


# LIVING *Well* TOGETHER

Look for participating venues near you

 **4,000**  
LOCATIONS

 **140**  
COUNTRIES

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@worldwellnessweekend

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## OFFICIAL SPONSORS



# DIRECTORY

3

A GLOBAL CELEBRATION TO LIVE WELL  
PHYSICALLY, MENTALLY AND SOCIALLY

---

4

A VERY SPECIAL THANKS TO...

---

5-6

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

---

7

COUNTRY & CITY AMBASSADORS

---

8-54

COUNTRY UPDATES

*Latin America & Caribbean.....8*  
*Europe.....18*  
*Asia Pacific & India.....44*  
*Canada & USA.....52*  
*Africa & Middle East.....57*

---

61-62

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# A GLOBAL CELEBRATION TO LIVE WELL PHYSICALLY, MENTALLY and SOCIALLY

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 150 volunteers** around the globe (WWW Ambassadors & Coordinators), in **over 900 cities from Brussels to Winnipeg**.

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

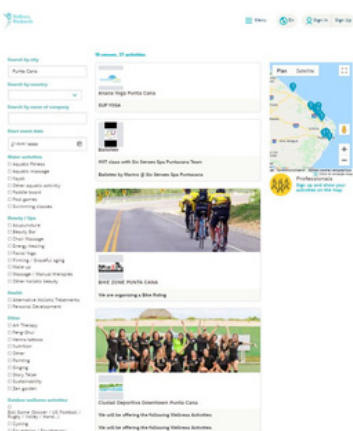
Professionals and venues sign up (free) on [www.wellmap.org](http://www.wellmap.org) and schedule free group classes Sept 16-17-18 at their facility or in local parks and recreational areas. There's a one-class minimum, and venues offering three free classes or more will receive a "2022 Wellness Champion"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

The public connects on [www.wellmap.org](http://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 book in advance (in case of limited free seating): Yoga classes, Fitness sessions, Guided Relaxation and Meditations promoting "**Inner Peace & World Peace**", Cancer Aware webinars by Wellness For Cancer supported by **Immunocologie**, wellness activities in Hot Springs, traditional heat ceremonies in Saunas with the support of the International Sauna Association, Tree planting in Brasil and Vietnam, Samba classes, Flamenco, Ballet 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 the cities of **Jerez, Cadiz, Tenerife** (Gran Canaria, **Niederbronn Les Bains** (France), **Punta Cana** organizing 30 to 100+ activities for locals and visitors!

With the support of 60 associations and federations such as IHRSA, ISPA, CIDESCO..., 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 a "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 promoting must-try wellness experiences and "wellness weekend" packages to attract visitors and enchant locals, like the cities of Alassio, Florence, Hué, Marbella, Niederbronn-Les-Bains, Punta Cana, Ubud, 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](mailto:jean-guy@weekend-wellness.com)

# A VERY SPECIAL THANKS TO...

## Groups and iconic venues going above and beyond

**Alba Wellness & Fusion resorts** (Vietnam), **Anantara** (Asia & GCC), **Aqua Sana / Center Parcs** (UK & Ireland), **Banyan Tree** (Thailand), **Brick Bodies** (USA), **Canyon Ranch** (USA), **Cartesiano** (Mexico), **Celebrity Fitness** (Indonesia, Malaysia, Philippines, Thailand, Singapore), **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), **Melia** (Punta Cana), **Oberoi** (Marrakech), **Mayan Luxury Spas** (Barcelona), **Ovolo Hotels** (Australia), **Park Hyatt** (Guangzhou), **Peninsula Hot Springs** (Australia), **Rocco Forte Hotels** (Italy), **Sensasia** (Dubai), **Sharjah Ladies Club** (UAE), **Six Senses** (worldwide), **Taj Hotels / Jiva Spas** (worldwide), **Ten Spa** (Winnipeg), **Terme di Saturnia** (Italy), **WTS International** (USA)...

## Partnership with Expat Radio and Radio Wellness



**EXPAT RADIO** (<https://expatmedia.onl>) invites WWW Ambassadors each Tuesday at 1pm CET to talk about wellness activities organized around the world, with a weekly audience of **94,000 listeners**.

**Sandra Villarejo**, Coordinator of WWW in Spain, is hosting the show filled with contagious enthusiasm and great music from mid-June until September 2022.



**RADIO WELLNESS** ([www.radiowellness.fm](http://www.radiowellness.fm)) will provide to a national and international audience, from early September coverage of the main activities of WWW scheduled in Italy with LIVE interviews, real-time updates on the Facebook & Instagram, podcasts and articles on the web magazine [www.radiowellness.it](http://www.radiowellness.it).

Celebrating its 10th anniversary, Radio Wellness has produced over 3,000 podcasts, 700 hours of interviews, 2,000 live broadcasts and 100,000 hours of music, not to mention participation in 70+ events and fairs dedicated to health, medicine, music, science and sport. Radio Wellness is already the media partner with **Ciwas** (Italian Confederation of Wellness and Sports Activities).

*"We are happy and honored by the partnership with World Wellness Weekend - commented Alessandro Lunetta, Publisher and Artistic Director of the web radio. Joining our forces in the same direction as those who believe in the message of well-being means for us to reach an even wider audience."*

*"Healthy fun, body and mind care, sustainability - underlined Filippo Bresciani, President of Radio Wellness - have always been pillars of Radio Wellness. Today all the more reason they should be the pillars of all of us."*

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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".



**IH RSA** (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 provides 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 the participation of their members in Sept, alongside other key associations in Canada: ATQN, RITMA, and the Canadian Aesthetics Association.



**Sustainable Spa Association**: 740 spa members in 45 countries aim to a more sustainable impact in their operations, their community and Nature in alignment with the UN's 17 SDGs.



**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 joined in Copenhagen 18-19 June for the World Championship in Massage. Many of them 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.



**International Coaching Federation**: for the first time, coaches from ICF across the globe will showcase the wellness/manage stress topic via coaching with the Life, Vision and Enhancement CP as a part of the 3Q webinar.

# 60+ FEDERATIONS ARE SPREADING THE WORD



# COUNTRY & CITY AMBASSADORS

## 140 AMBASSADORS & COORDINATORS AROUND THE GLOBE

NORTH AND SOUTH  
AMERICA



## Join the World Wellness Network



## BECOME A WELLNESS AMBASSADOR IN YOUR CITY



# LATIN AMERICA & CARIBBEAN



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WorldWellnessWeekend

# SOUTH AMERICA

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

**Dianna Therssia Aranha Ruas**, WWW Country Ambassador continues to lead, with Brasil 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](#))*

**The Caraiva Municipal School** with the coordination of **Marcia Ruas** the students will participate with **the Project Zero Waste School**, the first school Zero Waste in Bahia, supported by **Instituto Lixo Zero Brasil** and much more sustainable activities.

**The Week of the Serrado Vivo** is an initiative of **Mercadinho Tá Caindo Fulô** an association of farms, artisans, and artists from the Serra do Cipó region, together with the **Municipal Government** and several partners, carries out activities aimed at education, health and well-being of the population, appreciation of the traditions by promoting the importance of native medicinal plants, raising awareness of the importance and preservation of our biome, which is a global hotspot, being the most biodiverse savanna in the world, to be held in the municipality of **Santana do Riacho**, district of **Serra do Cipó** and **Lapinha da Serra** - Minas Gerais.

**Talita Margonari Lazzuri**, Florais de Saint Germain Director, has confirmed the participation, on September 16th will have a Live in collaboration with the **CRBE** Council of Representatives of Brazilian Abroad.

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 at the Park and coordinating Art therapy events.
- **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**.



# 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.**

- The **American Spa Association** has organized and will continue to schedule several online meetings on Facebook live to spread the word
- **Carola Blasig**, in the province of Misiones, is preparing the **2nd Conference on Wellness, Spa & Thermalism.**
- The city of Oberá declares of **Municipal Tourist** Public Interest our 2nd Wellness Day - 6th World Wellness Weekend!
- The province of Entre Rios, which stands out for its thermal tourism route, will join the great wellness festival represented by several thermal centers, preparing activities that will entertain its visitors. In the month of August, the **mayor of the city of San Jose** will sign a **proclamation of adhesion and dissemination** to World Wellness Weekend movement.
- In September, there will also be a talk by Dr. Walter Mattarucco dedicated to clinical medicine and pulmonology about the intestine as our second brain.
- In Tandil, province of Buenos Aires, Nelba Palacios, very committed to the wellness movement, will prepare some activities with wellness professionals
- **Eduardo Finci**, Director of the **AAS**, together with **Flavio Acuña**, Ambassador of the Dominican Republic, they are carrying out the organization of the VI International Congress of Spa and Wellness
- The Ministry of Tourism of Argentina once again expressed its interest in promoting the dissemination of the event in the country.

**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.



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WorldWellnessWeekend

# SOUTH AMERICA

## **ARGENTINA** *continued (watch this page on [Wellmap.org](http://Wellmap.org))*

**Rita Ayala**, WWW coordinator in Argentina for the **Asociacion Americana de Spa**, with the support of **Santiago López** and **Diana Sosa**, confirms that they will 500 people are expected to join a WELLNESS PICNIC on Sunday, 18 Sept 2022 at Lagos del Rocío, Pilar (Buenos Aires). In alignment with the UN's SDG 3 (Good Health and Well-being for All) friends and families will bring food and a yoga mat.

Non-perishable food will be donated to **CECAM**, whose mission is to 'promote comprehensive education for women by providing the possibilities needed to access to the development that woman's dignity deserves, thus being an agent of change for their families and the society' ([www.cecampilar.org](http://www.cecampilar.org)) and to **La Merced Vida**, a non-profit civil association whose objective is to defend life from conception to natural death ([www.lamercedvida.org](http://www.lamercedvida.org)). **Manos en Acción** ONG that focuses on improving the quality of life of families in situations of poverty and vulnerability, providing tools and generating resources for equal opportunities ([www.manosenaccionargentina.org](http://www.manosenaccionargentina.org))

**Very original, inclusive and free activities include:** Zumba, Kundalini Yoga, Walk to awaken the senses, Talk on health self-management from the emotions perspective, Introduction to Quantum Plasma Power Platforms, High impact Sensorial Experience through the intake of tea, Creating a mandala and Ayurveda, Mother Lineage Healing, Ashtanga Vinyasa Yoga, Rebirthing Meditation on kayaks, Integrative Massage - Face Yoga, Aromatic Trips, Reflexology Foot Map, Conscious Eating Workshop, Applying a Biozaper Therapy, Reiki and Reflexology, Talk on Tantra, myths and truths.

