



# Wellness is a renewable energy

SAVE THE DATE **15-16-17 Sept 2023**



**8,000**

venues participating in  
**150** countries  
from Fiji to Hawaii

PRESS RELEASE  
**15 June 2023**

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# World Wellness Weekend

## “Wellness For All” in your area

3 days to discover free & fun activities nearby, to promote Vitality, Serenity and Solidarity

### A PLANETARY CELEBRATION

On September 15-16-17, **8,000 venues** and professionals in **150 countries** will open their doors to encourage the public to try new fun group classes with friends, family, and colleagues.

[World Wellness Weekend](#) provides a map with a geolocator in 18 languages to find **free-of-charge** group sessions **INDOORS**, as well as recreational **OUTDOOR** activities offered by fitness clubs, yoga studios, spas, salons, hot springs, hotels and resorts.

Energizing **ONLINE** training sessions with fitness pros, inspiring podcasts with influencers and webinars with holistic practitioners will be available during and after World Wellness Weekend, to empower people stay healthy and happy, at **home** and **on the go**.

In the following pages, discover a selection of very original activities about Wellness For All, including **AI robotic massage; a flash forward of 2030 with MetaWellness**, and **many NGOs...**

### WELLNESS FOR ALL

World Wellness Weekend was founded in 2017 to support the United Nations' objective of “Good Health and Wellbeing for All” by promoting 5 Pillars of wellness: Sleep & Creativity, Nutrition & Immunity, Movement & Vitality, Mindfulness & Serenity, Sense of Purpose & Solidarity. [WATCH VIDEO TEASER](#)

This pro-bono event grows exponentially thanks to the support of two Ministers of Health, three Ministers of Tourism, 30 Mayors, 60 international federations, and 190 volunteers around the globe.

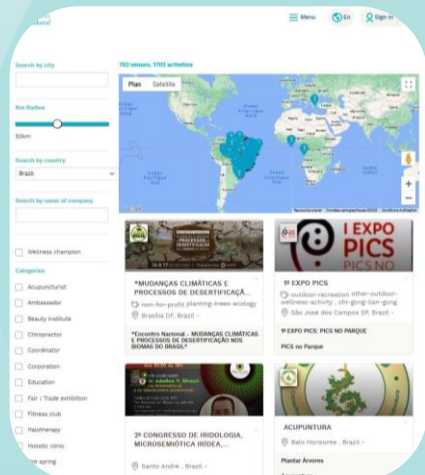
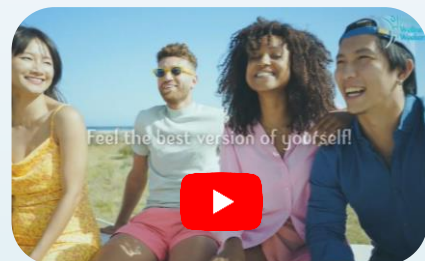
Professionals in fitness, sports, mindfulness, hospitality and tourism have heard the UN's call to support their staff and communities to address the challenges of inactivity, obesity, and anxiety.

Here are some of the venues and groups participating:

**AIRE Ancient Baths, Anantara, Aqua Life, Banyan Tree, Canyon Ranch, Catalonia Resort, Chenot Spa, Chiva Som, Conrad, David Lloyd Clubs, Excellence Resorts, Fairmont, Fitness First, Fivelements, Four Seasons, Fusion, Hard Rock Hotel, Hyatt, Iberostar, Jumeirah, Hilton, Les Mills, Majestic, Mandara, Marriott, Melia, Mövenpick, Nobu, Nyama Wellness, Oberoi, Pullman, Raffles, Rancho La Puerta, Riu, Royal Mansour, Sandals, SeleQtions, Sensasia, Six Senses, SNOW Group, Sofitel, Taj, TRX, Vivanta, W, Waldorf Astoria, Zula Wellness Resort...**

#worldwellnessweekend #wellnessforall

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“When we feel good after an active group class of yoga or fitness, the smile on our faces is the international sign of wellness”.

**Jean-Guy de Gabriac**  
Founder World Wellness Weekend

# Highlights (Part 1)



**Full 3-day weekend** in the UNESCO protected Dolomites and the Forest of Violins, including the Dolomites Wellbeing Summit and the Namastè Festival. **ITALY**



**CAPSIX, French robotics start-up offers 3 days non-stop of AI massage** with IYU Robot in **FRANCE and CANADA**, truly #WellnessForAll



**White Mirror**, a 'tech for good' wellness innovation consultancy, will use **AI to help imagine metawellness environments in the year 2030**. This blissful immersive audio visual experience will help people around the globe to downregulate the nervous system into a relaxed state of deep calm. **UNITED KINGDOM**

## **"Awakening to Better Beauty":**

The Beauty Barn Spa partners with nurses from the Brantford General Hospital, to organize a complementary day of spa services, pampering & keepsake photoshoot for people in their local community going through cancer treatment. **CANADA**



**200 children** from the local community are invited for yoga, fitness, 600m zipline, hot springs, tree planting and education about Nature. **VIETNAM**



# Highlights (Part 2)



**Nutrition Beyond Borders** will organize workshops about malnutrition awareness. Families will have the nutritional status of their children assessed and will provides sound advice from professionals in **BENIN, BURKINA FASO, CANADA, DEMOCRATIC REPUBLIC OF CONGO, FRANCE, IVORY COAST.**

Sports City (Downtown Punta Cana) will organize a mega event covering all 5 Pillars of Wellness. **DOMINICAN REPUBLIC**



"10.000 Steps Rainbow Gaborone" a 10KM walk and Health Exhibition, with the National AIDS & Health Promotion Agency, including activities such as blood donation, workshops, aerobics, fitness.. **BOTSWANA**

**Professional National Massage Festival** open to the public, including the first massage competition in **KENYA!**



Yoga session inside Hang Son Doong, the World's Largest Cave **VIETNAM**

# Wellness champions going above and beyond #Wellness for All



426 fitness clubs in Italy will participate, and offer free access for 3 days.

L'OCCITANE  
EN PROVENCE

The group is encouraging its thousands of employees to participate in Move for People with 60+ physical activities.



150 clubs participate in Asia.

SNOW  
Group

All three brands are activating their network Algoritherm, Cinq Mondes, and Deep Nature (75 spas) with wellness activities and spa experiences.



131 clubs participate in UK and in Europe.



70+ Spas at select Taj, SeleQtions and Vivanta hotels will host a "wellness extravaganza" with 200+ activities embracing all 5 Pillars of wellness.



MATRIX Fitness France partners with the city of Vincennes (France) from June 24 until Sept 27, 2023.



29 Anantara and 7 Avani hotels participate in Oman, Portugal, Spain, Sri Lanka, Thailand, UAE, Vietnam, Cambodia, Indonesia, Maldives, Mauritius, Zambia ...



30-day free trial for LES MILLS+ digital platform, and active participation in New Zealand, Europe, UK, USA.



13 Banyan Tree Hotels participate in China, Indonesia, Maldives, Mexico, Thailand, Vietnam ...



30-day trial on the TRX Training Club® App and 15-20-minute "exercice routines"



27 hotels across Portugal will organize fun wellness activities and encourage participants to bring food donations for a local charity.



Up to 110 centers in the UK will engage children as Outside School Hours Care.



Melia Punta Cana Beach Wellness Inclusive - Adults only is preparing a WHOLE-MONTH of activities in honor of WWW!



# Partnering associations





# Wellness starts with **WE**, not “**ME**”

World Wellness Weekend is a pro-bono event, growing each year thanks to **200** volunteering Ambassadors, Coordinators and Wellness Leaders, promoting the UNITED NATIONS' objective: **“Good Health and Wellbeing for All”**.

See all the Ambassadors, Coordinators and Wellness Leaders around the globe and connect with the ones closest to you.







Europe

## EUROPE

### Belgium

### 28 venues

**Julie Wren**, WWW Country Ambassador in Belgium is cooperating with **Voka Kempen-Mechelen** (biggest entrepreneurs network in Flanders) to bring more wellbeing to the workplace. Together, they are introducing wellbeing experts to offer companies a sample of wellness activities to roll out for World Wellness Weekend.

**NRG Fitness** will involve as many as their 30 clubs as possible to offer fun, free activities during Sept 15-17, 2023.

Two **David Lloyd Clubs** are participating in Brussels and Antwerp.

**The Spa Sisters Podcast** co-hosts, **Carly Chamberlain** and **Julie Wren**, will air an online event aimed at therapist wellbeing based on Carly's I AM WELLness™ signature method. Therapists will learn easy daily practices to enhance their wellbeing helping them to get back their energy and vitality.

Discover 8 of the top wellness centres from the Unieke Wellness Group, each boasting exceptional facilities: **Thermen Katara in Belsele, Saunatopia in Edegem, Thermae Boefort in Melsbroek, Thermae Grimbergen, Thermen Londerzeel, Thermen Mineraal in Rijmenam, Thermen Dilbeek and Thermen R in Roeselare.**

### Croatia

### 30 venues

In Croatia, The **BMS Centre** developed a powerful therapy method resulting from the most effective practices of Eastern and Western medicine. For the World Wellness Weekend, the venue will organize a **Yoga & Nutrition retreat**.

