Seguro City** which participation was confirmed.
- **Instituto Ayurveda, Grupo Mulheres do Brasil, Hotel Marina do Porto, Fenix Podologia, Women Capoeira Sul da Bahia, and Pakaas Palafitas Lodge** ... Other luxury properties on islands in Bahia and Rio de Janeiro will offer sports activities and much more...
- The chief **Reinaldo Cacique** has confirmed the **Pataxó Tribe** participation, with 3 clans preparing a great activity, with the blessing of **Pajé/Shaman Dona Dajuda**.

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

Bonnie Baker, Irene Campana, Alejandro Leo and **Ana Paula Dominguez**, WWW Ambassadors in Mexico continue collaborating with wellness professionals at the approach of the 6th edition of the WWW.

The Habitas Hotels will show once again their commitment to the movement.

- **Habitas Tulum**, is located between the jungle and the Caribbean Sea. Habitas' wellness program combines ancient traditions with modern techniques to nourish the body, mind and soul. Their spa offers locally-inspired massages and treatments. Enjoy daily yoga, Mayan clay and cacao ceremonies... Enjoy regular intimate concerts in their jungle courtyard and live performances by local artists at Moro while dancing into the sunset during Baja el Sol sessions.
- Seamlessly built on the crystalline waters of Laguna Bacalar, **Habitas Bacalar** is an eco-sustainable, holistic oasis. Wellness is woven into the fabric of Habitas Bacalar, with the Spa modeled after a small Mayan village, including treatment cabins that bring traditional Mayan Straw Houses to life. All therapies are designed using local ingredients. Immerse in the local practices and traditions of Mayan culture with a lesson in the botanical garden's. The wellness program also offers localized wellness rituals, sunrise paddle board tours, SUP yoga, janzu (water therapy) and nature walks and signature and local spa treatments...



SOUTH AMERICA

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

Jessica Heredia, WWW Ambassador in Santiago de Chile is the co-founder of **Consciencia Wellness**.

The June edition will highlight World Wellness Weekend and the inspiring work of **Jean-Guy de Gabriac** as its founder. It will also promote the VI International Wellness Congress in the Dominican Republic, where the magazine will be one of the official partners. In her role as WWW Ambassador, she will continue to hold meetings to articulate the WWW network, where initiatives will be generated to connect and disseminate wellness entrepreneurship and professions at a national level.

- **Yasna González**, WWW Ambassador ambassador for the South Zone of Chile and founder of **Espacio Equilibrio y Bienestar center** will conduct workshops with the objective of showing the community the importance of the 5 pillars of Wellness. Workshops include for example Sonotherapy workshops with Tibetan bowls, inviting guests to experience the balance of the energy centers to achieve serenity and mindfulness.
- **Yessica Medina** and **Sanarte Atelier Terapias** will organize various therapeutic sessions. As a WWW Coordinator, she seeks to link public and private organizations to work collaboratively and offer various activities to the community.
- The foundation **Atenea Mujer actively participates in the 6th edition of the WWW**. The foundation gives talks and training to schools and educational institutions on topics such as emotional wellbeing, gender equality, violence, co-responsibility, positive parenting, etc., providing them with socio-emotional tools to help improve their quality of life. Its focus and pillar is centered on emotional mentoring programs that provide support and accompaniment to women in vulnerable situations. **Equigenero, Universidad del Desarrollo, Municipalidad de la Reina** and other public and private institutions are supporting the foundation.
- **Medelene Valdés**, a nutritionist and Hatha instructor gives yoga classes in person and online, offering two Sundays a month free classes to the community of the "Puentes al Alma" foundation. She strongly encourages to focus on three of our Pillars of Wellness: Nutrition & Immunity, Vitality & Movement, Serenity & Mindfulness.
- **Movimiento Vital** represented by Lorena Freire will carry out various classes and workshops outdoors, indoors AND online.
- **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**, will join from Viña del Mar with a strong commitment to "vitality and movement", and offer activities to empower the body and the mind with Tribal energy.
- **Natalia Estroz** will offer activities about emotional well-being, mainly through workshops and talks supported by **SERCOTEC** (government entity that supports entrepreneurs)
- **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.

SOUTH AMERICA

[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 have organized 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.

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

Flavio Acuna, WWW Country Ambassador along 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, making the Dominican Republic one of the leading countries in this 6th edition of the World Wellness Weekend!