**READ details and contacts in ENGLISH**

**READ the specific Press Release in SPANISH for the Wellness Picnic**



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**WorldWellnessWeekend**

# SOUTH AMERICA

## **DOMINICAN REPUBLIC** ([watch this page on Wellmap.org](http://www.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!

Sports 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 their 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 prepare the **6th International Congress of Spa and Wellness** that will be held in the Dominican Republic on October 17, 18 and 19.

**2020 and 2021 aWWWard-winning Meliá Punta Cana Beach**, a Wellness Inclusive Resort for Adults Only, will organize activities such as: Boot camp activities; Hatha Yoga; Sound Healing, Juice Therapy, HIIT (High Intensity Interval Training); Guided Meditations; Mud Cleansing & Relaxation, Bicycle Tours and Aqua Spinning. Meliá Punta Cana Beach will be participating along with its sister properties **Meliá Caribe Beach, The Reserve at Paradisus Palma Real and Paradisus Grand Cana**.



# SOUTH AMERICA

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

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

- **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



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WorldWellnessWeekend

# SOUTH AMERICA

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

The Habitas Hotels group 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...

**Cartesiano** celebrates and honored the 5 pillars of World Wellness Weekend with a series of activities during the Weekend carefully selected to improve and support immune system, mental health & clarity. A full team of Wellness Facilitators will be hosting the event: Integral Doctor, Certified Yoga Instructors, Nutritionists, Breathing Coach & Spa Professionals. Cartesiano opens its doors to embrace wellness enthusiasts on a journey that goes beyond a weekend, Rather, a unique individual journey of immersive experiences towards complete well-being renewal. Whether you are a beginner, or a seasoned health practitioner, Cartesiano offers an opportunity to explore and expand your wellness knowledge, align your purpose, and participate in experiences that inspire you to commit with self-care and long-lasting well-being. The 5th biggest city in Mexico with 1 542 232 population now celebrating the 6th edition of WWW in a unique wellness sanctuary and UNESCO Heritage.

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

**Yngris Suarez**, WWW Country Ambassador confirms in **Club Palma Real Group of Wellness Evolution** Latam and Ahimsa, their activities will be Yoga, Reiki, Dance therapy.



# SOUTH AMERICA

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

**Milagros Serrano**, Country Ambassador, **Veronica Napuri and Clorinda AQUINO**, Ambassadors 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



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

**Donald Sinclair**, the coordinator of WWW in Guyana and former Director General of the Ministry of Tourism has been a Wellness enthusiast and the owner of his own fitness facility. With his vast interests in the industry, he has decided to participate for the first time during the 6th edition of World Wellness Weekend.

During the weekend of the 16th, 17th, and 18th of September, **The Vaksana Wellness resort** will organize a community outreach to spread the word about the importance of wellness in everyday life.

Community wellness walks will allow enthusiasts to join in not 1, but 5 different towns in Guyana. An art and wellness exposition will showcase the freedom of self-expression which is a big part of the 5 pillars of Wellness.



# SOUTH AMERICA

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

**Erika Crosby**, WWW Ambassador in Bogota will organize:

- Wednesday 14 Sept: at **FUNDACION CLINICA SHAIO**, one of the main clinics in Colombia, an in-person session for mothers with children in intensive care. 3 therapists will offer during the day complimentary meditation, massages, tips on healthy eating and conscious breathing.
- Friday 16 Sept: @senderomeraki will share knowledge in a Virtual Session about BIODESCODING, followed by a meditation.
- Sunday 18 Sept: in-person session in the city of POPAYAN, Colombia, for BIODESCODING and Conscious Listening with @senderomeraki

## 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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WorldWellnessWeekend

# EUROPE



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WorldWellnessWeekend

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

### World Wellness Weekend in **Val di Fiemme**

From September 16 to September 18, this wellness weekend embraces sleep, creativity, nutrition, movement, mindfulness, biodiversity and solidarity.

Walks to admire the UNESCO panoramas with the sound of a horn, a dance to thank the sun, wood essences and floral aperitifs. Kneipp paths along a creek, reinvigorating hay workshops, stars observations and moments to take care of horses, cows, goats and sheep.

During the WWW, the Fiemme Namastè Festival will be held at the Biolago in Predazzo to meditate in nature. And on Sunday, September 19 take part in Fiemme senz'Auto, a day dedicated to solidarity and eco-sustainability, when car traffic makes way for bicycles, life quality and altruism.

#### **FRIDAY 16 SEPTEMBER**

**Dolomites Well-being Summit 2022.** Opening convention of the World Wellness Weekend in Val di Fiemme organized by local companies at Palafiemme in Cavalese and presented by **Maria Concetta Mattei**.

**Sunset.** Walk to the mountain hut, dance to thank the sun and performance by a professional dancer. Floral aperitif with flowers and cheese of Val di Fiemme. Way back with head torch.

#### **SATURDAY 17 SEPTEMBER**

**Sunrise on Corno Bianco.** Walk of about one hour and dawn on mount Corno Bianco, with the sound of a horn awakening the sun. Hot energy drink and cookies flavored with alpine herbs to start your day.

**LA FORESTA AUMENTATA:** Experiential walk of reconnecting with one's senses

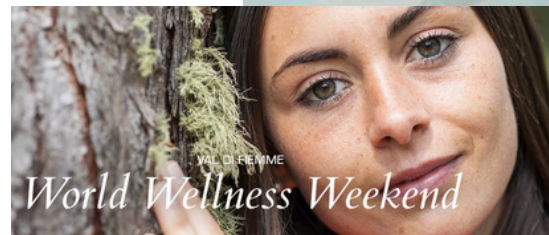
#### **SUNDAY 18 SEPTEMBER**

**Sunrise on Corno Bianco.**

**Lavazè Plateau. The Sounds of the Dolomites** with Andrea Dulbecco, Alessandro Bianchini, Marco Micheli, Nicola Angelucci

#### **SATURDAY 17 AND SUNDAY 18 SEPTEMBER**

**Fiemme Namastè Festival** at the Biolake in Predazzo



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

**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!

**Giovanna Lorrai** WWW Ambassador for **Sardinia region**, confirms that Sardinia is colored by the blue of the World Wellness Weekend!

The important world event of wellbeing this year sees many structures, operators and operators in the sector as protagonists with a warm and heartfelt participation.

Numerous participation, strongly desired by the ambassador **Giovanna Lorrai**, who with tenacity and a spirit of sharing managed to gain approval throughout the island.

Nuoro, the ambassador's hometown, thanks to private entrepreneurs, responded with an offer of activities for the whole community:

- **InEvoSpa**, promoter of wellness tourism in Sardinia, this year brings a practice for reaching the level of conscious consciousness. It will do so on an itinerant basis in various events of the World Wellness Weekend 2022.
- **Spazio Ilisso** confirms the union between Art and Wellness. On 16/09 he will open the doors of his garden for a group yoga session, led by a very special teacher. It will in fact be **Marco Buttu**, Sardinian excellence, electronic engineer at the Sardinia Radio Telescope and participant of two missions on the Antarctic Plateau, to lead the practice and after a light convivial brunch, he will tell about his missions in Antarctica and how yoga was important even at - 80 ° C. Event in collaboration with **InEvoSpa**.
- The **CEAS** on 17/09 starting from 09.30 organizes something for the little ones. A walk in the woods guided by the 5 senses and a pinch of magic. An unusual opportunity to get in close contact and get involved in the natural world.
- **Mani Manù**, also on 17/09, will offer its guests the opportunity to try the techniques of decontracting massage, with a short treatment per person.
- **The Municipal Swimming Pool**, thanks to **Nuoro Swimming Club**, will open its doors on 18/09 for the TOTAL FITNESS DAY, thanks to which it will be possible to try various Aquatic Fitness disciplines: Hydrobike, AcquaJump, Interval Training. Baby Swimming for children from 0 to 4 years and Functional training in 3D.

Here are all the other structures on the island:

- **Locanda Minerva**, in Villanova Monteleone, on 17 and 18 proposes an event dedicated to practices focused on body awareness, balance and posture.
- **Alghero Resort Country**, in Alghero, on 16 and 17 will offer the Acqua Journey path and the Skin Party to learn how to take care of your beauty.



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

- **The Rifugio di Mare**, at the Porto Conte Natural Park, on 16, 17 and 18 offers a 2.5-hour trek with a Hiking Guide along the trails of Punta Giglio; a seminar on meditation and laughter and on the last day a meditation seminar on Hawaiian massage.
- **Pellhermosa**, in Santa Maria Coghinas, on 17/09 organizes, with the collaboration of Antonio Muntoni Environmental Hiking Guide, a wonderful naturalistic excursion to learn about the Sardinian endemic plants of the area, exploring the territory of Santa Maria Coghinas and precisely in the thermal area of Casteldoria in which springs of natural hot water flow (at about 70 ° C).
- **Immagine e Salute**, in Palau and La Maddalena, will offer tests of various types of massages on 16, 17 and 18! Including: anti-stress techniques, candle massage, nature therapy, siren massage, anti-stress vitality massage, face massage and ecstatic dance. The evenings will be enlivened by musical moments.
- **Tenute Olbios**, in Olbia, on the 17th organizes the walk in the vineyard and in the cellar with bare feet, in collaboration with the expert of Barefoot Giulia Loglio. After the walk there is a light lunch with the tasting of some of the winery's labels.
- **Nature Hotel Vallicciola**, on Mount Limbara in Tempio, will offer Pilates lessons to be held in the open air in the woods of the property during the days of the World Wellness Weekend. The lessons will be held in partnership with the "La Foglia" Pilates Studio.
- **Hotel Brancamaria**, in Calagonone, on the days of 17 and 18, will offer yoga lessons in the pool area from which you can enjoy a spectacular sea view.
- **Timi Ama Pullman Hotel**, in Villasimius, on 16 and 17 offers many activities: Thalasso Gym, Skin diagnostics, Henne Body Painting, Nature Walking - walk to the Porto Giunco Tower, Neck Yoga, face self-massage and relaxation session.
- **Olisardinia**, in Quartucciu, on 18/09 offers barefoot the natural walk, an elixir of life. To discover the therapeutic benefits of walking barefoot and how to regain and maintain the health of the feet and consequently that of the whole body.
- **Sardegna Termale Hotel and Spa**, in Sardara, for the days of 16, 17 and 18 respectively proposes Hatha Yoga; Ai Chi, a new aquatic body work that proposes the calm movements of Tai Chi "danced" in warm water. The Ai Chi dance is made up of harmonic movements that repeat the round shapes of the circle and that follow the "dance" of the breath; the Watsu Round, Watsu® was born as Shiatsu in hot water, but then develops as a powerful tool for the growth and strengthening of communication skills, awareness, based on listening and perception of one's own vital interests and those of the other person.
- **The Aquae Sinis Albergo diffuso, in Cabras**, on the 17th at sunset, hosts in one of its marvelous gardens, a yoga lesson for its guests, to rediscover psycho-physical well-being, rebalance the body's energy and discharge negativity.