Their signature program was created and led by medical professionals, nutritionists, holistic practitioners, yogis, meditation, and breathwork-masters, and had positive results on prediabetes, high blood pressure, chronic diseases, inflammation, and depression, as well as great benefit for your overall health & wellbeing...

Participants can expect an extensive program of treatments including Prana-Healing, Chakra-Balance, Kinesiology, Massage, along with farm-to-fork menus to enjoy, informative workshops, excursions, and time to reconnect with the beautiful nature of Istra.





# EUROPE

## France

### 183 venues

WWW Country Ambassador **Isabelle Charrier**, announced the participation of iconic thalassotherapy centers:

- **Thalazur** joins with 9 destinations: **Cabourg, Ouistreham, Carnac, Royan, Arcachon, Saint-Jean-de-Luz, Bandol et Antibes.**
- **La Maison Roz Marine**, opening this year in Perros-Guirrec, Most Active City in Britany
- **Thalasso Sofitel Quiberon Thalassa Sea & Spa**
- **Alliance Pornic Hôtel Thalasso & Spa**
- **La Thalasso Deauville by Algotherm**

**Group Snow** (Most Active Spa Operator 2022) participates again this year with its three brands: **Algotherm, Cinq Mondes et Deep Nature** (70 spas), offering Facial Gym, Yoga sessions, and DIY workshops.

The three-times aWWard winning thermal city of **Niederbronn-Les-Bains** will organize once again a very complete wellness program in Alsace

**MATRIX Fitness France** is partnering with the city of Vincennes and activating its entire network of 1.500 fitness clubs in France to create a fun and engaging challenge.

**CAPSIX, French robotics start-up will offer 3 days non-stop of AI massage** with IYU Robot in Lyon, truly Wellness For All

There's more: Advanced Skin diagnosis at **BIOLOGIQUE RECHERCHE Beauty Embassy Champs Elysées**; relaxing multi-sensory workshops with Turquoise blue color with **ALTEARAH Bio**; Yoga & Qi Gong with **David Grand Spa**, French Massage Champion; **IO Sport & Bien-être** and **Swedish Gym** in Marseille; massage workshops with **L'Esprit A** in Briançon & Montpellier...

## Germany

### 25 venues

**Sven Huckenbeck**, WWW Ambassador in Bavaria confirmed the participation of:

- **Das König Ludwig Inspiration Spa**, offering a Neuro Reset Training on each day of the WWW (15, 16, 17 Sept)...
- **Kai Treude** from **Flowing Art** in Füssen will organize Yin Yoga.
- **David Lloyd Clubs** will organize wellness activities for members.
- **Pharmos Natur**, a sustainable cosmetic brand in Germany with lots of partners.

More to come from the regional marketing office of **Naturpark Ammergauer Alpen**.



# EUROPE

## Hungary

### 7 venues

**Ildiko Jackson**, WWW Country Ambassador, and coordinator **Andrew Jackson** are working closely with several hotels and sports centers in Budapest, Füred, and other cities across Hungary.

- The **Thomas Mann All Nations Lions Club** is combining wellness and nature with a forest walk
- The **W Hotel Budapest** will host a Beauty Day, along with a yoga session
- **Auicum Budapest** is supporting the 2<sup>nd</sup> pillar of Wellness "Vitality & Movement" with a run on the island
- **L'Amia Natural kft** is planning a Beauty day
- The **Continental Group** is organizing a golf session
- **Vinifera Balastonfüred** is planning a spa experience
- **Mindiet** as an expert in all 5 pillars of WWW will organize a mindfulness workshop.
- **Corinthia Budapest** and **Smasher Sport Center**
- Finally, we are excited to elevate wellness in Hungary with **Roland Kasek** Director of R&D.



## Romania

**Iulian Motoc**, WWW Country Ambassador confirmed that the WWW will take place in 3 cities: Sibiu, Brasov, and Constanta. The Pillar of Wellness "Serenity & Mindfulness" will be at the heart of the program, with:

- Candle and reflexology massages, lomilomi, and other Spa procedures in Sibiu
- Outdoor Thai massages and yoga in Brasov
- Beach massages in Constanta





# EUROPE

## Italy (part 1)

239 venues

**Val di Fiemme**, will participate for the 3rd consecutive year, as a leading Valley of Wellness (Valle Viva) in the Dolomites (UNESCO World Heritage Site) and the "Forest of Violins". Surrounded by 60 million trees, the entire valley in the Trentino Alto Adige region, is dedicated to well being in every season.

The weekend will begin Friday 15th September with the **Dolomites Well-Being Summit 2023** at the Palafiemme in Cavalese. Local companies will participate in the event: Starpool, La Sportiva, Pasta Felicetti, Fiemme Tremila.

Saturday 16th and Sunday 17th, the **Fiemme Namastè Festival** will be held at the Biolago di Predazzo ; alongside with guided walks to reach the summit of the Dolomites and thanksgiving dances in the sun.

**Vagheggi** confirms the participation of beauty centers in Italy with special promotions to discover two lines of cosmetics : Irritral and Bio+ .

**Bbspa\_Group, Régis Boudon Doris**, WWW Country Ambassador, and coordinator **Daniela Perini** confirm the participation of:

- **LA SPA Helvetia & Bristol** that will present "Wellness and Renaissance" - a day dedicated to outdoor activities.
- **The Festival del Buon Vivere 2023** - annual event which every year in September brings great protagonists of the economy, politics, culture and entertainment to Romagna and the city of Forlì.

**Simone Ciolli** WWW Ambassador for Tuscany and Emilia Romagna regions confirms the participation of the **City of Casciana Terme (Pisa)** and spas with thermal wellness activities:

- **The Social Hub** (Florence and Bologna) will organize engaging wellness activities in motion, in water and yoga meditation
- **Sporting Club Borgonuovo Mugello** (Scarperia and San Piero a Sieve FI) will organize wellbeing activities with guided movement in a natural environment
- **Fontanelle Estate** (Pianella SI), in the green hills of Siena, will offer a daily beauty routine, physical stretching and self-awareness activities
- **Varsana SPA Palazzo di Varignana Resort** (Castel San Pietro Terme BO) will organize Signature activities with local products, in the green hills of Bologna.





# EUROPE

## Italy (part 2)

239 venues



- **Tibi Sensory Wellness & SPA** (Tivoli RM) will offer fun, educational, relaxing and tasteful activities to get back in shape
- **Showroom GA.IA Vibroacustica** (Portogruaro VE) will offer relaxing, invigorating and regenerating sensations with vibroacoustic massage
- **Hotel Milano Alpen SPA** (Castione Presolana BG) will organize holistic wellness activities in natural environment
- **Body Lab Club SPA** (Venafrò IS): will offer a complete fitness experience with fun educational activities
- **Borgobrufrà SPA & Resort** (Torgiano PG) will offer immersive activities for the five senses in nature with local products
- **BeSPA San Marco** (Bergamo) will offer fun, smart and relaxing activities to get back in shape on a daily basis

**Giovanna Lorrai**, WWW Ambassador for the Sardinia region, confirms the participation of the following venues and independent professionals :

- **InEvoSpa** will create a mix of wellness, artistic, gastronomic and cultural excellences.
- **Locanda Minerva**, located in a corner of paradise in the north-west of Sardinia, is the ideal place for workshops designed around nature, meditation and holistic activities.
- **Olisardinia** in Cagliari, creates barefoot sensory experiences in nature,
- **ImageHealth** will offer various treatments and demos such as stress test, revitalizing anti-stress massage, body treatment with essential oils, and Candle Massage...
- **Pellhermosa** will present cosmetics for skin problems.
- **Alghero Resort & SPA** immersed in the green hills of Alghero is an oasis of natural well-being in Sardinia



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

- **CIWAS Fitness Network** : All **426 Fitness clubs** in the circuit throughout Italy will participate offering the public the chance to experience free classes of the CIWAS clubs every day (15,16,17 September)
- participants will also be able to enjoy some relaxation in the capital with the **A. Roma Wellness & Spa**.



## EUROPE

### Portugal (part 1) 97 venues

Portugal is well known for the diversity of landscapes, from the golden beaches of the Algarve to the lush vineyards of the Douro Valley, offering visitors a wide range of experiences during the World Wellness Weekend.

**Liliana Ferreira**, WWW Country Ambassador, **Tania Peixoto**, WWW Ambassador in Algarve, **Vania Sousa**, WWW Country Coordinator, Andreia Santos, Ambassador in Lisbon and **Catarina Gaspar Pimpão**, WWW Wellness Leader in Pregnancy and Parenting intend to inspire and empower everyone through the 5 Pillars of Wellness with fun, creative, inclusive and social responsibility activities!

More than 100 activities will be organized across Portugal with the support of **Turismo de Portugal**:

#### **Satsanga Spa & Wellness – Vila Galé Hotels**

The 27 Satsanga Spa & Wellness properties promise lots of fun and original experiences such as: Laughter Yoga & Wine Tasting, Night Meditation with Star Contemplation, Sound Healing with Tibetan Bowl and Gong Concert, Winery Tour & Chair Massage Session in the Vineyards, Outdoor Fitness Session in the Mountain, Watsu Session, Muay Thai Workshop, Children Meditation, Reiki, Yoga, Zumba Class, Cupping Therapy, Water Aerobics, Pilates and DIY Workshops of Do-in Massage, Reflexology, Face Massage, Scrubs, Soap Bars & Dry Shampoos, Meditation, Face & Body Care, Stretching and Aromatherapy.

