



15-16-17  
SEPT 2023

# Wellness is a renewable energy

Find activities near you

**6.000**  
VENUES

**150**  
COUNTRIES



**wellmap.org**  
@worldwellnessweekend  
#worldwellnessweekend  
#wellnessforall  
#wellnessbyall





# Directory

**3**      **Feel-good global wellness celebration in 147 countries with Vitality, Serenity and Solidarity**

---

**4-6**      **Highlights of outstanding activities**

---

**7**      **2023 Wellness Champions**

---

**8**      **Partnering Associations**

---

**9**      **190 Ambassadors, Coordinators & Wellness Leaders**

---

## **10-45**      **COUNTRY UPDATES**

- 10      Europe
- 25      Latin America & Caribbean
- 35      Canada & USA
- 39      Africa & Middle East
- 46      India, Asia & Oceania

## **56-57**      **OFFICIAL WELLNESS SPONSORS**



# World Wellness Weekend promotes “Wellness For All” across the globe and around the corner

3 days to discover and try free & fun activities to  
boost **Vitality, Serenity and Solidarity**

## A PLANETARY CELEBRATION

On September 15-16-17, **over 6,000 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, resorts and wellness centers.

**60 hours of ONLINE** wellness sessions will be available, including full  
access to training sessions with [LES MILLS+](#), 72 “[YogaAway™ by Bijab](#)”  
videos, inspiring talks with [Immunocologie](#), webinars with holistic  
practitioners and workshops with massage champions 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 activities promoting  
Wellness For All, including [AI-powered massage](#); a flash forward into  
**2030 with MetaWellness**, and **NGOs that to above and beyond...**

## 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 THE VIDEO](#)

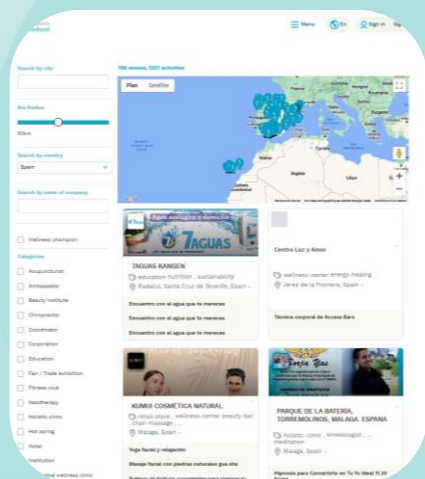
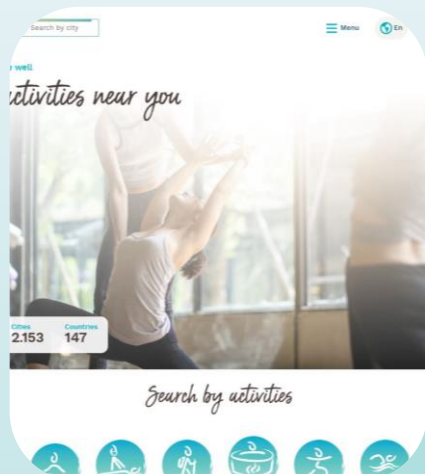
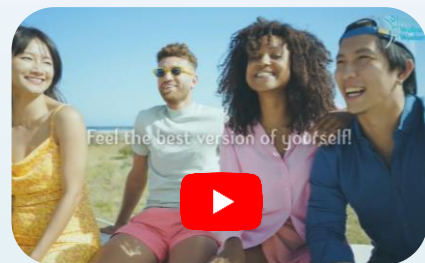
This pro-bono event grows exponentially thanks to the support of  
two Secretaries of Health, three Secretaries of Tourism, 30 Mayors,  
60 international federations, and 190 volunteers around the globe.

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

Here are some of the venues and groups participating: **Algotherrm, AIRE Ancient Baths, Anantara, Anytime Fitness, Aqua Life, Banyan Tree, Biologique Recherche, Canyon Ranch, Chenot Spa, Chiva Som, Cinq Mondes, Conrad, David Lloyd Clubs, Deep Nature, 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, Sofitel, Taj, TRX, Vivanta, W, Waldorf Astoria, Zula Wellness Resort...**

#worldwellnessweekend #wellnessforall

**MEDIA CONTACT:** Christina Ioannou [christina@ccicomms.com](mailto:christina@ccicomms.com)



*“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**, Sunrise in the mountains with the Genzianella choir, Sounds of the Dolomites Concert, and the **Namastè Festival. ITALY**



**CAPSIX, French robotics start-up offers 3 days of AI-powered massage** with IYU robot in **FRANCE and CANADA**



**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**

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



# Highlights (Part 3)



**PURE**  
Spa & Beauty

**UK National Step Challenge:** David Lloyd's and PURE Spa staff members from across the UK will compete against each other to lock up the most steps for their company, over a 3-day period. Teams can select members from any of their UK branches.. This will be joined now by **Proverb, Redletterdays, Moonpig, Buyagift.com, Harbourclub and Trybe.**

**17 primary schools in Marbella** will organize activities related to emotional wellness, starting the day with laughter yoga.