While in Veneto, **Venice Trail** in Casale sul Sile (TV), will organize an event of rare beauty between water, forest and unspoiled nature, all in complete relaxation and safety. By kayak or by bicycle along the entire Sile River Regional Park to discover the naturalistic pearl of the province of Treviso.

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WorldWellnessWeekend

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

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

### **Friday 16 September**

- At 6pm on the pier of Molo Bestoso **Yoga Work Shop** by ASD Bhakti Studio

### **Saturday 17th September**

- From 8am to 1pm on the pier of Molo Bestoso **Alassio Summer Town Well Being Lifestyle**  
Activities: Yoga, fitness, GYM circuit, snorkeling, diving and dance by Yes We Can
- From 4 to 7pm **ALASSIO BETWEEN HILL AND SEA**

A suggestive experience between the hills and the sea, crossing some of the oldest villages of Alassio and enjoying the panorama of the entire gulf.

After the embrace of the hill, that of the sea, with a refreshing dip in the crystal clear water and a regenerating aperitif "pieds dans l'eau"

The program:

- Meeting at 5pm in the small garden in front of the entrance to the Municipal Swimming Pool, via Pera 7
- We reach the hamlet of Moglio, we walk along a stretch of panoramic road towards Vegliasco with a view of the suggestive Gulf of Alassio, we go down through the village of Madonna delle Grazie, and touching the ancient Hanbury tennis club, we reach the railway station where the shuttle is waiting for us. take us to the port for a dip and a well-deserved aperitif.
- Duration of the walk: 1 ½ h- 2h, plus another hour for swimming and an aperitif
- Comfortable shoes required: mountain boots, sneakers or sneakers, no slippers, no sandals
- Stock up on water
- Swimsuit already worn and towel

### **Sunday 18/9 Concert at dawn\_Program Well Being Experience 2022 by the Suaviter Association**

- At 6.45am, the appointment at the Rising of the Sun for an exciting concert at dawn with the following chamber formation consisting of 8 elements: Violin, Cello, Guitar, Keyboard of the Suaviter Association . A unique artistic event, already experienced with great success in the last edition, which in itself contains beauty, magic and enchantment, with the aim of involving the listener in a crescendo of emotions and vivid evocations of ancestral atmospheres, ancient passions and lost eras, especially when sounds and harmonies are surrounded by the growing light that only the sunrise over the sea can bring. At the end of the concert, a typical Ligurian breakfast will be served - cappuccino and focaccia
- At 3pm, from Cnam Beach on Passeggiata Cadorna we leave for an invigorating aquatic walk. The aquatic walk is an entirely Alassina discovery that imported it from neighboring France: it combines the beneficial water massage with a gentle activity but with extraordinary toning effects.



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

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

This year the World Wellness Weekend in Turin will be hosted in the Monumental complex of San Pietro in Vincoli and will be entirely dedicated to the ancient world of Shiatsu with lectures and test sessions of this ancient manual art by the ANMA Shiatsu Association.

Shiatsu is an art that unites body and mind. Through precise pressures on the body, it stimulates and nourishes the energy flows of the human being and activates an internal transformative process, which helps to improve the quality of life. During the World Wellness Weekend there will be several appointments to learn about this ancient bionatural discipline of healing through acupressure.

Open lessons of approach to Shiatsu and practice of Zen shiatsu movements to lengthen and tone the meridians and the whole body.

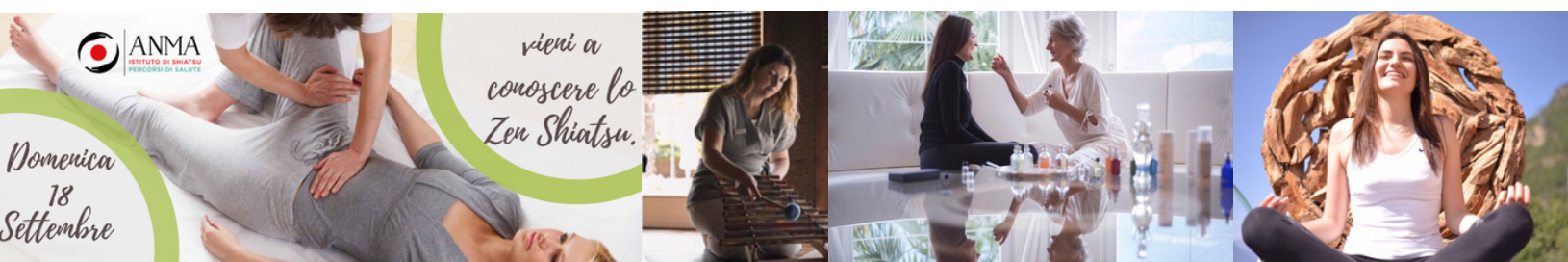
**Preidlhof - Trentino Alto Adige Region** believes that the weekend of September dedicated to the WWW becomes a unique opportunity to get to know and above all experience the Preidlhof philosophy in search of a profound balance between hedonic and eudemonic happiness.

The morning of Friday, Saturday and Sunday is dedicated to an extraordinary session of gong and sound therapy, open to the public, in the "aula magna" or the relaxation room of the spa. People will be able to stretch out on heated water beds or on the ground to enjoy the transformative power of sound created by Christoph and his wife. The South Tyrolean is one of the most interesting experts in sound therapy for well-being and will use his collection of gongs and handcrafted instruments in addition to his long experience in sound therapy. During the afternoons, paid sound healing sessions will be available for those who wish.

On Sunday morning you can participate for free in forest bathing on Mount Tramontana with the wonderful "druid" Irmgard, expert in herbs, healing plants and teacher of being in the woods, perceiving every nuance and every beneficial influence. She makes tea with the delights of her garden and at the end makes a ritual with herbs, roots and resins as needed.

Also on Sunday afternoon you will be able to experience the dance inspired by belly dance with Pamela. Saturday afternoon olive tasting (open to the public) combined with well-being. The oil from the famous Riva del Garda oil mill will be used, the same one used when undergoing the 46° parallel massage (which can be carried out on request and for a fee).

Saturday morning interactive presentation by Dr Angerer, our doctor specializing in complementary medicine and psychology, homeopathy: he will talk about heart rate measurement and its applications for general well-being.



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

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

**1.** Verdura Resort (Sicacca AG) on September 16,

Power Yoga at 9.00; Circuit Training at 10.30; Cross Training 16.30 ; Zumba at 18.00

**2.** The Excelencia ACRSD (Sicacca AG)

SILENT DANCE FITNESS live the experience September 18th at 17.00; Kayak Experience 17 September at 10.00;

Street Dance (Twerk Style) 17 September at 18.00; Acrobatic Gymnastics (Pole Dance) 17 September at 17.00

**3.** Villa Igiea (Palermo)

RELAXING MASSAGE 16 September Afternoon

**4.** Susafa Boutique Hotel (Contrada Susafa, Polizzi generosa Palermo, Madonie)

WALK / TREKKING

MASSAGE

**5.** Tenuta Carabollace Holidays House in Sicily (Sicacca AG)

FITNESS WATER

17 September at 17.00

**6.** Fitness Point (Marsala TP)

FIT & BOXE Fight & Functional

17 September at 20.30

**7.** Momentum Resort Bio-Resort (Marinella di Selinunte TP)

Breathe, Meditate and Relish

Special Momentum Retreat with Meditation, Yoga and experiences in Nature and History.

Program that includes activities of movement and contact in Nature, Yoga and Meditation practices.

**Simone Ciolli** WWW Ambassador for Toscana region confirms participants and activities list below:

- **Velona Castle Resort , Thermal Spa & Winery, Montalcino (SI)**

Activities:

We are ready to welcome you to Castello di Velona as prestigious guests of an unforgettable weekend of wellbeing.

Together with our colleagues from all over the world with the same common thread, we will celebrate the World Wellness Week end.

A wellness to make you feel good and enjoy the beauty of nature, vineyards and life.

Awaiting you: thermal pool at night to float looking at the stars, Velona Massage in the vineyard, Yoga, Brunello wine tasting , Running among the vineyards, Fitness in front of the volcano, Gourmet dinner at Brunello, Chic in nature, Meditation walks, Special setting Dinner in Sunset Terrace and much more.

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WorldWellnessWeekend

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

- **Allegroitalia Terme Villa Borri Casciana Terme (PI)**

Wellness Retreat in Tuscany

Full Immersion Paths in the holistic wellbeing of mind, body and spirit.

- **Casciana thermal baths Casciana Terme (PI)**

Wellbeing of body and mind

Guided relaxing moments in the spa park with yoga lessons, herbal tea tastings and a guide to healthy herbs

- **The Student Hotel Florence Florence**

Yoga and Fitness sessions on the panoramic terrace

- **Sporting Club Borgonuovo Mugello - Scarperia and San Piero a Sieve (FI)**

WELLNESS IN THE VILLAGE

360-degree wellness and health in Mugello at the Borgonuovo Sporting Club center.