Participate in great tournaments will be organized: intercollegiate soccer, Padel, Soccer, Basketball, Volleyball, or Martial Arts An outstanding basketball game in wheelchairs will be carried out! Enjoy many more compelling and original activities such as : gym sessions, Healthy Eating Workshops, Zumbaton in three different points of the Island, Meditation, Yoga classes, Pilates, Aero Yoga, Tai Chi, Salsa Classes, Merengue Bachata, Facial Treatments, Body Treatments, Tibetan Bowls, Swimming classes, Organic Garden Workshops...

The Rotary Clubs of the Dominican Republic confirmed its support to the World Wellness Weekend.

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 !

Eduardo Finci, Director of the AAS, together with **Flavio Acuña** will carry out the organization of the VI **International Congress of Spa and Wellness professionals** that will be held in the Dominican Republic on October 17, 18 and 19, convening and uniting influential leaders of well-being in the world.



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.**

- Together with the **Asociacion Americana Spa**, several online meetings will be organized to spread the word in the months to come, not just in September.
- **Instituto Carola B** organizes on August 8, a second Conference on Wellness, Spa & Thermalism in Oberá Misiones. Four of the WWW Argentinian Ambassadors will meet to transmit their knowledge and experience on the specific topic, with the aim of inspiring the creation of innovative proposals, capitalizing the opportunities that this region has in terms of nature, hot springs and human resources...
- **The Ministry of Tourism of Argentina** once again expressed interest in promoting the dissemination of the event in the country.
- The province of **Entre Rios**, which stands out for its thermal tourism route, will join the wellness festival represented by several thermal centers, and preparing activities to entertain its visitors. Several districts of the province are interested in expressing their support to WWW. In August, **the city mayor of San Jose** will sign a proclamation of adhesion and dissemination to the World Wellness Weekend !
- **Dr.Walter Mattarucco** will organize a talk dedicated to clinical medicine and pulmonology about the intestine being a second brain.

Maximiliano Perez, WWW Ambassador in the Cordoba region, will organize different activities to celebrate the WWW with Hot Springs: Yoga, Reiki, Stretching and coaching about life purposes...

Andrea Francella, WWW Ambassador of Buenos Aires, confirms that a tour of the city combined with wellness activities in green space areas is being organized by her company **Estilo Spa** and its partners.

Gabriela Gergic, owner of **Cielo y Tierra** and WWW Ambassador of the municipality of Tigre plans two events. One of them will be held at the **Don Torcuato Hunting and Fishing Club**, and will feature fitness, meditation, and yoga activities. The second will be a Wellness Fair, with activities and stands around the topic of Wellness Tourism.

Maria Olivera Khan, WWW Ambassador in the province of Mendoza, prepares special and exclusive healthy meetings at the **Entre Cielos** boutique hotel, surprising its guests and visitors like the previous years.

More next page ...



SOUTH AMERICA

Rita Ayala, WWW coordinator in Argentina for the **Asociacion Americana de Spa**, confirms that they will focus this year on the 5th Pillar: Purpose and the Solidarity, from June until the World Wellness Weekend in September. They will invite people to join Instagram lives every Thursday to travel together "The Wellness Route". Rita Ayala will conduct interviews with different professionals. They will tell us how they are preparing to celebrate the Wellness Weekend, their goals, what free activities they will organize, and many more surprises! The idea is to encourage a powerful wellness mindset, share healthy habits with the community and have a good time through tips and advice. In short: have fun while learning!



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 sports adventures on 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, and therapeutic activities with geisha coffee and organic chocolate...

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Website (18 languages): www.wellmap.org



WorldWellnessWeekend

ITALY ([watch this page on Wellmap.org](https://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!

After last year's success, **Val di Fiemme**, WWW Sponsor Diamond, will once again propose an outstanding programme with, as scenery the incomparable chain of the Dolomites (UNESCO World Heritage Site) and the Forest of Violins...

- The weekend will begin with the **Well-Being Summit 2022**, a convention dedicated to wellness, and promoted by local companies, that will be hosted at the **Palafiemme of Cavalese. Starpool, La Sportiva, Pastificio Felicetti, and Fiemme Tremila**, all innovative wellness brands are participating to the event. The **Festival del Buon Vivere** in Forlì will also participate to the Summit on Friday 16th September. Enjoy then at 17.30, a wonderful walk called "**Sunset in the Dolomites in Capanna Cervino**" until the well-known refuge to take part in a thanksgiving dance in the sun. Enjoy a flowered aperitif with Fiemme cheeses on the top before returning to the valley with head lights.
- On Saturday, the early birds will be able to watch the sunrise and enjoy an energizing warm infusion and the sound of the horn, from the Dolomites Corno Bianco, after a one-hour walk. At 12 o'clock on the Plateau of Lavazé continues the magic of mountain sounds. After the horn melodies on the summit, it will be the turn of **Andrea Dulbecco, Alessandro Bianchini, Marco Micheli** and **Nicola Angelucci**...
- During the whole days of Saturday 17 and Sunday, 18, the **Fiemme Namastè Festival** will be held at the Biolago of Predazzo.