**Festival de  
la galette**

The **Festival de la Galette**, in Saint-Eustache (Canada) is a popular celebration with artists, performers, craftsmen... With precious support from Pilates and Holistic Health Centers, a series of health activities related to nutrition, hormones, movement and mindset will be held at the Terrasse Rene Park on Saturday.

Up to **110** of **Junior Adventures Group's** locations are joining the movement in the UK ! The group is planning activities during the whole week, engaging children, and providing each day activities around 1 of the 5 pillars of wellness, including mindful journaling, food challenges, sleep/meditation sessions, art therapy, family step challenges, informative blogs, etc...



**Junior  
Adventures  
Group**



# 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](#) to choose from over 2000 workouts, 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 **190** 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

### 15 venues

**Julie Wren**, WWW Country Ambassador in Belgium confirmed the participants and activities below:

**Olea Absolute Nutrition & Wellness** is offering a free webinar on Friday 15/9 packed with practical advice and suggestions on Nutrition & Immunity. If you have started to think more about prevention and the roles that specific nutritional ingredients play in improving your overall health and wellbeing perhaps with so much advice on what to eat, supplements to take, or healthy practices to start doing, you are confused or overwhelmed about what you could be doing to improve your immunity! Then this webinar is for you and Julie promises you that she'll keep it simple, relatable, and doable!

**Tryangle Happiness at Work**, the company heading up the national programme in Belgium for [the International Week of Happiness at Work](#) (25-29 September), is supporting WWW by offering a [free preparatory online inspiration session on Friday 15 Sept in French and Dutch](#) about how to create a happiness at work policy that functions at the heart of a company.

[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.

Finally, discover Facial reflexology Dien Chan and its tools, and learn your new morning routine with **Bali Therapy**, in Harchies (Hainaut).

### Croatia

### 28 venues

**Kristijan Zulle**, Country Ambassador will organize in Porec some group walks and outdoor gymnastics for the elderly, and swimming for people with disabilities.

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

174 venues

WWW Country Ambassador **Isabelle Charrier**, Founder and Managing Editor of [Sense of Wellness](#) magazine 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-Guirec, Most Active City in Brittany
- **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 and Deep Nature (70 spas). The group implements two types of actions in their spas:

- Video capsules available via QR codes in spas, hotels, estates, and villages. These videos include tutorials (yoga, massage) to empower the public to take care of themselves.
- On-site activities organized by the spas, including yoga, complimentary spa access, DIY workshops, massages, skin diagnostics, halotherapy, and more.

In 2020, [Niederbronn-les-Bains](#) won the global "Wellness Champion" trophy by hosting over thirty events. Thanks to the dedication of its teams, and partners, the City earned two new trophies in 2021 and 2022. This year, it returns for its fifth participation with even greater strength. On the agenda: free activities to take care of yourself! Massages, meditation, sports activities, energy treatments, naturopathy, yoga, coaching... **Perros-Guirec**, most active city in Brittany in 2022, will organize some wellness activities.

**MATRIX Fitness France** is activating its network of 1,500 fitness clubs in France to create fun and engaging activities.

[CAPSIX, French robotics start-up will offer 3 days non-stop of A-powered massage](#) with IYU Robot in Lyon, truly Wellness For All. Their program include massage slots, self-massage workshops every day of the weekend, ergonomics and daily work postures workshop, yin yoga classes for sleep improvement, workshops on posture and joint mobility. **Les Aubergistes Lyonnais** hotel brand will be hosting the event and offering a wellness menu throughout the week.

World-class **Hotel de Crillon – a Rosewood Hotel** in Paris organizes a must-attend relaxation session through breathing with [Arthur Guerin Boeri, freediving world champion](#).

Our Wellness Champion, **L'Esprit A Massage & Spa** participates both in Montpellier and Briançon with relaxing and educational activities. The workshops include a class to learn how to massage a baby, as well as your partner. People in Lyon will also be able to come their partner at **Letis Formation**.

There's more: Advanced Skin diagnosis at **BIOLOGIQUE RECHERCHE Beauty Ambassy 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.





# EUROPE

## Germany

27 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.

Discover the numerous chambers and attractions of the largest thermal spa in the world. **Therme Erding** is inviting you for a full Wellness program ! Included are: an Aqua Workout, sauna, breathing, workshops, meditation, kneipp therapy, skin care, and the benefits of salt through different workshops.



## 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
- **Aucum 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

13 venues

**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)

701 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.

Sept 16th and 17th, the [Fiemme Namastè Festival](#) will be held at the Biologo 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 cosmetics lines: Irritual and Bio+ .