Modern lessons Nordic Walking , functional training, pilates in our outdoor green area. Water activities and indoor fitness courses in our Center. But also informative seminars on conscious training, nutrition , posture and body care. A real weekend of health, well-being and fun for everyone.

- **The Student Hotel Bologna Bologna**

Yoga sessions and Aquagym lessons in the pool

- **Tibi Sensory Wellness & Spa Tivoli (RM)**

Night Spa with holistic activities and tasting

- **GA.IA Vibroacoustics showroom Portogruaro (VE)**

Vibroacoustic massage for relaxation, sleep and slimming

Night Spa with holistic activities and tasting

- **Fiorella Truvolo – Spiritual Coach Pozzuoli (NA)**

Guided meditation to unlock energy nodes

- **Esistenza Radhiha Impruneta (FI)**

Emotional yoga sessions to transform stress

- **Daniela Mandala Yoga**

Aeroyoga

d 35 Remaining time to undress and get dressed



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

### **HOTEL ESAGONO and LEPIA SPA DIFFUSA : a day of relax with:**

- Initial hot mango emotional shower 5min
- Sauna 15 min with the 3 Essences every 5 and final aufguss towel the last minute to let them go out
- Cold emotional shower with menthol and cold compensation bath 5/10 minutes
- Relax with apple or dried fruit herbal tea (to be taken)

With foot massage or face mask of your choice 15 min

- Turkish bath with salts without oil in a small bowl 15/20 minutes
- Shower in cold turkish bath with hand shower I would recommend to cool off during the stay or cold mist and cold bath or shower in the changing room 5 / 10min

Outdoor Jacuzzi with solarium in the garden 15/20 min total 90/95 min

Duration of the route 1 hour and 35 Remaining time to undress and get dressed

### **Andrea Pambianchi** WWW Ambassador for Roma region confirms:

Definition of the partnership with RADIO WELLNESS - In support of the communication and media coverage of the 2022 edition of the WWW, an important partnership was finalized with CIWAS Confederazione Wellness that sees Radio Wellness become the official media-partner for Italy of the World Wellness Weekend.

Radio Wellness will therefore take care of giving maximum prominence to the initiatives, Ambassadors and Partners of the WWW thanks to the media coverage and many other activities: Live interviews on [www.radiowellness.fm](http://www.radiowellness.fm) , real-time updates on the radio social networks (Facebook, Instagram ), articles on the web magazine [www.radiowellness.it](http://www.radiowellness.it) , podcasts, all to ensure listeners the news, curiosities, trends from the world of wellness.

Over 3,000 podcasts, over 700 hours of interviews, over 2,000 live broadcasts and over 100,000 hours of music, not to mention participation in more than 70 events and fairs dedicated to health, medicine, music, science and sport. These are the numbers of Radio Wellness.

### **Raffaella Dallarda** WWW Ambassador, SPA Blogger and Influencer confirms:

Olympic SPA Hotel in Val di Fassa -- 16th September

During the day the SPA hotel will propose the activity Ba Gua, the art of walking in a circle. Energy and rebalancing ritual.

Aspria Harbour Club in Milano -- 17th & 18th September

2 days of Fitness activities:

- Saturday morning from 10 am to 1 pm: Boxing as aerobic training
- Sunday afternoon from 4 pm to 7 pm :Core training



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WorldWellnessWeekend

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

**Viviana Confalonieri WWW Ambassador for Milano and Lombardy** region confirm the participation of many venues, ready to offer different, wellness activities: sport, movement, meditation, awareness and mental well-being they are all recognized as the foundations for a healthy and peaceful lifestyle. **Milan** will celebrate the World Wellness Weekend this year with a focus on **yoga activities** in the core business of the City, to develop the benefit of this practice, to free the mind and reduce stress.

**Wanderlust 108**, the largest **Mindful Movement community**, has announced the Italian dates of Wanderlust 2022, the only conscious Triathlon in the world. The event, which has been taking place in the most important Italian cities for 6 years now, will return to Milan in the wonderful setting of City Life with a double date: Saturday 17th and Sunday 18th September. Two days dedicated to awareness, with running, yoga and meditation sessions, and at the same time the live streaming scheduled for Sunday and many digital activities. Wanderlust 108 is the celebration of the mindful movement, the right event to stay together and practice, sharing the values of a healthy and conscious life.

The experience that Wanderlust offers is an immersive experience of challenge and inspiration: it starts with 5 km of running / walking (or an intense Warm Up), 60 minutes of yoga flow and 20 minutes of guided meditation to free the mind.

### **Saturday 17th September: Mindful Triathlon Program**

7:30- 8:45 Check in

8:50 - 9:00 Opening

9:00 - 9:5 Warm Up at the Main Stage pre 5k run -> Adidas runners will guide you a dynamic warm up on the Main Stage before the run

9:15 - 10:45 Triathlon Part 1: 5k (running or walking) -> This is a 5k (+/-) to walk or run, or a Warm up to do with the Wanderlust trainers.

10:50-11:00 Community Intention

11:00-11:30 Holistic yoga dance

11:30 - 12:00 Triathlon Part 2: Yoga -> 60 minutes of yoga flow led by Charlotte Lazzari and energized by a DJ. Thanks to its Odaka Yoga flow we will reactivate our energies through fluid and delicate movements and at the same time safe and aware, just like the waves of the sea.

12:00-12:20 Triathlon Part 3: Meditation -> Complete the mindful triathlon with 20 minutes of meditation to relax and clear your mind following the rhythm of your breath and the magical voice of Margot Sikabonyi.

12:20-12:30 Triathlon closing

13:30 - 16:00 Uncommons sessions, dynamic and creative sessions

13:30 - 16:00 Kula Market -> sustainable vendors of local crafts including food, drinks, and many new wellness products.

16:00-16:10 Sound bath.



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

**Holibreak** is the well-known yoga brand by Eleonora Gianoli, the founder, owner and creator. Holibreak is based on the project of encourage a balance between the business and the holistic world, two complementary reality in this era of great changes.

Thanks to the collaboration with the wonderful setting of Vetra building, Holibreak can bring well-being directly to the workplace, and to celebrate the World Wellness Weekend will offer a free outdoor Yoga flow lesson suitable for everyone on **Friday 16th September at 12:00**.

This yoga session will celebrate the UNION that is the meaning of yoga, UNION with ourselves and with others to start this new season with mindfulness. Reyoga will support this wonderful occasion, with free mat available on the day of the event.

**FitnessWalk®** Outdoor experience is a sport that start from the most natural motor gesture: walking.

It is not a run, nor jogging, nor a walk. The movements are pushed and characterized by a slender gait with a long, rapid and cadenced stride. The arms move in rhythm with the legs. FitnessWalk® is the evolution of walking, because it includes the assistance of a personal trainer or coach who verifies the correct performance of the exercises and the use of wireless headphones, to walk to the rhythm of music and receive instructions given directly by the coach.

FitnessWalk® takes place over a distance of 5/6 km in which the personal trainer performs also a series of fitness exercises aimed at toning the muscles of the whole body - and by dynamic deep walk, suitable for everyone.

FitnessWalk® fitness activities at MONZA Park on 17th September h. 16:30

Near Pavia in Lombardy **Golferenzo** is a small, picturesque village, different from all others within the Oltrepò region, for the stone houses, so beautiful that no one changed them for many years, and for its charm and immense beauty of ancient middle ground. Golferenzo is really a unique place where you can find yourself walking in a timeless place.

This year Golferenzo will be the new Wellness Village in Lombardy on 16-17&18 September, offering a holistic journey through the 5 pillars of wellness with yoga and meditation sessions, creative workshops and wellbeing experiences:

- **Writing is living, better** - Bibliotherapy, Haiku and Caviardage® laboratory with Consuelo Vignarelli
  - **Breathe, stretch by stretch** - Meditative drawing workshop with Zentangle ® with Consuelo Vignarelli
  - Shiatzu in Nature with Chiara Pizzamiglio
  - **Trail running experience** - Running as a fusion with nature with Federico Bertone
  - **MindFood Natural cooking workshop** - Food as medicine with Valentina Follafor
  - **Core active yoga** - Dynamic practice of vinyasa yoga with Anna Borroni and Valentina Follador
  - **Rainbows in balance** - the awakening of the 7 chakras, practice hatha and vinyasa yoga with asana, mudra, pranayama and meditation with Bruna Daglia
  - **Calligraphy and well-being in tip of pens** with Melania Fulceri
  - **Conference by Teresio Nardi in charge of Slow Food Oltrepo Pavese** on the importance of safeguarding ecosystems and biodiversity for a better, cleaner and fairer food culture
  - **Open farms and cellars by OltrePoEtico and FIVI** (Federation of Independent Winegrowers) of Oltrepò Pavese.
- 
- **Aquagranda**, one of the most famous wellness center in Valtellina, will organize a special wellness event in LIVIGNO (SO) in occasion of the World Wellness Weekend.

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

**WWW Ambassadors Lucia Romero De Avila Nieto, Manuel De la Garza 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, 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.



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

Huge congratulations to:

**Juan Manuel Abucha de Dios**, Ambassador, and **Elvira Garcia Perez**, Coordinator for encouraging **90 wellness professionals** to organize free activities in the city of Jerez and the province of Cádiz! Thanks to their efforts, **Jerez is one of the most active cities in Spain and Europe** during the WWW and therefore receiving a special aWWWard from World Wellness Weekend!

Free activities include (but not limited to):

- Massages, Reflexology, Numerology, Natural cosmetics,
- Sustainable Nutrition, Aromatherapy, Essential Oils,
- Qi Gong, Bio Magnetism, Reiki, EFT Tapping,
- Aqua Fitness for people with handicap, Aqua Pilates, Aquaflow,
- Calistenics, Stretching, Zumba,
- Yoga, Yoga for Kids, Family Yoga, Vinyasa Yoga, Laughter Yoga, Therapeutic Yoga, Yin Yoga, Anusara Yoga, Pranayama, Mudras
- Sound bathing with Tibetan bowls, Music Therapy, Mindfulness,
- Painting workshop, Art Therapy,
- Guided Meditation, Mindful Sex workshop, Tantra, Meditation & Compassion, Tao,
- Transmuting DNA, Neurogymnastics, Akashic fields, Shamanic chanting
- Transpersonal Dancing, Dance Therapy, Flamenco YinYang, Oriental Dance, Biodanza, Flashmob, Trance Dance...

