

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.

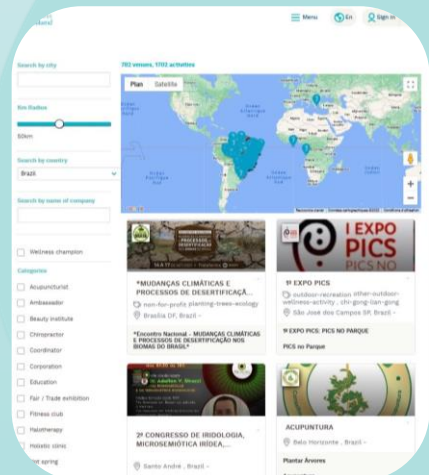
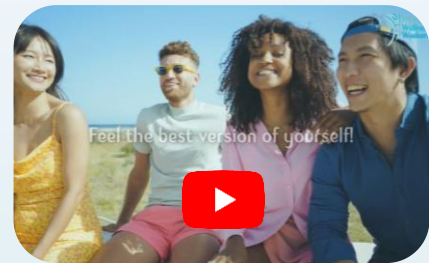
Professionals in fitness, sports, mindfulness, hospitality and tourism have heard the UN's call to support their staff and communities to address the challenges of inactivity, obesity, and anxiety.

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.

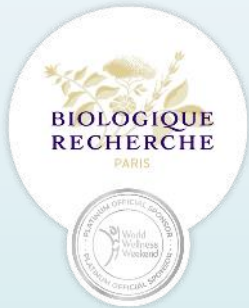


Official Sponsors of World Wellness Weekend 2023



“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.”

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"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."