This year they will encourage participants to bring some food donations for local charities!

#### **Wellness by Mulheres À Obra**

A collaborative business of women entrepreneurs with the purpose of promoting well-being, are raising awareness of the importance of self-care and balance between work and family life and promoting gender equality in the economy. This important networking group for women entrepreneurs in Portugal will create a set of free online initiatives between July and September to discuss the importance of sleep in our well-being and contribute to the implementation of better sleep habits in their community. This will be the main theme of their first Summit, occurring on the 16<sup>th</sup> September.

#### **Municipality of Pombal**

The city will hold the Pombal Happiness Week that will bring together everyone from Education to Health and Wellbeing!

**Dr. Santiago Córdoba**s will present Life and Form, a lecture and practice about Sacred Geometry and its contribution to our health and well-being, with Dr. Santiago Córdoba.

A water relaxation session will be organized to invite participants to serenity. A way to enjoy a moment of well-being, surrender to relaxation and feel welcomed by Mother Water, suitable for pregnant women.





## EUROPE

### Portugal (part 2) 97 venues

#### Rise To Be

Coaching in Motion Session: half day group walk with reflections, coaching exercises and mindfulness tools to help participants cultivate wellbeing and balance in their lives.

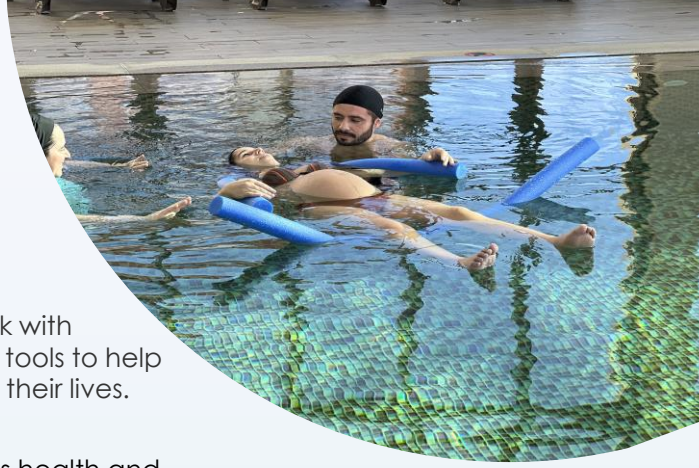
#### Aquabonding

Aquabonding offers a way to promote women's health and relaxation through water, especially in pregnancy and postpartum (up to 3 years after birth) with dynamic and relaxing exercises driven by a mental health nurse, Ana Vale.

#### Other venues:

- **Oh K! Kombucha**, team Quiz Challenge, a group activity with questions about Kombucha and OH K flavours, with 6-unit boxes for prize.
- **Sandra Matos Yoga** will offer free YinYang Yoga sessions.
- **Bhavika** will offer a Double Asana Workshop (Partner Yoga), where participants can bring their soulmates, friends, partners or family members to enjoy this beautiful partner yoga practice in unity and connection of two souls. At the beginning of the practice, they will choose who is the Sun and who is the Moon, and all asanas are made in pairs.
- **Paula Sá** will conduct a Face Yoga Session, the most effective 100% natural method to prevent facial aging.
- **Cocoon – Instituto Holístico** will provide comfort, peace, harmony, balance, physical, mental, emotional and spiritual well-being with Ayurvedic Therapies.
- **The Faro Boutique Hotel** will offer relaxing massages to promote general well-being.

**There's more... HILTON, ANANTARA, SUBLIME COMPORTA, MANDALAY SPA, INTERCONTINENTAL, LE MONUMENTAL PALACE, SIX SENSES, CORINTHIA LISBON, VALE DO LOBO, THE YEATMAN and QUINTA DA COMPORTA WELLNESS BOUTIQUE RESORT** will soon announce their wellness activities.



# EUROPE

## Spain 577 venues

Well done to **Lucia Romero de Avila Nieto**, WWW Country Ambassador, and her outstanding WWW team in Spain coordinated by **Sandra Villarejo** and **Susana Rodriguez: Juan Manuel Abucha** (Ambassador - Cádiz), **Leonor Tocino** and **Rosa Trinidad Sanchez** (Coordinators - Cádiz), **Natalia Bonin** (Ambassador- Tenerife) and **María Elisa Jimenez** – (Coordinator - Tenerife).

Some **WOWWW activities** are planned, such as:

- Golf activities adapted to children in wheelchairs and Golf baptism for children.
- Postural activities in schools to correct back problems in children due to the use of screens and backpacks.
- Training in 'Laughter Yoga' in person at the 'Palacio de Congreso' in Marbella, with 500 teachers expected!
- An ecological fashion show !
- Ecological Leadership workshops for managers of Hotels & Resorts.
- Program of 6 Emotional Well-being activities in primary schools on Friday 15 Sept.
- Walking in active hypnosis
- A Wellness Festival Weekend in Benalmadena

A massive GRACIAS to these venues and associations for these activities:

Royal Andalusian Golf Federation; College of Physiotherapists of Andalucia; Regulatori Council of 'SHERRY Y MANZANILLA'; Business Associations; ROMI association - of Gypsy Women; Ethnological Museum of the Gypsy Woman; World Community of 'Laughter Yoga'; Qigong and Tai Chi Federation; Alternative room for performing arts; National Association of Biodanza; Theater Association 'La Nave de la Tribu'; Association 'Aqui & Ahora'; The Theatre Tribe.; My Akua - School of Meditacion of 'San Blas'; Alternative Techniques Schools; Biocentric Institute; Cultural Association of Psychophysical; the Cadi Association for Disabled Children, the CIDH (International Circle of Hotel Managers) and Centro Sofia.

As well as the Town Halls of: Humilladero, Fuente Piedra. Alameda and the departments of the Town of Marbella: Tourism, Education, Sport, Festivities

**Mayan Luxury Spa**, and **Mayan Secret Spa** will initiate the public with a Temazcal experience, followed by 15 minutes massages and a raffle on Instagram for two of their iconic 50 minutes massages: Jak'óol and Chuun'nak, based on traditional Mayan healing techniques of energy circulation.

More to come from **Cadiz / Jerez de la Frontera** and **Tenerife**, with won aWWWards in 2022 as most active City and Island...





# EUROPE

## United Kingdom (part 1) 152 venues



**100 David Lloyd Clubs** in the UK (2022 Wellness Champion) will soon announce the activities they will organize for their members, as well as online activities for the public.

**Katie Byrne Plowman**, WWW City Ambassador in London, has confirmed the participation of iconic groups and venues:

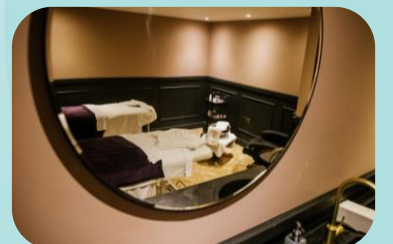
- **Junior Adventure Group:** Up to 110 of their clubs are going to join the movement in the UK ! The group is planning activities during the whole week, providing each day 1 of the 5 pillars of wellness, including mindful journalling, food challenges, sleep/meditation sessions, art therapy, family step challenges, informative blogs...
- **Harbour Club Chelsea**, which offers premium health, wellness, racquets and spa facilities in the heart of West London, will be celebrating the weekend with a wide range of community-focused wellness events for its members.
- The team of **Proverb** will soon announce their on-site and online activities...



**Elder Sanchez**, WWW Salsa Ambassador and coordinator **Virginia Timon** invite the public to discover three latin dances: merenge, salsa, and bachata during the whole weekend at **Salsateca** London!

**Pure Spa & Beauty** (22 properties) will be hosting digital events on how to include wellness into their lifestyle using spa treatments.

**Erin Lee**, WWW Global Ambassador for Halotherapy confirms that the **World Halotherapy Association** in partnership with the **UK & Ireland Halotherapy Network** will be encouraging their members to organize in-person sessions to help with stress & anxiety, insomnia & sleep, headaches, lethargy, and depression, through a chemical reaction in the body like being on a seashore (formation of negative Air ions).



Both associations will host a virtual 60 minute Halotherapy activity session, introducing the multiple benefits of halotherapy for both physical and mental health; a breath work program; and concluding with a 20 minute stretch session, all in a Salt room. The virtual session will allow people to follow along, re-use and continue to benefit from the learning experience, after the WWW, and turn it into a wellness month, year and life!



## EUROPE

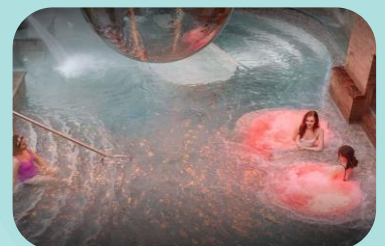
### United Kingdom (part 2) 152 venues



**Jessica Grant Sloyan**, WWW Ambassador for the Southwest UK will organize at **Lucknam Park** a Wellness Day in the grounds with some renowned wellness professionals.