**Read the full description in Spanish of activities in Jerez & Cadiz during WWW 2022** (93 pages)



FOUNDER : Jean-Guy de GABRIAC

jean-guy@weekend-wellness.com

Hashtag: #WorldWellnessWeekend #WellnessForAll

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Website (18 languages): [www.wellmap.org](http://www.wellmap.org)



WorldWellnessWeekend

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

Huge congratulations to:

**Natalia Bonin** - Ambassador and **Maria Elisa Jimenez**, Coordinator, for uniting **80 wellness professionals** in **Gran Canaria, making it one of the most active localities in Spain and Europe**. Activities include:

- Ayurveda, Shirochampi, Kobido, Auto-Massage, Kinesiology,
- Structural therapy, Postural alignment, Energetic craniofacial, Corrective gymnastics, Access Bars,
- Vibrational evening, Flamenco, clapping and compáz workshop, Biodanza, Extatic Dance, Afro Dance, Ballet Initiation, Contemporary Dance, Koradhi Dance,
- Therapeutic Martial Arts, Qi Gong, Corporal expression, Yogalates, Aerial Yoga, Yoga to the rhythm of singing bowls and shamanic drums, Hypnosis,
- Anti-inflammatory diet, Conscious eating, Medicinal plants, Ayurvedic cooking,
- Breathing techniques, Meditation,
- Workshop Drum and Voice, Sound bathing, Vibrational voyage, Mantras, Mudras, Bhajans, Kirtans, Vibrational therapy with Tibetan singing bowls and shamanic drums, Kundalini Energy Activation, Quartz and Tibetan singing bowls,
- Astrology, Metaphysics. the power of Thought, Connecting with your Intuition, Creative Writing,
- Coaching and emotional intelligence, NLP and Neuro Attraction, The 5 elements of Geometry, Emotional management and flower therapy, Evolutive Tarot, Love in family constellations, Shorin Kenjutsu - The True Strength,
- Energy Therapies, Reiki, Bio magnetism,
- Workshop for Female Pelvic Floor Self-Care...

**Read the full description in Spanish of activities in Gran Canaria during WWW 2022** (83 pages)



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WorldWellnessWeekend

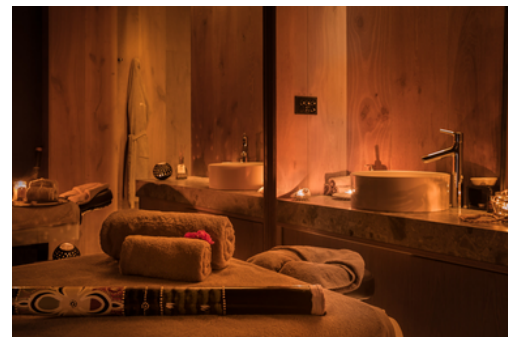
## [SPAIN \(watch this page on Wellmap.org\)](#)

### **Mayan Luxury Spa (Barcelona)**

Saturday 17th Sept: **Mayan Reborn Ritual** 40' (2 winners + 2 companions) The Spiritual Healing Ceremony is led by the Temazcaltzin or Chamán and performed inside the Temazcal.

### **Mayan Secret Spa**

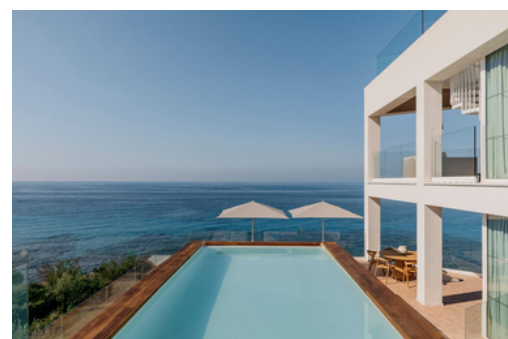
Sunday 18th Sept: **Mayan Reborn Ritual** 40' (2 winners + 2 companions)



### **Égoïste Spa (Hotel Le Blanc - Menorca)**

Saturday 17th Sept: **Égoïste Massage** 50' (1 Winner)

Pamper yourself with this Signature healing technique based on the circulation of energy combined with an aromatic candle wax.



### **Spa By Anne Semonin**

Sunday 18th Sept: **Mediterranean Energy Massage** 50' (1 Winner)

Focusing on the abdomen, an area which stores and processes many of our human emotions, this massage concentrates on reopening blocked energy paths and releasing negative energies.



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

**Alsace Destination Tourisme** is supporting "good vibrations" activities throughout its region to slow down heartbeats to the rhythm of Nature, or of therapeutic thermal water: morning Yoga, sylvo-energy walks (forest bathing), Zen musical and storytelling walks... Breathe in and breathe out as you plan your next wellness week-end in Alsace. Check Visit Alsace: <https://bit.ly/3P1Zmyq>

The two-times aWWWard winning thermal city of **Niederbronn-Les-Bains** (Alsace) once again organizes the most complete wellness program in France during WWW:

- **Naturopathy** ; Health prevention ; Smoking cessation, Foot reflexology, Kinesiology ; Light therapy, Breathing techniques ; Olfactory test ; Bach flowers...
- **Guided meditation** ; Sound bathing ; Shamanic drum meditation ; Creative workshop for adults and kids.
- **Chair massage** ; Energetic and quantum treatments ; REIKI sessions for humans and cats, ; Massage of the 5 continents ; Metamorphic touch and emotions/stress management and coaching.
- **Flight simulator** (ULM)
- **Conferences and workshops**: Optimize your sports performance through your mind ; Understand chakras ; Seasonal cooking with fresh, local and home-made products ; Understand your bio-nutritional profile,
- **Explore Northern Alsace with the Alsace Verte Tourist Office** (sustainable tourism): hiking, biking, or spas,
- **House of Archeology**: discover the tastes of the past : food from prehistoric times to nowadays ; Put yourself in the shoes of a prehistoric man (workshops in prehistoric cooking, textile and rope making,...)
- **Dynamic yoga** (vinyasa style, hatha flow), Yoga under hypnosis (individual hypnosis session and group hypnosis session),
- **Sports workshops for kids and adults** to evaluate your physical condition: muscular strength, flexibility and balance (from 15 to 59 years)



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

The city of **Perros-Guirec** (Brittany) is proud to participate in the 6th World Wellness Weekend in the idyllic setting of Trestraou beach, on the Pink Granite Coast. The public will see La Vie en Roz with free activities such as musical Yin Yoga, Fit Tennis, massages, energy treatments or reiki!

**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 Cicé-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.

**Salon du bien-être - Briançon** : After ten years of absence, the Enseignes de Briançon are bringing back this unmissable event aligned on the same dates as World Wellness Weekend. Come discover conferences, professionals and artisanal mountain products to enhance well-being.



# EUROPE

## PORTUGAL ([watch this page on Wellmap.org](http://www.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.

Let yourself be inspired by Portugal, one of Europe's most beautiful countries with outstanding landscapes, beaches and cities. You will fall in love with nature, culture, gastronomy and kind people.

Meet the **more than 35 venues** across the country: **Câmara Municipal de Silves, Emilie Mangoni Yoga, Intertidal-Natureza e Aventura, Mandalay Wellness & Spa Flores, Mandalay Wellness & Spa Liberdade, Mandalay Wellness & Spa Óbidos, Margrida Pires - Estúdio de Yoga, Mercure - Lisboa Almada, Satsanga Spa Albacora, Satsanga Spa Alter Real, Satsanga Spa Ampalius, Satsanga Spa Braga, Satsanga Spa Cerro Alagoa, Satsanga Spa Clube de Campo, Satsanga Spa Coimbra, Satsanga Spa Douro, Satsanga Spa Elvas, Satsanga Spa Ericeira, Satsanga Spa Évora, Satsanga Spa Lagos, Satsanga Spa Ópera, Satsanga Spa Palácio dos Arcos, Satsanga Spa Porto, Satsanga Spa Praia, Satsanga Spa Santa Cruz, Satsanga Spa Serra da Estrela, Satsanga Spa Sintra, Satsanga Spa Tavira, Satsanga Wellness Cascais, Satsanga Wellness Douro Vineyards, Satsanga Wellness Estoril, Satsanga Wellness Náutico, Til Spa Castanheiro, Satsanga Spa Atlântico, Satsanga Wellness Marina**

Find and celebrate your inner peace and wellbeing by yourself or with your friends and family in one of the incredible places.

In **São Pedro do Sul**, Portugal, activities are confirmed as below:

**16/09:** 9am - Guided morning walk - 3pm - Gymnastics class

**17/09 and 18/09:** 7:30pm - Water aerobics class at Balneário D. Afonso Henriques.

Visit <http://termas-spsul.com/en/home/> to see more.



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## [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** in Jette is opening their doors over World Wellness Weekend to welcome guests into its unique universe. Visitors will be transported back in time to a world of glory and femininity to discover the fusion between art, beauty and classical music.
- 8 of the top wellness centres from the Unieke Wellness Group have kindly donated 40 free days passes to World Wellness Weekend, 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** from Nijlen 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, their biodynamic farm, art and ceramics workshops, and artisanal bakery they will be organising a wellness festival on Sunday 18 September called "WELLfest Nijlen" for residents and the local community. This event aims to embody the 5 pillars of wellness with different activities and truly embraces our vision of Wellness for All.
- **Body Stress Release (BSR)** Nijlen will be participating in "WELLfest Nijlen" by organising a workshop around how the BSR method helps to unlock tension and restore natural healing.
- **Lifeforce Shiatsu and Yoga** are also supporting "WELLfest Nijlen" by organising 3 different activities based around aromatherapy – an Aroma Walk, an Aroma Yoga Session and an Aroma Meditation.