Vagheggi, WWW Sponsor Bronze confirms the participation of their centers.

Bbspa&partners WWW Bronze Sponsor confirms the participation of :

- **LA SPA Helvetia & Bristol** introducing "Wellness and Renaissance"- a day dedicated to outdoor activities.
- **The Festival del Buon Vivere 2022** - an annual appointment that brings great protagonists of the economy, politics, culture and entertainment to Romagna region and in the city of Forlì every year in September. Seminars, shows, presentations, conferences, participatory workshops, street initiatives, gastronomy: ten days of cultural events not to be missed and an opportunity to discover what, according to all the official rankings, is one of the most livable areas in Italy.
- The **bbspaGroup** will also propose Open Days during the whole week-end.

More next page ...



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

Simone Ciolli WWW Ambassador for Tuscany region confirms the participation of **Terme di Casciana** (Pisa), **Mugello** area and the **City of Florence**. **Student Hotel in Florence** will organize a walk for peace. **Castello di Velona** in Montalcino, and **Hotel Milano Alpen SPA** will also take part in the 6th edition of the WWW.

Giovanna Lorrain WWW Ambassador for **Sardinia region**, confirms the participation of accommodation facilities, independent operators, and institutions:

- **InEvoSpa** that will create a mix of wellness, artistic, gastronomic and cultural excellences.
- **Locanda Minerva**, situated in a corner of paradise in the north west of Sardinia. It is the ideal place for workshops designed around nature, meditation meetings and holistic activities.
- **Olisardinia by Giulia Loglio**, in Cagliari, deals with creating sensory experiences immersed in nature, such as walking slowly, barefoot, to rebalance and stimulate the body's functions. The culture of barefoot wellness is important to give everyone back the ability to release the energy that tens of thousands of sensory receptors placed under our feet are able to transmit to the body.
- **ImmagineSalute by Susanna Innocenti**. Various demonstrations of treatments will be offered, such as the stress test, the anti-stress vitality massage, the body treatment with essential oils, the Candle Massage ...

She is also welcoming new participants:

- **Mani Manù** will open their doors to let you discover their aesthetic, professional and high quality treatments.
- **Pellhermosa** produces cosmetics that contain a patented herbal active ingredient, efficient for skin problems.
- **Tenute Olbios**. The company uses an ethical method of growing vines and declares itself to be a fervent protector of the environment, attentive to the well-being of its land and the people who work it, it will propose activities in the vineyards.
- **Alghero Resort & SPA**, in the green hillsides of Alghero it is an oasis of natural wellbeing in Sardinia.
- **Venice Trail** will organize an event of rare beauty between water, forest and unspoiled nature. You will have the possibility to do kayak or bicycle along the entire Sile River Regional Park to discover the naturalistic pearl of the province of Treviso.

More next page ...



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

Cinzia Galletto WWW Ambassador for **Piemonte and Liguria region**, confirms the participation of :

- **City of Alassio** - the city is preparing a series of events and initiatives to promote the culture of "well-being, a culture that find some of its roots there. In Alassio, between the 19th and 20th centuries, the first establishments dedicated to heliotherapy and balneotherapy were born: places designated to cure themselves thanks to the mild climate, the sea, the sun and the air.
- **Capomele Beach** will propose activities such as Yoga by the sea, Stone balance, and holistic practices involving body, mind, breath, emotions and soul in a unique location suspended between sky and sea.
- **Preidlhof Spa Destination** The Preidlhof Wellness Team offers transformational and creative wellness experiences. Between Saturday and Sunday there will be free activities by local experts and team members such as Sound Healing, a wellness-mindful eating class, a laughter yoga class, and Forest Bathing ...

Rosalia Vitrano WWW Ambassador for Sicilia region, confirms the participation of:

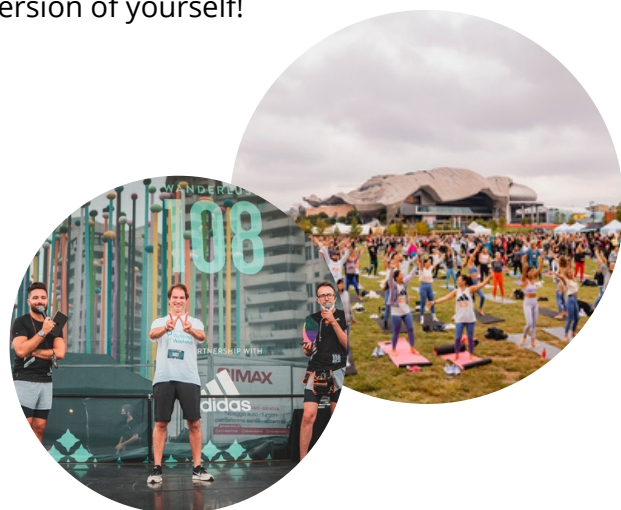
- the outstanding **Rocco Forte Hotels Group: the Verdura Resort** (Sicacca), **the Villa Igiea** (Palermo), the **Hotel de la Ville** (Rome), and the **Masseria Torre Maizza** (Puglia)...
- **La Excelencia A.C.R.S.D**, specialized in dance, fitness and outdoor activities. The association strongly supports doing sports outdoors as it seems to accentuate all the effects that physical activity has on morale.
- The **Momentum Resort Bio-Resort**, designed around the physical and spiritual well-being of its guests.
- **Fitness Point**, offering courses suitable to any level of preparation.
- The **Tenuta Carabollace**. Guests will have access to the swimming pool and the hot tub open seasonally. Children will be able to enjoy the family farm and its many animals.
- The **Susafa Boutique Hotel**, a fascinating place, still preserves the memory of a time when days were spent on the fields and, at night, returned to the quiet sheltering walls of the great farmhouse.
- The **KinesioLab**, specialized in kinesiology and applied posturology,

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

- the **Golferenzo village**, offering a holistic journey including compelling activities like meditative drawing, stretching, Shiatzu in nature, trail running, cooking workshop, active, hatha and vinyasa yoga, pranamaya ...
- **Holibreak** in Milan that will offer a free outdoor Yoga flow
- the impressive **Wanderlust 108**, all about yoga, meditation, well-being and mostly, sharing! Join the Community and take part in the Only Mindful Triathlon in the World: 5K to go your own way, 90 minutes of yoga flow and 30 minutes of guided meditation to find the best version of yourself!

Andrea Pambianchi WWW Fitness Ambassador for Lazio region, confirms the participation of:

- **CIWAS** - the leading confederation of wellness and sports activities will organize once again various sport activities in Rome.
- **the Calamosca foundation** will also join with a programme dedicated to nature and to wellness with yoga and mindfulness sessions on the beach or in the park... Everything will be accompanied by healthy food and beverages.



EUROPE

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

WWW Ambassadors **Lucia Romero De Avila Nieto**, **Manuel De la Garza** and **Valérie Le Mao** and their coordinators **Sandra Villarejo**, **Meritxell Llorca** and **Francesc Ruiz** are doing an outstanding job in growing the 6th edition of WWW in Spain. New ambassadors and coordinators have recently joined them in the adventure: **Angela Navarro Naranjo**, ambassador in Castilla La Mancha and her coordinator **Pablo Alonso Salazar**; **Vicen Fernandez** ambassador in Valencia and his coordinator **Manel Albala**; **Natalia Boni** ambassador in Canaria; and **Juan Manuel Abucha de Dios**, ambassador in Jerez and his coordinator **Elvira Garcia Perez**.

In Spain, the WWW has inspired the ambassadors to work towards a connection of all the areas proposed by the event and create numerous and different activities, to put together an 'Attractive Wellness Experience' with which Spain could become a wellness tourist destination and a professional epicentre. Following the WWW, **Marbella** will host the 1st 'Wellness Beauty & Spa Congress', end of February 2023.

Spanish Ambassadors intend to be present in the packages of hotels, have activities in schools, colleges, universities and in elderly centers. They also wish to give visibility and recognition to all people who make an effort despite their disabilities.

They will mobilise the participants with all possible sports and ensure they relax with different techniques for body and mind. They will delight your palates with healthy food workshops and will give a touch of joy to the WWW with different musical rhythms and dances.

They are very supportive and committed to the 5th Pillar of Wellness: Purpose & Solidarity. Therefore, they will have several contests and raffles to collect donations to five charity associations focused on different diseases.



SLOVENIA ([watch this page on 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**, **Thermana 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**.