As for online activities, **OTO**, UK's CBD lifestyle brand, spanning beauty, wellness, beverages and spa, is supporting World Wellness Weekend with a special online curated sound bath experience that will be available the entire weekend. The power of sound when combined with the use of CBD isolate creates a completely immersive experience that targets the stepping down of the brain frequencies to achieve calm, allowing you to "Find Your Space".

More to be announced from: **AIRE Ancient Baths London, Aqua Sana Spas at six Center Parcs, Banyan n°1 Hoxton, Carden Park, Carey's Manor, Hoar Cross Hall, Holmer Park, Kimpton Blythswood Square Hotel (IHG), Koru Wellness, Mosaic Spa & Health Clubs, Oceo Spa, Rudding Park, Seaham Hall, The Courtyard TAJ St James, The Old Inn, The Rabbit, The Spa at Mandarin Oriental Hyde Park, Thermae Bath Spa, W London...**



### **Breaking neWWWs:**

**The Wellness Card is supporting World Wellness Weekend in the UNITED KINGDOM and IRELAND with the mission to make Wellness accessible to ALL!**

The Wellness Card is a gift card that offers the receiver a wide variety of wellness experiences in-person, at-home and online – the choice is theirs! The Wellness Card is sold directly to consumers through retail high-street channel partners, alongside being sold across premium corporate channels all over the UK and directly to long-established corporate clients, who purchase The Wellness Card for:

- Employee wellness solutions
- Workplace recognition, incentives and rewards
- Employee engagement

[LEARN MORE about The Wellness Card](#) (only in the UK & Ireland)







**Latin America  
Caribbean**

# LATIN AMERICA

## Argentina (part 1) 157 venues

Since 2018, Argentina has been committed to disseminating and promoting the World Wellness Weekend. In 2023, more venues, leaders and ambassadors will be involved with the global movement. The team comprising of **Eduardo Finci** (WWW Ambassador, Emeritus Latin America), **Gabriela Cergic** (WWW Country Ambassador), **Carola Blasig** (WWW Region Ambassador, Misiones), Carla Vara (WWW City Ambassador, West Buenos Aires), **Maximiliano Perez Joos** (WWW City Ambassador, Cordoba), **Rita Ayala** (WWW Country Coordinator, Argentina), **Andrea Fancella** (WWW City Ambassador, Buenos Aires) has scheduled activities that promote the 5 Pillars of wellness.

**The American Spa Association** prepares online meetings on facebook live, and social media to grow awareness.

### Province of Entre Rios

- The Thermal tourism route will join WWW with several thermal centers like **Guaychu Thermal Center**, **Concordia Thermal Center** and **Galeguaychu Thermal Center**.
- Dr. **Walter Mattarucco**, pulmonologist, current VP of **Argentine Association of Respiratory Medicine** will provide consultations, and address the issue of asthma.
- **Nadia Luggren**, specialist in Kinesiology and Physity Kinephylaxis, will provide an activity for progressive Muscle Relaxation.
- **Laura Otero**, Psychologist, will offer an active meditation, to practice Mindfulness in everyday life.

### Province of Cordoba

Ambassadors are working closely with Spas, Hotels, wellness destinations and companies related to thermal tourism. The public will be able to enjoy wellness activities in the different cities of the province of Córdoba Capital, such as a free virtual talk on "Water and Well-being" in the town of Cabalango and the city of Villa Carlos Paz.

On Saturday 16th, activities will be held in the Sarmiento park in the city of Córdoba, but simultaneously in Cabalango, Villa Carlos Paz and Río Segundo.

Sunday 17th, mindfulness and meditation will be held in the Salinas Grandes of Córdoba, with the presence of various professionals and media.





# LATIN AMERICA

## Argentina (part 2) 157 venues

### Province of Buenos Aires

In the town of Pilar, **Ayres de Spa**, together with a great team of professionals, will contribute to the construction of the **Words of the Soul Community Library**: a sustainable Theater for 150 people.

Different activities will be provided such as:

- **Highland Park Golf School**: mindfulness for kids and parents.
- **Aromarossa**: aromatherapy sessions with sensory training and a wellness Picnic.
- **Ana Karina Agra**: meditation in connection with the 4 elements of nature, Tibetan bowls, and healthy balance.
- **Aitanna Estetica Pilar**: wellness awareness through skin care, facial care class and self-massage.
- **Carpe Diem Masoterapia**: stress-management workshops, wellbeing at home through the 5 senses, and playful activity through folk music.
- **Bio Spa Center** and **Breathe Smell Relax**: reflexology workshop and a restorative session with Tibetan bowls.

### Don Torcuato I Tigre

**Cielo y Tierra Spa & Wellness Center**, the **chamber of commerce** and the **Town Hall of Tigre** prepare a mega event at the Hunting and Fishing Athletic Club. Over 2,000 club members and the local community are invited to participate in sports and wellness activities (yoga, chi kung, dance, aromatherapy, health nutrition, cosmetology, massage express) in addition to presenting exhibition stands of wellness companies and entrepreneurs.

### Vicente Lopez town

**Gaia Spa** will offer a meditation with breathing exercises and a deep relaxation session with Tibetan bowls.

**Laguna de Puan** is preparing a guided walk around an island, yoga and meditation class at the Puan Lagoon grounds, with a choice of healthy food.



# LATIN AMERICA

## Argentina (part 3) 157 venues

### Province of Misiones

**Carola B Institute** offers a complete wellness program from May to September with inspiring talks and classes with specialists such as Dr. **Marita Ludy**, **Prof. Susana Lago**:

- Maderotherapy, aromatherapy sessions,
- First Aid and CPR course for the public.
- **Fabiana Castagnon**, WWW leader, about the life cycles of women, will offer an Instagram Live about the climacteric stage.

### Province of Mendoza

**Entre Cielos** boutique hotel and other venue prepare healthy week-end full of surprises for guests and visitors like previous years.

### Ciudad Autonoma de Buenos Aires

**Estilo Spa** will soon announce an exciting program...

### Province of Chaco

Health Coaching for a better life, with Yoga studios and Fitness clubs.

The entire Argentina team is working passionately is committed to coordinating events in other cities such as Mar del Plata, Tandil, Ushuaia, San Juan, etc.





# LATIN AMERICA

## Brazil (part 1)

**782 venues**

**Dianna Therssia Aranha Ruas**, WWW Country Ambassador received three years in a row the aWWWard of Wonder Woman of Wellness. Again this year again she is ALL IN to grow #WellnessForAll in Brazil!

Key organizations in acupuncture are organizing a thorough program with their members: **CNAA** Conselho Nacional de Autorregulamentação da Acupuntura, **CRAEMG**, **IPGU** Instituto de Pós-graduação, **SBA** Associação Brasileira de Acupuntura.

Diana is also coordinating with **FENAB** Brazilian Federation of Acupuncturist, and the **Culture Institute of Minas Gerais**.

Sustainability and nature will be at the heart of WWW:

- **Limpa Brasil:** plogging and sustainable activities, promoting digital detox across the country.
- **Oca Wellness:** sustainable wellness activities across the country, including Bird Census in cooperation with the **Brazilian Society of Ornithology** combining observation and conservation.
- **Plantio Brasil:** trees planting across the country in cooperation with **Rede Brasileira dos Plantadores de Árvores** for the project Plantando Para o Planeta 2030.
- **Marco Aurelio Cozzi** in his clinic **Sempre Viva Minas Gerais Center of Acupuntura and Natural Energetic Therapies** will speak on Ecological & Popular Energy Health.
- **Iguazu Wellness:** Ion Therapy combined with Forest Bathing and Integrative Medicine at iconic Iguacu Falls.
- **Brazilian Embassy in Athens** and the **Brazilian Citizenship Council** in Greece will plant trees, capoeira, music, dancing, plogging...
- **COYA WELLNESS** will coordinate sustainable activities in all the 27 Brazilian States, promoting wellness programs for communities and wellness tourism, including tree planting, plogging, forest bathing, biking, sailing therapy, art therapy, music, mental health workshops, cultural rituals from Natives Tribes, and even Pet Wellness activities!

The 4th pillar of Wellness «Serenity & Mindfulness » will be brought to light with:

- **Medita Juntos Brasil:** free mindfulness group sessions across the country, in collaboration with **Instituto Psicociencia**;
- **Thermal Spa, Balneário and Dr. Octávio Moura Andrade do Águas de São Pedro**, tourists and thermal station, will offer free day-passes with the support of **Águas de São Pedro City Hall**;
- **Balneário de Pocinhos do Rio Verde**, tourists and thermal station, will offer free day-passes with the support of **Caldas City Hall**



# LATIN AMERICA

## Brazil (part 2)

782 venues

The 5th pillar of Wellness « Purpose & Solidarity" will also be at the heart of some heartwarming activities:

- **DesintoxicaSP**, by **Ramon Reis**, confirmed the participation of 20 venues in the city of Sao Paulo and will hold activities across the country to promote health care for homeless and socially vulnerable people.
- **Lia Ruas** will coordinate basic need baskets (food and toiletry for families, toys and books for children) distribution with the support of the **Rotary Club** in Nanuque MG, along with Tree planting

For the 3<sup>rd</sup> pillar of Wellness "Vitality & Movement": **Brazily Fitness** will offer "Brazily Dance" classes allowing participants to exercise and boost self-confidence while having fun ! They are illustrating how dance benefits both your physical and mental health.