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

Coordinated by Tara Moore, WWW Ambassador in Ireland, the Galgorm Collection will offer:

- **Galgorm** - Beach Bootcamp with brunch and a dip in the sea (if you are brave enough)
- **The Rabbit** - Sunset Yoga in the Spa
- **The Old Inn** - Yoga/ meditation and brunch in the Walled Garden, Helen's Bay
- **Natural Salt Therapy**: salt therapy sessions are combined with a whole menu of guided meditations from pure relaxation to mindfulness and stress relief right through to self-hypnosis for pain management, this will be **offered to our healthcare workers, nurses, doctors, ambulance staff, carers in the community and social workers** etc, and yes, they are absolutely included in this, but there is a huge number of people helping the most vulnerable people in our society. The angels of our community who help people deal with grief, trauma, homelessness, addiction, domestic violence, suicide and families who just don't have enough to live
- **Druids Glen** - complimentary fitness classes with all treatments booked
- **Furry Glen** - Slow down and connect with nature during this Forest bathing experience (Phoenix Park)
- **The Energy Clinic** - Join our platform to learn more about our innovative work at The Energy Clinic Ireland
- **My Community Space by Aurora Procopio**, "The event will take place at the beautiful Furry Glen, nestled in the Phoenix Park, the biggest urban park in Europe. Following a 30 mins of slow and gentle mindful movement practice, I will invite you to connect with Nature through your senses and experience its healing power. During the course of the event, there will be some time for poetry as well as group sharing. We will end the practice with a tea ceremony and a dedication. The event is an opportunity to connect with Yourself, engage with Nature and unlock its numerous benefits.



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## DENMARK (watch this page on [Wellmap.org](http://Wellmap.org))

**Rita Murauskiene** WWW Country Ambassador confirms many events across the country facing everyone:

- In Radsted, Rita Murauskiene will organize Self massage course.
- In Sakskøbing, Rita Murauskiene and Jette Parbo will host Self massage course Yoga.
- In Aalborg, Ivaylo Kunev will host Online video Massage.
- In Copenhagen, Constantin Roman will also organize Online video Massage.
- In Nykøbing F, Heidi Rasmussen will host workshop about healthy diet and vitamins
- In Stubbekøbing, Pernille Sahl will host Online training.
- In Næstved, Jeppe Tengbjerg, Rita Murauskiene and Jette Parbo will have Yoga Massage activity facing only to masseuses and body therapists.



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

**Lasse Eriksen** WWW Country Ambassador is excited to announce that

- **Son Spa** will host sauna meditation session in their two floating saunas
- **Farris Bad** will host a sauna art piece made by renown DJ Matoma
- **The Well, Oslo Badstuforening, SALT, and Havet** will host sauna sessions or a "Wellness Weekend" sauna ceremony

More Saunas are in the making as the **Norwegian Sauna Association** will share the ISA - Support through its SoMe channels so expect 3-5 more saunas (company styles), being 10 at the moment.

### International Sauna Association ISA

Vaskiniementie 10  
00200 Helsinki  
Finland

15.07.2022

Sauna: Importance for public health together with World Wellness Weekend

Dear Mr. Jean-Guy de Gabriac,

The World Wellness Weekend initiative encourages people around the globe to focus on their wellbeing and health. As the ISA's mission is to share the health benefits of regular sauna sessions, and to support good health through sauna for everyone, we see World Wellness Weekend as a mutual platform to enhance people's awareness around this topic.

Millions of sauna enthusiasts around the globe share their passion for löyly and often encourage others to try out the good sweat in sauna not only for their preventive health, but also to obtain a good social, physical and spiritual connection to life, and all around it.

We believe that sauna is an essential part of people's life and wellbeing, should be accepted accordingly.

On behalf of our 18 national members the International Sauna Association ISA would like to wish the participants and the organizers of World Wellness Weekend good luck. We wish that all public saunas around the world support, register and heat up saunas during the World Wellness Weekend the 16-19th of September 2022. <https://world-wellness-weekend.org/>

Let's set Sauna on the global wellness map in participating, sharing, and enjoying wellbeing through löyly, the healing steam from Sauna stove.

Warmest regards,

*Risto Elomaa*

Risto Elomaa

President - ISA



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

**Snježana Ledinski** and **Kristijan Zulle**, WWW Country co-Ambassadors are confirming that, in Lithuania the beautiful **V Spa & Wellness**, located between two lakes at the **Vilnius Grand Resort**, will be creating a special yoga class that will be available to view online throughout World Wellness Weekend. Plus, for guests at the resort that weekend they will also be able to take part in a special WWW live yoga session. These classes will focus on helping participants to find a balance between being and doing, movement and stillness, strength and fluidity, discipline and freedom. The V Spa & Wellness yoga master will be drawing on his broad experience in Pranayama, Hatha yoga and meditation to bring participants into the joy of the present moment.



## [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:

**Tourist board of the city of Opatija** prepares Nordic walking every Saturday from 17th of September to 17th of December, 5-6 different routes, and provided Nordic poles for each participant.



**Tourist Board of Crikvenica** confirms that

- September 16th-18th - Sailing regatta "Race around the island of Krk" at Selce.
- September 24th - Guided tour and workshop of wild edible plants of our region at Crikvenica.
- September 25th - Interpretive walk and tour through the old settlement of Kotor - with gastronomic presentation of autochthonous dishes and musical program at Crikvenica.



## [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.

- **ReiClaud Massages** in Kilder will celebrate WWW with a whole day Saturday 17th with Flower Arrangements for elderly people, Jazz Dance, Yoga, Bamboo Massage and Meditation for everyone with a healthy and happy lunch included.
- **SoeReiMas Courses & Coaching, Reiki & Massage** in Lelystad will celebrate WWW on Sunday 18th with Forest Bathing, Do In and Tai Chi, Magnesium foot bath and Foot ReflexMassage.
- **Warung Irsjaad** will deliver the Happy SoulFood Dinner at SoeReiMas.



# EUROPE

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

**Arek Dawidowski** WWW Country Ambassador confirms activities in Warsaw:

**Hikari Dojo** invites everyone for a free aikido class on Sept. 17th. Aikido teaches how to be soft and non-resistant to our partner in training-blending with motion, gentleness, and permanent concentration help to maintain contact and awareness training.

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"*. During WWW, 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.

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

With the official support of the Greek Tourism Confederation (SETE) **Stavros Mavridis** WWW Country Ambassador confirms that Greece is getting into the 6th WWW with more properties participating from any year before. The ambassadors of Greece doing a very good job and we are promoting wellness activities to all spas around Greece, city spas, mountain spas, resort spas, destination spas. The following properties confirm their participation: **Katikies Spas** (kirini, Santorini, Garden, Mykonos), **Nikki Beach Santorini**, **Timeless Spa at Royalty hotel Athens**, **Anatasi Wellness & health club at Ananti city resort, Trikala, Greece**, **U spa at Elia Mykonos resort**, **Micra Anglia Spa at Andros island**, **Helea hotel in Rhodes island**, **Thalassa resort** at Chania, Crete, Porto Platania, and Chania Greece.

**Hotel Grande Bretagne**, A Luxury Collection Hotel , Athens will be offering complimentary yoga sessions



SETE

Επίσημο  
Κόμμα Στήριξης Μεταβίβασης  
Country Ambassador Greece του World Wellness Weekend

Αθήνα, 17 Αυγούστου 2022

Θέμα: Υποστήριξη SETE στην προσπάθεια World Wellness Weekend

Σε συνδυασμό με την ήδη υπάρχουσα με τη World Wellness Weekend, η SETE υποστηρίζει την προσπάθεια του SETE να γίνει η χώρα μας η χώρα της ευεξίας, της αλληλεγγύης, της υγείας και της ευτυχίας.

Σε συνεργασία με το Global Sustainability Index Institute του Ηνωμένου Βασιλείου, η World Wellness Weekend και το SETE υποστηρίζουν την προσπάθεια της χώρας μας να γίνει η χώρα της ευεξίας, της αλληλεγγύης, της υγείας και της ευτυχίας.

Η SETE, ως Κοινωνική Επιχείρηση, είναι υπέρ των προσπάθειών να καταστήσουμε την ευεξία με την 17 Αυγούστου του 2022, ημέρα της ευεξίας και της αλληλεγγύης, της υγείας και της ευτυχίας, να γίνει η χώρα της ευεξίας, της αλληλεγγύης, της υγείας και της ευτυχίας.

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Για τους παραπάνω λόγους, θεωρούμε ότι η προσπάθεια World Wellness Weekend του 2022, που διοργανώνεται στις 18-19 Σεπτεμβρίου, αποτελεί ένα πολύ σημαντικό βήμα για την υγεία, την ευεξία, την αλληλεγγύη, την υγεία και την ευτυχία.

Με εκτίμηση,  
Μαρία Γιάννου  
Γενική Διευθύντρια



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## **LUXEMBURG** (watch this page on [Wellmap.org](https://www.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. D

## **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



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WorldWellnessWeekend

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

**David Lloyd** clubs across the UK will open their doors to the public during WWW with fun free classes to ELEVATE THE EVERYDAY of all family members.

**2021 aWWWard-winning Aqua Sana Spas** are all preparing wellness activities and workshops for guests at Center Parcs across the UK:

- Alternative therapy sessions – crystal meditation/healing.
- Complimentary scalp, arm and hand massages.
- Complimentary seaweed footwraps
- and Complimentary nutritional snacks – smoothie shots, fruit kebabs, detox water stations.

Their staff will enjoy Yoga, Pilates sessions, and Nature immersion sessions.

**Salsateca London** turns up the volume and celebrates WWW with dance classes open for beginners and aficionados:

- Friday 16th Sept. (6-7pm): **Merengue class**

(St Mary Moorfields Hall)

- Saturday 17th Sept. (6-7pm): **Bachata class**

(Southwark Christchurch Hall)

- Sunday 18th Sept. (2-3pm): **Salsa class** and (3-4pm): **Cardio Latino class**

(Southwark Christchurch Hall)

**Careys Manor Hotel & SenSpa** will host a free Transcendance™ experience. Dr Indika will guide participants embody mindfulness and enjoy fun free form movement from a standing, seated or even lying down position, with no prior experience or special equipment required. Transcendance™ is a powerful fusion of relaxed stretching, inspiring music, deep breathing, positive creative visualisations, energy healing and embodiment coaching, all designed to support you to live a self-empowered healthy life.