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

Julie Wren, WWW Ambassador for Belgium is doing an amazing job in developing WWW in Belgium. She has confirmed the following activities:

- Kathleen from **WalkWise** in Roeselare is offering a free Nature Coaching session that includes breathing techniques, grounding, meditation and tai chi all during a walk in the woods on Saturday 17 September.
- **Le Boudoir Bleu** is welcoming guests during WWW into its unique universe. Be transported back in time to a world of glory and femininity to discover the fusion between art, beauty and classical music.
- Eight of the top wellness centres from the **Unieke Wellness Group** have kindly donated 40 free days passes to WWW, in order to discover these special locations, each boasting exceptional facilities (**Thermen Katara in Belsele, Saunatopia in Edegem, Thermae Boetfort in Melsbroek, Thermae Grimbergen, Thermen Londerzeel, Thermen Mineraal in Rijmenam, Thermen Dilbeek** and **Thermen R in Roeselare**)
- **Re-aX and Olea Absolute Nutrition & Wellness** have joined forces with **IONA**, a local community caring for people with special needs and qualities. In the exceptional grounds of IONA, surrounded by nature, with its biodynamic farm, artisanal bakery, and art and ceramics workshops, the vision is to organise a WELL-fest for residents and the local community on Sunday 18 September. This event aims to embody the 5 pillars of wellness with different activities and truly embraces our vision of Wellness for All.
- Jasmine Travel in **Eeklo**, is aiming to put together an on-line offer, bringing together different Ayurvedic practitioners to promote this way of living and travel to India.

We are also grateful to:

BESKO, the professional association that promotes the interests of everyone practising an aesthetic profession, who has stepped up to show its support for World Wellness Weekend by publishing an article and a call to action in its June edition of HEBE, the magazine for professional therapists.

INTERMEDI, the Belgian distributor of our Gold Sponsor Lemi, who has also shown their support for WWW with a call to action with all their clients.

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](#))

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

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.

This year, 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 Hotels** being the most active member! The 27 Hotels are strategically located on the beach, in the countryside and in the city and offer stunning views between the endless rows of vineyards of the wine region in the north to the honey-coloured beaches of the Algarve in the south... They are organizing activities for all ages and tastes! Visitors will have the choice between quality treatments and holistic therapies at Satsanga Spas, outdoor fitness sessions, walks in the hills, or meditation and yoga, surrounded by the sounds of nature... They are also preparing DIY Workshops to learn about specific massage techniques (Do-in, Couple, Shantala), face and body care, stretching and aromatherapy.

LUXEMBURG (watch this page on Wellmap.org)

Dorothy Germaine, 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.



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WorldWellnessWeekend

EUROPE

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

In partnership with **ANETT – French Association of Mayors of Touristic Cities**, cities are actively preparing wellness activities for their residents and to attract visitors: **Marseille** (award-winning city in 2019), **Niederbronn-Les-Bains** (award-winning city in 2020 and 2021 with 45 free activities), **Bourbon-Lancy**, **Perros-Guirec**...

The **International Aesthetic School Catherine Sertin**, affiliated with **CIDESCO France**, has included World Wellness Weekend in its curriculum so that students work with teachers to prepare original activities that they then organize in the Spas and beauty salons where they gain experience as apprentices. The school will organize an open-house day rich in workshops for the public, with special beauty treatments offered to the medical staff in the spirit of #WellnessForAll #WellnessForNurses.

Domaine the Ciccé-Blossac is preparing indoor and outdoor wellness activities through its vast resort.

Sternartica, Roche-Saint-Secret-Béconn: "Cosmetics for everybody, nature included". This young company of sustainable cosmetic products will open its doors to present its solid, environmentally friendly products.

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

Three days celebration will be organised by **Talaria Resort & Spa**, the first wellness hotel in Poland which has created a special for female guests and their expectations. Klaudia Babiej, the general manager stated that "the idea behind World Wellness Weekend was very close to their DNA". On a daily basis, they are providing comfortable accommodation conditions with a good sleep service, as well as a wide SPA & Wellness offers, and healthy and fresh cuisine. During WWW, Talaria Hotel has prepared a very complete program. The celebrations will start on Friday with gongs relaxation sessions. On Saturday and Sunday, all guests will be able to participate in 3 different activities: morning fitness classes, aqua fitness in the pool and a ritual in the hot stone sauna.

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

My Community Space by Aurora Procopio brings people together through walking tours, meditation classes, and forest walks. Aurora will participate in the World Wellness Weekend, offering people healthy and conscious wellness activities immersed in the wonderful Irish nature.

Tara Moore, WWW Ambassador in Ireland will soon announce a rich program of activities at award-winning **Galgorm Spa** and several iconic Spas.



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WorldWellnessWeekend

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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

"We're proud and excited to partner with World Wellness Weekend and spread the power of wellness on a global scale," says Len Fridman, CEO and co-founder of WellnessLiving.



"WellnessLiving's mission has always been to support fitness and wellness business owners with the tools and resources they need to build stronger connections within their communities.

Our all-in-one business management solution empowers thousands of business owners worldwide to live their dream as they share their passion for and knowledge of health and wellness. They inspire us every day."

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