**Eliana Costa**, WWW Coordinator, will offer a free LIAN GONG Classes and Art Therapy, coordinating event with **Poente Galeria de Arte** for September 16th.

**Antonio Carlos Aranha Ruas**, the Triple Border Ambassador, will continue to focus on Education, Sustainability, Ecology, and physical and health activities, (Martial Arts, Capoeira, "Hippo therapy"...)

**Rosemary Ramos**, the WWW Region Ambassador for Vale do Jequitinhonha will focus in Inclusion through the Arts, with Escola Antônio Carlos Lemos, Contagem.

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





# LATIN AMERICA

## Chile

### 16 venues

**Jessica Heredia, WWW ambassador in Santiago de Chile** will publish a special edition in Consciencia Wellness Magazine, presenting a selection of the latest and most inspiring activities offered around the world during the World Wellness Weekend, both in its Spanish and English editions.

In addition, Consciencia Wellness together with the **coordinator of the Austral zone and teacher, Yessica Medina**, will encourage different educational institutions to carry out interventions that promote wellbeing across both teachers and students teams.

**Humanizarte consultants** dedicated to corporate wellness, joins again with their team of coaches, consultants and trainers, organizing activities with workers to improve and enhance interpersonal relationships in companies.

**Amelia Cayul**, Chef and representative of the native Mapuche culture, together with the municipality of **San Nicolás**, will present a traditional healthy food fair, with a special gastronomic proposal for the WWW.

Groups of holistic therapists, personal trainers, and travel agencies will also join, and organize various recreational, entertaining, and relaxation activities in different regions of the country.



## Ecuador

### 72 venues

Lead by **Cristina Muquinche**, Country Ambassador, discover the marvelous Galapagos Islands, practice yoga on the Tortuga beach, be active by cycling through the Santa Cruz Island, or relaxing with boy baths and massages, the venue will host activities for everyone !

**More to come: Sandalo Center, Siluet Derm Spa, El Refugio Spa Garden...**



## Mexico

### 36 venues

Empowered by **Laura Del Sol**, Ambassador of the Province of Quintana Roo, many spas and hotels will soon announce their activities: **Ahau Collection, Alya Hotel, Auberge Resorts, Banyan Tree Mayakoba, Cartesiano, Chable Maroma, Excellence Resorts, Grand Velas, Habitas, Hacienda 1800, Hamak, Kayanta, Melia Puerto Valarta, Nobu Hotel Los Cabos, Nizuc, Rancho La Puerta, Solaz, Spa at JW Marriott Cancun, Unico Hotel, Spa at the Viceroy Los Cabos, Vista Encantada, W Punta de Mita, Waldorf Astoria Los Cabos, Zama Yacht and Beach Club...**

# CARIBBEAN

## Dominican Republic 83 venues

**Flavio Acuna**, WWW Country Ambassador, is aiming at 500 activities in the Dominican Republic for WWW and a press conference at the **Hard Rock Hotel** in Punta Cana!

Five hotel chains are joining forces: **Meliá Majestic** (3 Spas) **Catalonia** (5 Spas) **Aqua Life** (39 Spas) **Excellence Punta Cana** (12 Spas) **Iberostar Riu** (42 Spas)

### Bavaro Punta Cana

On September 17th, a mega event will take place at the Sports City of Downtown Punta Cana in collaboration with **Caribbean Like Park**. Several activities are planned :

- A World Wellness Weekend Cup in Children's and Women's Soccer Championship with the participation of 3 different academies, playing in three different categories (involving 300 players).
  - Martial Arts Exhibition: Taekwondo, Muay Thai, Kickboxing, Boxing (involving 240 students)
  - Meditation with Gong and Tibetan Bowls, and yoga classes...
  - Salsa, Merengue, and Bachata dance classes with the participation of 2 Dance Schools and a Children's show
  - Beach Cleanup, Tibetan Massages, Sports Massage, Maderotherapy ...
  - A 5K Marathon in the Caribbean Like Park
  - Aqua Gym dance classes, Inflatable Water activities and Wakeboarding, Knee-boarding
  - Bicycle Ride for over 300 cyclists with a 20 km route (3 Mountain Bike schools participating)
  - Body Shop will participate with its 5 Gyms (Bulking and CrossFit training are planned).
  - Volleyball Tournament
  - Latin Music Concert.
  - Healthy eating workshops, and food Trucks with various cuisines will be available.
- **Cocotal Golf Club** will organize classes in Yoga, Pilates, Boxing, Cross Training, and a Paddle Tournament

### In Punta Cana:

- **Melia Punta Cana Beach Wellness Inclusive - Adults only** is preparing a WHOLE-MONTH of activities in honor of World Wellness Weekend!
- **Macao Surfing Camp:** surf and paddleboarding classes
- **Bayahibe:** Muay Thai, Pilates, and Yoga classes

### In Santo Domingo:

There will be over 50 activities in different hills and mountains of the Dominican Republic. The **Rotary Clubs** will participate in different social activities.

**The Wellness Champion Vitalie**, has planned 24 activities embracing three of the 5 WWW pillars of wellness: "Nutrition and Immunity", "Vitality and Movement", and "Serenity and Mindfulness". Discover the region with a 30km bicycle trail, Bio Dance, Facial Ice Up, Mandala workshops...





**MATRIX**



  
**milano**software



**Canada**

**USA**



# NORTH AMERICA

## Canada (Quebec) 162 venues

This year again, **Katja Prpic**, WWW Quebec Ambassador and her team have a lot planned for growing #WellnessForAll in the Quebec Province !

- **Jean-Christophe Poirier**, WWW Region Ambassador in Estrie, founder of Bougez Mieux and Humain 360 will organize a free open day with **Kin Impact** for training sessions, outdoors yoga classes and free lectures on sleep, stress management, and physical activity!
- **Rosette Pipar** will create a performance called "Mots et Regard poétique" in the Laurentides region, with artists, to illustrate the importance of public art for the well-being of communities. This event will be broadcasted by 6 Cogeco TV shows.
- **Marie-France Lalancette**, WWW Ambassador in Basses-Laurentides will organize informative and awareness-raising conferences on nutritional needs. **Nutrition beyond Borders**, present in 7 African countries, offers as part of the World Wellness Week-End, and throughout the year, malnutrition awareness activities called "Friendship Days". It welcomes families who wish to have the nutritional status of their children assessed and provides sound advice from professionals.
- **Sonia Giguère**, WWW City Ambassador in Sainte Agathe des Monts, and **Émmie Nadon** from Metamorfit will organize Parent-Children workshops for families in the Laurentides region, in the park by Lac des Sables.
- **Valérie Dussault**, WWW City Ambassador for Saint-Eustache will give a conference about functional nutrition as a tool for more energy, and weight control during the "Festival de la Galette". Organized by **Patrimoine culturel Vieux-Saint-Eustache**, the festival is a popular celebration with artists, performers, craftsmen...
- **Liane Dufresne**, WWW City Ambassador in Laval will give an online lecture during WWW, from the heart of her massage therapy center.

**More to come from Spa Eastman, Le Monastère des Augustines, Yoga Tribes...**





# NORTH AMERICA

## Canada

162 venues



Last year, **Winnipeg** received the aWWWard of the most active city in Canada. This year, **Laurie Barkman**, WWW Province Ambassador in Manitoba, confirms that the communities in **Gimli, Steinbach, Falcon Lake** will be organizing yoga, hiking, personal development, meditation and other wellness activities in the Province of **MANITOBA**.

New venues are joining:

- **Serenity'nam**: pop-up Qigong event in a Winnipeg park,
- **L.O.V.E. Local Operated Vendors Emporium**: three-day exposition with local wellness providers & practitioners
- **Hikerbabes** - Winnipeg Chapter: Hike at Hunts Lake Trail in the Whiteshell Provincial Park, MB
- **Mindstage**: online brain health event

Other confirmed participants are: **Riverstone Spa, Alt Hotel Winnipeg, Thermea by Nordik Spa-Nature Winnipeg, Lakeview Hotels & Resorts, Lakeview Resort Gimli, Scientifique Holistic Wellness, Ten Spa, FitClub North, Reh-fit Centre, Fort Garry Women's Resource Centre, Opening Doors to Success (Steinbach, MB), Pilates Downtown Winnipeg, Tiber River Naturals, Fairmont Winnipeg, Laurie Barkman Women's Wellness Coach and My Gym Children's Fitness Centre...**

**Corrie Gallant**, WWW Province Ambassador in **ONTARIO**, has confirmed the participation of a heartwarming Awakening to Better Beauty Event at **Beauty Barn Spa**. Working with the nurses from the Brantford General Hospital, the venue organizes a complementary day of spa services, pampering & keepsake photoshoot for people in their local community going through cancer treatment. There will also be a 45-minute virtual Facial Yoga workshop to discover at-desk techniques to naturally relieve stress, pain, tension and improve energy levels.

**Thermea Spa Village** in Whitby, ON is returning for a second year.  
**Conscious Togetherness** is joining from from Ottawa.