**W Hotel** Leicester Square London will be hosting a stretch and movement workshop with their Celebrity Partner Roger Frampton for 1 hour at 9am in our Studios on the 2nd floor.



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# ASIA PACIFIC & INDIA



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WorldWellnessWeekend

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

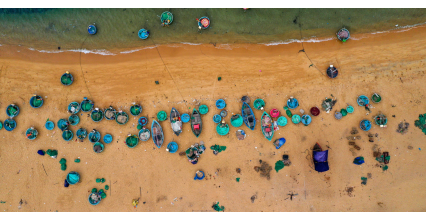
The WWW team in Vietnam lead by **Hylton Lipkin** & **Nyoman Yastama** (Country Ambassador and Coordinator) and **Dien, Phi Phi , Thuy Cao, Thanh Bui** (City Coordinators) are doing an amazing job to get as many people in Vietnam!

Wellness means different things to different people, here in Vietnam, after the country wide push to get as many people involved in World Wellness Weekend 6th Edition. They have found 3 distinctive "Wellnesses" across the country.

### **Mental - Physical - Environmental**

This is what will be happening from north to South in Vietnam on the Weekend of 16,17, 18 September 2022.

- In the North "The **SAPA** Mountain Marathon" Openasia Group" will be in full attendance.
- **HANOI** city with different activates notably the run around the famous "Hoàn Kiếm Lake"
- The biggest Cave in the World "Sơn Đoòng" 9Km long in **Phong Nha** Oxalis will conduct a Yoga session.
- Central Vietnam **HUE city** will host a mega Yoga session in the Ancient Citadel (the first imperial palace of Vietnam) along with a Wellness Day of 350 children at Alba Wellness Valley.
- In **Da Nang city** there will be Yoga, Meditation and on the beach Zumba classes.
- **Hoi An city**, one of the oldest cities in Vietnam and a world heritage sight will host the "Hoi An marathon"
- **Quin Nhon & Nha Trang** will have an array of wellness activates curtesy of Maia Resort and Fusion Resort.
- We too have **Vung Tau** covered by Fusion Suites.
- Further south **Ho Chi Min city** will host many different activities with **California Fitness & Yoga** and other partners.
- All the way to the very south on **Phu Quoc Island**, a network of Hotels and Resort are engaged, also with an "Island wide Clean-up Day".
- **Secret Retreats** will be making Wellness a priority in most of their locations (Cambodia, Greater China, Laos, Myanmar, Nepal, Philippines, Sri Lanka, Taiwan) including Vietnam naturally.



## VIETNAM *(continued)*

**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 definitely 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

Thank you to all our current participants:

**Fusion Hotel Group - Fusion Resort Phu Quoc - Fusion Resort Cam Ranh - Fusion Resort & Villas Danang 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 - Moving Athlete - Omandala Alba Wellness Valley - Alba Spa Hotel - Alba Mineral Water - Alba Boutique Hotel - Mandala Wellness Banyan Tree Lang Co - Lumina retreats - TIA Wellness - Flow with Meg - Akoya Spa - Vinpearl Hotels Six Senses Vietnam - Ananatara Vietnam - DanCenter Vietnam - Ana Workout - Hue Runners - Saigon Healthy Lifestyle - Secret Retreats - Oxalis Adventure - Openasia Group** and more coming soon...



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WorldWellnessWeekend

**Evolution Wellness Group** will participate in World Wellness Weekend across our Celebrity Fitness and Fitness First gyms in Indonesia, Malaysia, Philippines, Singapore, and Thailand – that's over 140 clubs in total. In essence:

- Their gyms will be open to the public throughout that weekend – **members will be encouraged to bring a friend**, and the guests will also be able to participate in group fitness classes (space permitting, subject to studio capacity and will require prior registration).
- In most countries they will also be holding **outdoor group fitness events** – for example Yoga in the Park in Indonesia (the last event pre-Covid saw about 500 people participate).
- Teams will be working with their respective corporate partners and sponsors to do **clinics, wellness talks**, etc.

**WORLD WELLNESS WEEKEND**

Be a part of this global movement and join us in a weekend of activities to celebrate what it means to be fit and well.

**16 - 18 September 2022** **Payo Lebar** SingPost Centre ( beside MRT station ) **Free Admission**

**Day 1** **16 Sep Friday** 5.00pm - 8.10pm **FLAVA**  
Groove into the weekend with some fun banging beats. It's a party you don't want to miss.

**Day 2** **17 Sep Saturday** 9.00am - 5.30pm **FAMILY AND FITNESS**  
A day for all ages. Share the love of fitness with your family and loved ones with exciting workouts designed for 60 to 6 years old.

**Day 3** **18 Sep Sunday** 9.00am - 7.00pm **FOCUS**  
Wind down the week with an OM Stretch and strengthen those muscles with an outdoor yoga session.

**Register now**

**COMPLIMENTARY** wellness treat exclusively for this weekend

40-minute Personal Training Session | 15-min Sport Massage | Group Fitness Classes | Sign up now and enjoy up to 30 days free | Stand a chance to win Samsung Watch4 in our lucky draw

**>>> Redeem now**

**John Nielsen**, General Manager for Fivelements Retreat Bali and World Wellness Weekend Ambassador for Indonesia, said, *"This is the first time we've all participated in World Wellness Weekend as a group, with involvement from all the markets Evolution Wellness operates in. I'm super excited that we've all come together to show our strength as a network and be a part of this meaningful movement."*

**The Buahan Banyan Tree Escape** in Ubud will showcase wellness in the stunning nature embracing the opportunity to reconnect and revive wellness in the beautiful open-air spaces. The Thai luxury hotel group Banyan Tree will include 55-hotels that will be part of the World Wellness Weekend stating, *"we believe that wellbeing should be inspiring and accessible to all"*.

**The Ubud Hotel Association** has endorsed 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 Spirit Festival in May and some of the world's leading wellness retreats.



# ASIA - PACIFIC

## INDONESIA - BALI (continued)

The **Bali Tourism Office** has endorsed the World Wellness Weekend as part of the Indonesian's Governments new "wellness" strategy of making Wellness Tourism a key priority. At a recent meeting at the largest regional Tourism Office in Bali, the Ministry expressed their delight that Bali is becoming partner in the World Wellness Weekend, which brings a positive impact for tourism in Bali and the Wellness Tourism market as a key segment. This special weekend offers "a wonderful opportunity to highlight Bali's unique culture and quality hotels" stated a senior manager from the Ministry. This follows in the heels of the International Wellness Tourism Conference & Festival in Solo, Java held by the Indonesian Government.

The latest member to join the World Wellness Weekend in Bali is the Australian lifestyle hotel group **ovolohotels.com** who has joined with their newest Bali 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 Mamaka during the World Wellness Weekend". Mr Bartlett has also inspired the Australian hotels to join the movement creating activities for guests and staff.

As part of **Fivelements Retreat Bali's** holistic wellness mission the award-winning retreat is thrilled to be involved in the World Wellness Weekend and will this year feature and support the Bali Children's Project and Panti Asuhan Narayan Seva Children's orphanage from Singaraja in northern part of Bali.

The wonderful children will perform a Acro Yoga Performance dance and showcase how children can start at an early age to practice Yoga and increase their health. Supporting the children offers "a chance to make a difference to their lives and help them well into the future. This very special weekend offers the perfect opportunity and take part in getting fit and helping children" said Bali's WWW coordinator and the Wellness Liaison at Fivelements Retreat Ibu Ketut Sunaardi.

Fivelements will again be joining forces with Celebrity Fitness and present over the weekend a range of excellent activities at Fivelements Retreat Bali including Vinyasa Flow Yoga by Hendri Take, Body Combat by Celebrity Fitness Team, Meditation for inner peace with Acarya Vibhakarananda and Yin Yoga & Sound Healing by Via to name a few of the activities on Saturday and Sunday September 17 and 18th.

## **MALAYSIA** (watch this page on [Wellmap.org](http://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 to promote Wellness for all. Their 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 - PACIFIC

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

The WWW Japan team lead by **Tomoe Kaneko** (City Ambassador) and **Tomoko Iwai** (Country Coordinator) is joined by **Koumei van ZEELAND** who is one of the 50 Yoga teacher in the world teaching for EQUITY selected by Yoga Alliance, **Takashi Kurono** who is CEO of the top OUTDOOR FITNESS brand in Japan, **Masaaki Hattori** who is one of the top Nordic Walking educator.

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 Meditation at Castle, Singing Yoga with live music, and Trekking and Cycling in the forest, supported by Odawara City.
- **Mikuni Sunset Beach** organizes Sunset Beach Yoga and Blue Sky Outdoor Fitness in Fukuii
- **Chiba Fitness Community**, the fitness professional leading group is planning activities in Chiba area.

On top of this great news, around 100 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 people 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 +** 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



# COUNTRY UPDATES

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

The WWW Indian team in partnership with TAJ Hotels and JIVA Spas lead by the award-winning **Reena Sheth** is joined by **Hareeni Vipin, Laila Naterwalla, Rahul Chauhan, Sheric Dorairaj, Dr Rajneesh Kumar, Rohit Gupta** and **Shweta Parekh!**

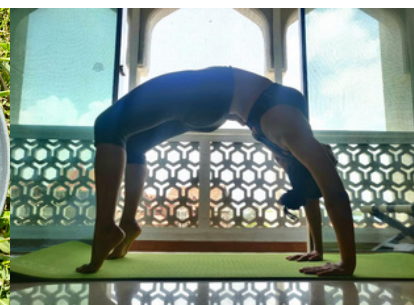
Inspiring thoughtful choices for a healthier life, Jiva from Taj hotels invites guests and communities to join in the celebration of Wellness for All, with a host of offline and online activities and holistic experiences to commemorate World Wellness Weekend.

To mark the 6th World Wellness Weekend, 60 + Jiva Spas at select Taj, SeleQtions and Vivanta hotels will offer a host of on-ground wellness experiences for their guests with a curated hybrid “wellness extravaganza”, embracing the five pillars of wellness. The celebrations will be kicked off with a customary purifying “Dhoop” Ritual, accompanied by the signature Jiva chants across 60 + locations:

- 180+ on ground activities
- 50+ hours of yoga sessions
- 25+ hours focusing on Nutrition & Immunity (Vishuddhi chai Making)
- 3 Instagram Live sessions featuring iconic Taj Hotels, that will showcase soul stirring snippets, ranging from Sound Healing with Sufi to Aroma Dressing with Jiva to showcasing Healing Vignettes from ancient Indian Wellness treasures.