# NORTH AMERICA

## United States of America 71 venues

**Debbie Bellenger**, WWW Fitness Ambassador in the USA is liaising with **TRX** for a 30-day free trial in September, Giveaway on social media, and activation of their ambassadors, trainers and clubs.

**Canyon Ranch** will organize Signature activities for guests at their iconic properties in Tucson, Lenox and Woodside; and will welcome the public in their 134,000 square-foot wellness and rejuvenation property in Las Vegas, just steps away from the Strip.

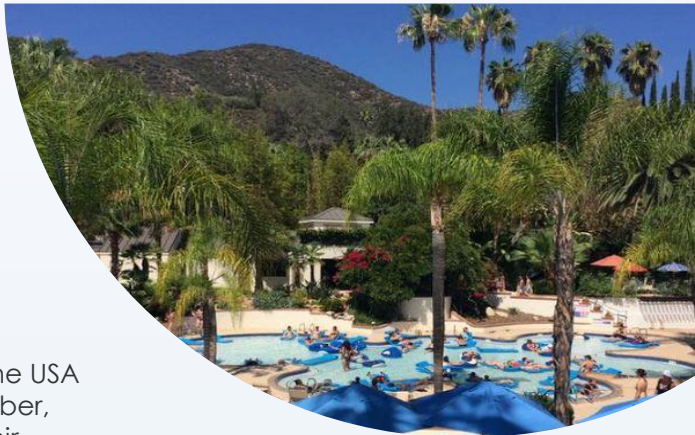
**Jessica Meath**, WWW Ambassador for Hot Springs in the USA confirmed the participation of:

- **Glen Ivy Hot Springs** in Temescal Valley (CA): diverse wellness activities from the GOCO team, along with live music.
- **The Springs Resort** in Pagosa Springs (CO): Warrior Plunge and Gratitude Ceremony.

**Brick Bodies**, 2022 Wellness Champion participates again with complimentary group fitness classes in all four clubs.

Thanks to the **World Halotherapy Association**, Salt Rooms and Halotherapy centers will open their doors to the public for mindful activities improving breathing with negative-ions, including **Asheville Salt Cave, Indianapolis Salt Cave and Halotherapy Center, Indigena Wellness, Mountain Springs Wellness, Salt+Sol, Salty Sisters Spa, The Salt Suite Delray Beach, Villages Holistic...**

**More to come from Barry's Bootcamp, Bear Creek Mountain Resort, Chuan Spa, Exhale, Faimont Orchid, Harman's Luxury Log Cabins, Immunocologie, Spa Solage at Auberge Resort, Ritz-Carlton Bacara...**







**Africa**  
**Middle East**

# AFRICA

## Benin 32 venues

WWW Country Ambassador **Marina Dannon** and Coordinator **Ezéchiel Bossikponon** in collaboration with wellness professionals, companies and associations, will organize activities in related to nutrition, healthy and sustainable food, but also to sports and fitness, and wellness activities at work and at spas.

Two cities have been selected to host the events : **Abomey Calavi** and **Cotonou**, in partnership with: **Let's Go Gym**, **Canna J.P**, **Santé - Tché**, **Radio Afrique Santé**, **Novatex**, and **more venues to be announced soon...**



## Botswana (part 1) 19 venues

**Lucia Molebatsi**, Founder of LUSH Inc, is the WWW Ambassador in Gaborone, and Dr. **Bonolo Mannathoko-Molefhe**, the WWW Cordinator in Gaborone, Botswana.

With the official support of the Directorate of Public Service Management (DPSM), activities include:

- « **10 000 Steps Rainbow Gaborone** », a 10KM walk and Health Exhibition, **jointly organized by the Ministry of Health, National AIDS and Health Promotion (NAHPA)** . The minister of health has been invited to be chief walker. The walk will feature different health NGOs, and activities based on the 5 pillars of wellness like: blood donation, health exhibition, aerobics, fitness activities...
- **Silky Skin Beauty and Wellness Spa** : Foot care education and free massage for Diabetics and pensioners over 65 years
- **Lefkara Dental Spa**: a smile campaign with dental and orthodontic (braces) examinations as well as Skin analysis and skin care education by Lefkara Aesthetics
- **Leaders in Wellness Summit**: Jean-Guy de Gabriac, WWW founder, guest speaker
- **Lucia Molebatsi**: Whoasa Couch session
- **Ycare Trust**: Ycare walk charity initiative to showcase some of Botswana's tourist attractions such as Makgakigadi Pan
- **Dr Kitchin**: running and fitness challenge
- **Bonatla Wellness**: two nutrition classes for teenagers, and for picky children
- **Bongaka Health**: commemoration for Hypertension Day in Magori Village
- **Trinity Meditation**: Kung Fu meditation & lessons for children
- **Ayudar**: massages





# AFRICA

## Botswana (part 2) 19 venues

- **Tau Beauty Parlour:** Meditation, Foot Ritual, and Self Reflection
- **Ayudar Wellness retreat Spa** and **Naga Naturals:** wellness picnic
- **Ycare trust** : couple massage training with Candle making Master Class Ycare Mokolodi
- Gabane walk with Health education sessions both in Gabane and Mokolodi
- **Atlega Clinic:** Fairgrounds Fitness & Walk of Fame
- **Chef Monana:** Healthy Cooking Mall Activation
- **Night Aerobics under the stars** by a team of fitness instructors
- **Micure Clinic:** Non-communicable diseases Screening
- **RadiobPartner (Gabzfm):** Radio wellness features
- **Porcupine Fitness:** Oodi Hill Hike and Hilk Top Meditation
- **Burn out sessions:** Morning Aerobics & Self Awareness talk

**Grace Physiotherapy** (Wellness Champion) will offer in August and September three great activities:

- Fun and refreshing Hydrotherapy (exercise in the water) to relieve participants' joints from pressure to strengthen muscles.
- "Exercise for the elderly », to socialize, exercise together and learn what they can do on their own at home!
- "Stretch & Share": to learn everything about stretching!

## Burkina Faso 2 venues

**Mathe Founfosi Allah Epse Apovo**, WWW Coordinator will organize some workshops with Nutrition Sans Frontières Burkina Faso (NSF – BF), Dignité Vertueuse and African Foods Nutrition, especially for women and mothers: Nutrition & Agriculture to increase alimentary self-sufficiency; Soap making to help with financial autonomy ; Fitness for kids and Flour tasting "YA NOOGO"

## Kenya 7 venues

**Pauline Wangari**, WWW City Ambassador in Nairobi will be coordinating a Professional National Massage Festival opened to the public, that will include the first massage competition in the country!

## South Africa 37 venues

**Marisa Dimitriadis**, WWW Country Ambassador, and **Francisco Garcia**, WWW Country Coordinator are preparing activities with key wellness players and the support of the **South African Spa Association**.

On 16<sup>th</sup> July, both will present World Wellness Weekend at a business conference organized by **The Spa Consultants**, with 100 delegates, and 50 spas / salon owners. They will present WWW again at **the Les Nouvelles Esthétiques Spa Convention** on July 30 & 31.

More to be announced in the August 16th Press Release...



# AFRICA

## Democratic Republic of Congo

**Nathan Bundutidi Makaya** and Dr **Patient Kolama**, Coordinators in DRC confirm the participation of:

- **Nutrition sans Frontières / Nutrition Without Borders**
- **Maison de l'Artemisia**
- The NGO "Center for the Promotion of the Rural World» **CEPROMOR**
- « Action for the Promotion of Commun Action and the Promotion of Community Health", **APROSAC**
- « Avec les Sœurs de Kisantu », **ASK**
- Collective of doctors Kongo, **CMK**
- Center for Integrative Preventive Medicine Kongo, **CEMPIK**
- **Club of Friends for Public Health from the Kongo University.**

**Nutrition beyond Borders**, now present in 7 African countries, offers as part of the World Wellness Week-End, and throughout the year, malnutrition awareness activities called Friendship Days. It welcomes families who wish to have the nutritional status of their children assessed and provides sound advice from professionals. A good way to promote young professionals and contribute to Global Wellness, while making themselves known to the world: the very mission of the WWW

Here are some activities ramping up to the World Wellness Weekend:

- "Friendship Day" for children malnutrition at six nutritional rehabilitation centers for malnourished children (June 24).
- Special health walk for Natural Well-being 2023 (June 30)
- Conference on World Wellness Weekend (June 30)

Both **Nathan** and **Patient** are coordinating the meaningful **Program for the Development of Integrative Phytotherapy and Clinical Nutrition in Kongo** by [Kongoterra](#).

The objective is to contribute to the improvement of the health and well-being of vulnerable populations in Kongo, through the promotion of Endobiogeny, and local integrative clinical phytotherapy

The project revolves around two complementary and mutually reinforcing components:

- 1) Develop a value chain for natural health products based on certified organic medicinal plants that are socially inclusive, economically competitive, and ecologically resilient in Kongo Central, Democratic Republic of the Congo.
- 2) Provide equitable and sustainable access to preventive and integrative local medicine services, taking into account the individual as a whole and considering the close links between humans and their environment, to a larger number of vulnerable populations in Kongo Central, Democratic Republic of the Congo.





## MIDDLE EAST

### Kuwait

### 2 venues

2022 Wellness Champion, **Jumeirah Messilah Beach Hotel** participates again to promote wellness for all!



### Morocco

### 8 venues

**Soumia Hite**, Country Ambassador will soon announce the detailed program of activities from iconic properties: **Royal Mansour Marrakech**, **Oberoi Marrakech**, **Fairmont Hotel Marrakech & Rabat**, **Nobu Hotel Marrakech**, **Mövenpick Marrakech**, **Selman Hotel Marrakech**.



### Oman

### 5 venues

Five iconic properties will promote Wellness for All, including the 2022 Wellness Champion: **Al Baleed Resort Salalah by Anantara**, organizing three activities, including a Candlelight Yoga session on the beach.

**More to come from Al Bustan Palace, Ritz-Carlton, Anantara Al Jabal Al Akhdar Resort, Kempinski Hotel Muscat and Six Senses, Ziggy Bay.**



### Qatar

### 6 venues

**Zulal Wellness Resort by Chiva-Som**, a pioneering destination in the Middle East that blends Traditional Arabic & Islamic Medicine with a holistic health and well-being philosophy is joining WWT: stretching class, along with an Inner Core, Aquaerobic, and, a toning ball class !

**More to come from Diva Lounge Spa, Rixos Gulf Hotel, Sharq Village & Spa, Ritz-Carlton...**



### Tunisia

### 3 venues

**Sophie Lymburner**, WWT Yoga Ambassador confirmed that **Yoga Tribes** will be doing an online live Yoga session in French from Sousse in Tunisia on Sept 16, 2023. The local community will be invited to join that session for free.



## MIDDLE EAST

### United Arab Emirates

#### 29 venues



**Ahem Siddique**, WWW Country Ambassador in UAE, with **Karen Coetzee**, and **Vyara Tosheva**, WWW Ambassadors in Dubai confirmed part of the program for the WWW in UAE.

Hospitality and lifestyle venues are opening their doors for free, fun and engaging activities and workshops for the community and their guests. Explore sound healing meditations, complimentary stretching classes, and special activations and offers at **The Pearl Spa at Four Seasons DIFC**, **Jumeirah Zabeel Saray**, **Wellbeings Holistic Healing**, **Waldorf Astoria at Dubai Palm Jumeirah**, **Talise Spa Madinat Jumeirah Al Qasr**, **Taj Exotica Resort & Spa at Palm Jumeirah**, **Mandara Spa at the H Hotel**, **Raffles the Palm**, two locations of the **Sensasia Spa** at Mall of the Emirates and Emirates Golf Club, and for the first time **CHADO Beauty & Wellness Center**.

For the fourth consecutive year, **Altearah Bio** will be participating in World Wellness Weekend with its partners in 22 countries around the world. Offering turn-key solutions for implementing colour therapy, aromatherapy, olfactotherapy and self-massage workshops, Altearah Bio celebrates World Wellness Weekend by championing the democratization of emotional wellness at its partner venues.

The **Dubai Young Professionals association** is creating an inclusive community with a special day-long event at the **Hilton at the Palm** for all members and its community. DYP started as a monthly social gathering for aspiring young professionals which has since grown into the largest community in Dubai focused on thought leaders, innovators and disruptors alike. The goal of this free event will be about unlocking the power of connections, improving wellbeing through high-intensity classes, learning new skills through focused workshops and giving back to the community.

**Sharjah Ladies Club**, three-time awarded 'Wellness Champion', is the only exclusive club for women and children, it offers a wide range of activities that promote education, culture, art, and health. With 13 luxurious facilities and branches in the Eastern and Central Regions of Sharjah, the club will be celebrating the World Wellness Weekend for the fifth year with a wide range of energetic activities and exclusive offers on selected services, designed to encourage women and children to adopt a healthier lifestyle and nurture their physical and mental health.







India  
Asia  
Oceania



# INDIA

India

124 venues



**Reena Sheth**, WWW country ambassador for Taj Hotels in India and **Sushmita Sarangi**, Commercial Director at Taj Hotels have confirmed the participation of 70+ Spas at select Taj, SeleQtions and Vivanta hotels.

**Taj hotels** will host unique activities and holistic experiences for guests and community with a curated "wellness extravaganza" embracing the five pillars of wellness.

**Over 200 in-person activities will be organized**, including signature Dhoop ceremonies to cleanse the aura, accompanied with chants in prayer for world peace across hotels showcasing Solidarity and Sense of Purpose. Sleep and Creativity will be celebrated with sound healing and yoga sessions, while Nutrition and Vitality will be present through energized breakfast and tea sessions. Guests will embrace Vitality and Movement with yoga sessions and Serenity and Mindfulness by attending a workshop on mindfulness given by their "acharyas".

**Shweta Parekh**, WWW City Ambassador in Mumbai, will focus on Menopause Awareness and Skincare.

To foster a greater understanding of this transformative phase, she is elaborating a strategy on three different levels:

- Engaging corporations to support their employees during the menopausal transition by the means of workshops, webinars and resources.
- Collaborating with salons: Self-care and pampering play an important role in boosting confidence and maintaining healthy skin during menopause, this is where salons will play a role by offering specialized treatments and activities focusing on menopausal skincare.
- Coordinating allied industries : since Menopause affects various areas of life she is engaging with professionals from allied industries in discussions and initiatives centered around menopause and skincare.





# ASIA

## Cambodia

## 21 venues



**Maddalena Morandi**, WW Country Ambassador, and **Catherine Germier-Hamel**, WW City Ambassador in Phnom Penh are adding Cambodia first the first time on the World Wellness Map!

- **Navutu Dreams** (2023 Wellness Champion) is a plastic-free luxury hotel in a peaceful paradise with a whole program: pranamaya and meditation session on their rooftop; Community Connection Circle, a community event centred around Movement, Mantra & Meditation with restorative yoga, sound healing and sensory experiences, ending with a sunset swim. On Sunday, a Tree Planting session will promote environmental wellness, unity and community spirit.
- **Anantara Angkor Resort** (2023 Wellness Champion) is organizing several sport activities, along with yoga and meditation... The venue will also pay a tribute to the country's culture with Khmer herbal scrub making.
- **Sofitel Angkor Phokeethra Golf & Spa Resort** has confirmed two activities: acro-yoga and meditation.
- **FCC by Avani**, **Heritage Suites** and **Shintamani** have also confirmed their participation, as well as **Grace Residence** aiming at becoming one of the largest wellness oriented development of Siem Reap.



Independent venues have also confirmed their participation: **Alchemy**, **Harihralaya** and **Baby Elephant** with a selection of free activities encompassing the 4<sup>th</sup> pillar of Wellness Serenity & Mindfulness.



Top trainers group like **Johnny Fitness** and **Max Coaching for Circus** will be offering free trainings that weekend to shed light on the 2<sup>nd</sup> pillar of Wellness Vitality & Movement



The 2<sup>nd</sup> pillar of wellness will be celebrated by individual professionals joining the movement, like:

- **Victoria** who will offer a mindfull cooking workshop,
- and **Kefir** with a free Kampuchea tasting and workshop on the benefits of probiotics.

Finally, the **Waldorf school** in Siem Reap, based on Steiner education will also join the WW.

Its educational style is holistic, and intends to develop pupils' intellectual, artistic, and practical skills, with focus on imagination and creativity. This educational method is known for enabling children to become their true selves, to be good citizens, and be a strong force for good in the world.

# ASIA

## Indonesia (part 1) [81 venues](#)



**Evolution Wellness**, Asia's largest health and wellness group, is once again embracing the World Wellness Weekend and will welcome members of the public throughout its network of 150 **Celebrity Fitness** and **Fitness First** gyms in Indonesia, Malaysia, the Philippines, Singapore, and Thailand during World Wellness Weekend.

**Fitness First's** belief in incorporating wellness to the fitness experience is now a key part of their holistic wellbeing approach. *More information on the events and activities will be available on the Celebrity Fitness and Fitness First social media pages in the coming weeks.*

**John Nielsen**, General Manager for **Fivelements Retreat Bali**, and World Wellness Weekend Ambassador for Bali, is doing an outstanding work with:

- **The Ubud Hotel Association** 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.
- 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. 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.

The stunning 5-star **Conrad Bali** (Hilton Hotels ) will showcase wellness on the beach embracing the opportunity to reconnect and revive wellness in the open-air spaces. General Manager Kevin Girard is thrilled to highlight the hotels beautiful Jiwa Spa during World Wellness Weekend.

**Mamaka by Ovolo** will offer Yoga, and beach bootcamp. Mr Joel Bartlett, General Manager, has inspired the Australian hotels to join the movement with activities for guests and staff. #WellnessForAll





## ASIA

### Indonesia (part 2) 81 venues

As part of **Fivelements Retreat Bali**'s holistic wellness mission, the award-winning retreat is thrilled to again **be donating blood** on Friday September 15th as part of the weekend. This year the venue will feature and support **the Bali Children's Project** and **Panti Asuhan Narayan Seva Children's orphanage** from Singaraja in northern part of Bali. The children will perform an Acro Yoga performance dance and showcase how children can start Yoga at an early age to increase their health. Supporting the children offers a chance to make a difference in their lives and future.