In addition to the above, Iconic Taj Hotels will be inviting guests for a glimpse of “Stay Innergised” Experience, curated by combining a host of unique immersive experiences inspired by Jiva’s award-winning INNERgise program – ranging from Ritualistic Fire Ceremonies, Yoga, Guided Meditations, Mandala Painting, Sound Healing, Conscious Cooking sessions and more.

**Dr. Rekha Chaudhari**, founder World Digital Detox Day and Online Wellness, and the Zep Foundation are thrilled to announce the upcoming "World Wellness Weekend celebration" in India in collaboration with the Government of Maharashtra Tourism Department. Activities will raise awareness about wellness tourism and wellness destinations in Maharashtra on a global scale.



# COUNTRY UPDATES

## [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:

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.

During WWW, guests at **Meeru Island Resort & Spa** will enjoy:

- 7 am: M&M - Move & Meditate: gentle stretches and gratitude practice on the beach
- 10:30 am: Office Yoga - a mindful office break to Pause & Reset
- 5 pm: Restorative Yoga - a gentle class for all levels
- 6 pm: Blissful Relaxation on the beach - travel inside to find calm and solace

**Mandara Spa Asia** will participate again in Indonesia, Malaysia, Maldives, Palau, Egypt, Oman and UAE. Mandara spas will offer a "World Wellness Weekend Spa Package", and **complimentary fitness and moving meditation, as well as Balinese wellness themed workshops**.

**ANANTARA resorts** will participate again:

- **Anantara Dhigu Maldives Resort** with a HITT class,
- **Anantara Veli Maldives Resort** with a Self-Abhyanga massage.



# CANADA & USA



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WorldWellnessWeekend

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

**Phiane Duquet**, WWW Quebec Ambassador and Gold Champion in massage confirmed the official support of the Minister of Health, Lionel Carmant. With a team of professionals, she is preparing a number of events leading up to World Wellness Weekend to create more awareness.

Over the course of the three-day event, Spa Phiane Inc. students will offer **free ancestral massages** called L'oeuvre de beauté to commemorate the five medals we earned as champions in massage therapy at the International Massage Association and the Massage World Cup 2022. They will provide the public **200 hours of massages as a free present**.

As co-founders of the **World Wellness Adventure**, **Robert Duquet** and Phiane will travel with Ecuadorian Ambassador **Cristina Muquinche** to three of the country's most picturesque cities: Quito, Cuenca, and Otavalo.

Students will **provide L'oeuvre de beauté massage** for more than 1,200 hours throughout the World Wellness Weekend event. Additionally, the World Wellness Adventure's altruistic goal of educating everyone will strengthen the wellness sector's sense of camaraderie with Ecuador's resorts and spas.



**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 photographies 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 !

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

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

- **Alt Hotel Winnipeg** and the **Clarion Hotel & Suites** will hold their events at the hotel, with local wellness practitioners sharing tips and strategies to address stress and feel better.
- **Lakeview Hotels & Resorts** with properties across Western Canada, will organize have a virtual presentation on mental health and resiliency planned so team members from all locations will benefit.
- **Clarion Hotel & Suites** and **Urban Oasis Spa** have graciously donated meeting space and provided amazing room rate and spa offers for a full-day Self-Care Sunday event, with four wellness practitioners donating their time and expertise to focus on and share information on wellness.
- **Frontiers North Adventures**, their team members is focusing on learning more about the history of Canada's Indigenous peoples, the treaties and reconciliation. Learning, understanding and healing are important tools for community wellness.
- Join **Riverstone Spa** for one of three complimentary yoga sessions, taking place on the historic grounds of The Forks, overlooking Winnipeg's beautiful skyline! After yoga, extend your experience & enjoy the steam room, sauna and rain showers at Riverstone Spa, complimentary for up to 45 minutes. Open to everyone, including clients & staff. Yoga sessions will be kept intimate, with a maximum of 10 attendees at each. Watch their Instagram @riverstonespa for details, call 204-944-2444 or email riverstone@innforks.com.

**Rooslana Zodek**, co-Ambassador in Manitoba, will organize the following activities in September to promote wellness:

- **Altea Fitness Club** - Family Zumba Party: Sweat, smile and learn some easy-to-follow dance moves with your wee one, ages 8+.
- **Fit Club** – Free Workout
- **Rady JCC Fitness** - Decreasing Pain in the Workplace: Learn about the pain that you may be experiencing from your regular day-to-day
- **Rady JCC Fitness** - Nourishing The Mind: focus on how diet impacts mental health and wellness
- **Scentifque Holistic Wellness Services** - Aromatherapy In Cosmetics For Anti-aging Skin and Healthcare System and Benefits In Manitoba For Newcomers - Informative Session (Russian Language): Learn about the public health care system in Manitoba and the private benefits that you can get from your employer.

**Thermea by Nordik Spa-Nature** in Winnipeg has confirmed they will be participating in World Wellness Weekend by hosting an event exclusively for our Wellness Artisans which will include 1.5 hours of guided breathing exercise, combined with Aufguss and a guided thermal cycle. The goal of this will be to improve the education of our Artisans so they can pass this along to our guests.



# NORTH AMERICA

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

**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**, owner of **Acubalance Wellness Center** 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.



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# NORTH AMERICA

## UNITED STATES OF AMERICA ([watch this page on Wellmap.org](http://www.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.

**The US 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.

**Exhale Fitness clubs and Spas** will participate in two ways:

- Open all the live, in-person classes nationwide to allow a new guest to have a free class on World Wellness Weekend, to allow local people to come in and get the exhale experience.
- For the virtual aspect, we shall create a featured group of 'unlocked' videos on the site that can be free for everyone.

**WellnessLiving** is launching the #StandwithStudios Grant Program in the USA and Canada.

With the support of their valued brand partners and business coaches, WellnessLiving is committing over \$150,000 in grants, marketing support, software, and business education to help fitness studio owners drive their business forward and #LIVEYOURDREAM.

Learn more and follow on Instagram @WellnesslivingSoftware for contest updates.

Harman's Luxury Log Cabins (West Virginia) is organizing Yoga on Bear Rocks and Riverside Yoga.



**Enter for Your Chance to Receive Up to \$10,000**

With the support of their valued brand partners and business coaches, WellnessLiving is committing \$150,000 in grants, marketing, software support, and business education to help fitness studios #LIVEYOURDREAM.

[LEARN MORE](#)

### How It Works

1

Click the "APPLY NOW" Button Below, or visit [StandwithStudios.com](http://StandwithStudios.com)

2

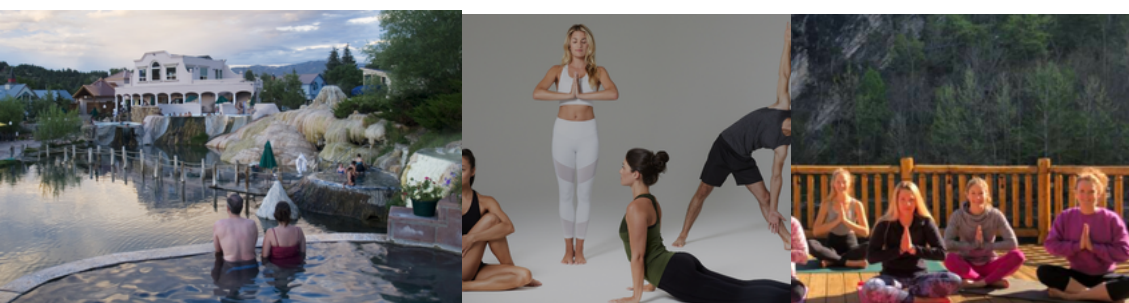
Complete the #StandwithStudio application

3

Follow us on Instagram @WellnesslivingSoftware for contest updates

[APPLY NOW](#)

The WellnessLiving #StandwithStudios Grant Program was created to support boutique fitness and wellness businesses with the resources they need to take their business to the next level and continue to positively impact their communities.



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**WorldWellnessWeekend**

# AFRICA & MIDDLE EAST



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# NORTH AFRICA

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

**Soumia Hite**, WWW ambassador in Morocco confirms below:

- **Royal Mansour Marrakech** with many indoor and outdoor activities: bootcamp, Bastien Gonzalez workshop with the podiatrist Gael ksouri , Massage workshop and preparation of detox juice in the spa Garden.
- **Selman Hotel**: stretching and aquagym workshop. Demonstration workshop of Chenot method and 30min detox massage with body visualization.
- **Mövenpick Hotel**: yoga , jumping ans aquagym workshop.
- **Obero Hotel Marrakech**: Ayurvedic detox program and other outdoor activities.
- **Khamsazen Rabat**: a wellness program all weekend.
- **Dar Souiri Essaouira**: a painting workshop with a great painter from Essaouira.
- **The Rotary Club les Lilas CASABLANCA** organizes a meditative walk to discover the historical sites of CASABLANCA.



## TUNISIA ([watch this page on Wellmap.org](http://www.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.

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WorldWellnessWeekend

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

**Marina M. Dannon**, WWW Ambassador in BENIN is organizing Workplace well-being workshops/activities to managers and collaborators, with the support of professionals who will be sharing tips and tricks.

**Ezéchiél Bossikponon**, technician in nutrition and food technology and WWW Coordinator, will organize in Abomey-Calavi sessions on Nutrition and Immunity in partnership with Nutrition Without Borders and Marie-France Lalancette (Quebec). The objective is to raise awareness on healthy and balanced diet, with sustainable food practices.

**Flex Fitness** will offer free yoga and fitness sessions on Saturday 17 September.

**Spa Fleur d'Ebène** (Cotonou) will be offer a massage to improve sleep.



## **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!



# 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 such as Children's Aerobics classes, beauty workshops and more. Sharjah Ladies Club is dedicated to empowering and inspiring women 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.



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WorldWellnessWeekend

# 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**

*"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**