**Fivelements Retreat Bali** (2022 and 2023 Wellness Champion) will again be joining forces with **Celebrity Fitness** and present over the weekend a range of activities as Vinyasa Flow Yoga, Body Combat, Meditation for inner peace and Yin Yoga & Sound Healing...

Joining from the shores of Lake Toba in Sumatra will be the brand-new **Marianna Resort** organizing a range of wellness inspired events to celebrate the opening of the new destination on the largest volcanic lake in the world.



### Philippines 24 venues

**Niyama Wellness Center, Anya Resort Tagaytay** (2022 and 2023 Wellness Champion) is the place to rejuvenate yourself within 7.2 hectares of lush greenery and savor the cold breeze. For the WWW they have already planned several wellness activities like Tai Chi, Yoga, holistic spa treatments and ... a Mandala Flower Meditation! Their Mandala rhythmic floral arrangement helps balance a person's energy and restores inner peace and wisdom within.



# ASIA

## Japan

165 venues



**Tomoe Kaneko, Koumei van Zeeland, Takashi Kurono** and **Masaaki Hattori**, WWW City Ambassadors, and **Tomoko Iwai**, WWW Country ambassador are working with professionals in Japan to raise awareness of Wellness and Well-being with the major support of:

- **SPORTEC**: Japan's largest sports and wellness industry exhibition, raising people's health awareness and encouraging wellness lifestyles.
- **JSTA** (Japan Sport Tourism Alliance) plays a central role in Japan's sports tourism industry not only widely promoting and raising awareness of sports-related activities, but also serving as a hub to bring together academics, business and governmental entities for collaboration purposes.
- **FIAJ** (Fitness Industry Association Japan) is an organization of health and fitness professionals in Japan, committed to building their businesses and improving their communities' health and well-being.
- **Jafa** (Japan Fitness Association) is a public interest corporation approved by the Ministry of Health, Labor and Welfare, established to promote and develop fitness professionals in Japan.



The WWW Ambassadors team in Japan aim at **events in all the 47 prefectures in Japan, from North in Hokkaido to South in Okinawa !** Fun and empowering wellness activities are already planned in these **25 cities**:

**Aichi, Akita, Chiba, Fukui, Fukuoka, Fukushima, Gunma, Hyogo, Kagoshima, Kamakura, Kanagawa, Kumamoto, Nagano, Niigata, Nara, Okayama, Okinawa, Osaka, Saga, Shizuoka, Takamatsu, Tochigi ,Tokyo, Yamagata, Yokohawa...**



Talks, classes and workshop will also be organized online.

Activities will address the 5 pillars of wellness: Sleep & Creativity, Nutrition & Immunity, Vitality & Movement, Serenity & Mindfulness, Sense of Purpose & Solidarity.

They will cover diverse health subjects, like a Yoga activity designed for **Fixing Pelvic Tilt**, or a lecture on How to Live with Good Oral Health by Dental Hygienist...

Some activities will embrace the Japanese culture like a **Japanese Traditional Dance class**, and **Molky, acrobatic yoga with live music**, walking with Latin vibes on Kamakura Hiking course, and a **walking soccer festival !**





# ASIA

## Vietnam

## 160 venues

**Hylton Lipkin**, WWW Country Ambassador, **Nyoman Yastama**

WWW Country Coordinator and the whole team of city coordinators are collaborating to make Vietnam and the world a better place through HAPPINESS and WELLNESS. Post Covid-19, everybody wants to be involved in wellness, so what a better way to promote SDG3 than get EVERYBODY out and active once again.

Key focus this year is, **physical, mental, and environmental wellness**. They are working to get the national Vietnamese tourism department involved with activities nationwide.

**Oxalis** will host a yoga session inside the "Hang Son Doong - The World's Largest Cave".

**Alba Wellness Valley** by Fusion will invite including 200-300 children from the local community for a Fun Wellness Weekend, with educational sessions about the environment, tree planting, fitness, yoga, meditation but also a lot of fun with swimming, Hot Springs, and a 600m zipline !

**SAPA in the north of Vietnam** are planning to arrange a group wellness session on top of Mt. Fansipan at 3.143M highest peak in Vietnam!

**Banyan Tree group**, **Angsana** and **Garrya** will be participating in; Lang Co, Mu Cang Chi, Ho Tram and Quan Lan .

Finally, new resorts are joining in, in **Da Nang City, Phu Quoc Island, Ho Chi Minh** and **Hanoi**.

Thank you to all our current participants: [Fusion Hotel Group](#) - [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](#) - [Alyona Moves](#), - [White Tiger Qigong](#) - [Reborn Fitness](#) - [Reborn Camps](#) - [Moving Athlete](#) - [Omandala](#) - [Alba Spa Hotel](#) - [Alba Mineral Water](#) - [Alba Boutique Hotel](#) - [Mandala Wellness](#) - [Lumina retreats](#) - [TIA Wellness](#), - [Flow with Meg](#), - [Akoya Spa](#) - [Vinpearl Hotels](#), - [Vinpearl Phu Quoc](#) - [Six Senses Vietnam](#) - [Ananatara Vietnam](#), - [DanCenter Vietnam](#) - [Ana Workout](#) - [Hue Runners](#) - [Saigon Healthy Lifestyle](#) - [Secret Retreats](#) - [Senna Retreat](#) - [New World Phu Quoc Resort](#) - [Le Chap Tu Le](#) - [Aeris Hill](#) - [An Lam Retreats Saigon River](#) [An Lam Retreats Ninh Van Bay](#) - [Furama Resort Danang](#) - [Brad Reed](#) - [Movenpick Phu Quoc](#) - [Openasia Group](#) - [Salinda Resort Phu Quoc](#) - and many more coming soon.....



# OCEANIA

## Australia

### 16 venues

**Peninsula Hot Springs** (2021, 2022, 2023 Wellness Champion) participate again with an exciting wellness program where nature's healing powers blend with indulgent spa experiences: invigorating 45 minute fire and ice workshop with trained instructors ; a daily body clay workshop to discover the healing powers of raw earth and water a meditative tea ceremony and a bathing cinema experience!



## Fiji

### 3 venues

**Navutu Stars Resort**, secluded adults-only getaway in the remote Yasawas – a chain of pristine volcanic islands rising from the crystal-clear waters of Fiji will organize:

- **Coral Planting:** Coral reefs are crucial to our planet's overall health, but are increasingly threatened by human activity. At Navutu Stars Resort, they first observe the coral's growth in tanks and then transplant them onto growing racks in the ocean where they monitor and measure their progress.
- **Trees planting:** a learning experience for all, promoting unity, building a community spirit, reducing stress, and most importantly...benefiting our planet
- **Group Yoga & meditation** on the sea view deck



## New Zealand

### 13 venues

**11 Les Mills** clubs will offer complimentary group classes nationwide and a free 30-Day pass for Les Mills+ (online)

**Maruia Hot Springs** (2022 & 2023 Wellness Champion) is offering Yoga and Sauna Infusion, each of the three days of World Wellness Weekend.



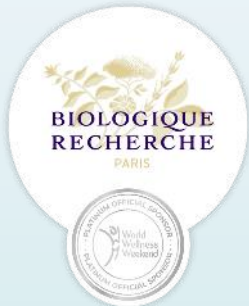


# Official Sponsors of World Wellness Weekend 2023



“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 always shared 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! “



“We are very supportive of Jean-Guy de Gabriac's World Wellness Weekend initiative. The combination of wellness, hospitality and personalization is at the heart of what we firmly believe at Biologique Recherche! “



“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, Since 1989, at LEMI wellness has been the core of a process leading to a steady business growth, thus focusing on constant improvement for both its staff and the environment where day work. That's why we are very proud to support the World Wellness Weekend and spread wellness in everyday life.“



“It is for me and for the whole Team Matrix France an honor and a great pleasure to be able to support the World Wellness Weekend across France and many countries. For 20 years, our desire has been to bring pleasure and wellbeing to each practitioner and user of our products, but also to all of our employees within our company. It was therefore logical that we were present alongside Jean-Guy de Gabriac for the World Wellness Weekend.“  
Matrix-Strong-Smart-Beautiful



“Milano Software is proud to be a sponsor of World Wellness Weekend. We have been creating software solutions for the Wellness industry to manage the businesses aspects for over three decades, and we have observed the embrace of personal health and active lifestyles which is something that we support as a company and personally.”

## Official Sponsors of World Wellness Weekend 2023



"I fully share all the values of the World Wellness Weekend and put forward the 5 pillars of wellness in all its projects. Personally, It is an honour and a pleasure to be alongside Jean-Guy de Gabriac and all the ambassadors for this fantastic global initiative for wellness. I am very proud to lead the team of Ambassadors for Italy. For me the World Wellness Weekend is the most representative synthesis of my last 30 years of work in the SPA & Wellness sector."



"It is an honor and a pleasure to lead this planetary wellness celebrations bringing together Ministers of Health, Tourism, Mayors, 60 international associations, hotel & fitness groups... Beyond design and marketing, what makes people want to return to a property dedicated to fitness, beauty and tourism is the talent of the teams, their expertise and their passion to care for people and deliver experiences rich in meaning and sensations, as transformative as possible."



"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."