[Bbspa\\_Group](#), [Régis Boudon Doris](#), WWW Country Ambassador, and coordinator [Daniela Perini](#) confirm the participation of:

- **LA SPA Helvetia & Bristol** with Facial Yoga & Roman Baths, a day of relaxation and self-massage techniques for the face.
- 3 iconic venues from **Terme Italia: Monticello SPA, Terme di Saturnia and Terme di Chianciano**, for an immersion in the millennial thermal springs.

[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:

- **Terme di Casciana:** During the 3 days, "The Art of Well-being through the 5 senses" is proposed, an Open Day with Yoga lessons, Swedish Relaxing Foot Massage, Chakra Balance with Aromatherapy, Meditation with Tibetan bells in thermal water.
- **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): wellbeing activities with guided movement in a natural environment: Modern Nordic Walking, Bimprove among the vineyards of Podere Fortuna, Functional Fitboxe, Aqua Circuit
- **Fontanelle Estate** (Pianella SI), in the green hills of Siena: 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.
- **GA.IA Vibroacustica showroom** in Portogruaro will host relaxing, invigorating and regenerating activities thanks to the benefits of a vibroacoustic massage.
- **Hotel Milano Alpen SP:** Moon Yoga, and a conference on the pillars of well-being in August. During the weekend, well-being workshops will be offered to children from Ayurbaby school.
- **Body Lab Club SPA** will offer educational and engaging activities around movement.
- **Borgobrufa SPA & Resort** (40,000 m²) will participate in the heart of Umbria as an exclusive temple of wellness for regeneration.
- **Hotel Terme Villa Borri** will organize a series of activities with numerous professionals: tastings at local restaurants to the Sun Salutation Yoga class in the dark, from Relaxation in Water in the thermal pool to the Chakra balance treatment with Aromatherapy, from Sensory Meditation with Tibetan Bells in thermal baths to the Tasting of Herbal Teas to rebalance the entire sensory path of well-being received.





# EUROPE

## Italy (part 2)

## 701 venues

- Finally, **Almar Hotel Group** is participating with three hotels across Italy: **Almar Jesolo Resort & Spa**, **Almar Giardino di Costanza Resort & Spa**, and **Pullman Almar Timi Ama Resort & Spa**. On the program: Muscle awakening , aquagym yoga, HIIT workout, beach vollex, and football, all outdoor, on the beach or in the park. The Almar Timi Ama Resort also planned Make-up workshop, Kobido express treatment, Henna body painting, personalised skin care consultations and more...

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

- **Imagine Salute di Susanna Innocenti** will participate in both Palau and La Maddalena. On 15-16 September at the **Sporting Club of Porto Raphael** in Palau, there will be a stress test and a décolleté treatment with a complimentary anti-age cosmetic. On the 17th, **Mauro Aresu's association Uomo natura Energia** will participate, and there will be the opportunity to visit the Tombs of the Giants 'li mizzani' and archaeological sites in the vicinity. At **Jeff Onorato's Sci Club Saint Tropez**, various treatment demonstrations will be offered, such as the stress test, the anti-stress vitalising massage, the body treatment with essential oils, the Candle Massage...
- **InEvoSpa** will create a mix of wellness, artistic, gastronomic and cultural excellences.
- **Olisardinia** will organize Barefoot sensations: walking in a beautiful garden, and for those who wish, a buffet dinner with tasty, local, healthy, plant-based food.
- **Imagine Salute di Susanna Innocenti** will support with two locations, Palau and La Maddalena: a stress test and a décolleté treatment with a complimentary anti-age cosmetic.
- Mauro Aresu's association Uomo natura Energia will guide a visit to the Tombs of the Giants and archaeological sites in the vicinity.
- **Jeff Onorato's Sci Club Saint Tropez** will offer a stress test, anti-stress vitalising massage, body treatment with essential oils, and Candle Massage...
- **Alghero Resort & SPA** immersed in the green hills of Alghero is an oasis of natural well-being in Sardinia that will propose a Skin party.
- **Aquae Sinis Albergo Diffuso** will host activities during the three days: a Yoga session at sunset in the sensory gardens, Breathing and singing, Pilates and water gymnastics.

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

- **CIWAS Fitness Network** : All **426 Fitness clubs** throughout Italy participate offering the public the chance to experience free classes of the CIWAS clubs every day of the WWW.
- Participants will also be able to enjoy some relaxation in the capital with the **A. Roma Wellness & Spa**.

**Erica d'Angelo**, will collaborate with Isabella Spadaro of Aulab, the first Coding Factory in Italy, in Bari (Puglia) and the following venues will participate:

- **Pagina Bianca** with Mindfulness Meditation
- **Fatima Madaane Aesthetic Centre** with treatments and massages
- **ASD Big Air Sports Association** with Kitesurf and pilates over the 3 days.

**Daniela Monno**, Spa Director of **Lepia Spa at the Hotel Esagono** in San Teodoro will offer a day of spa access with Turkish bath scrub, facial mask essences in the relaxation area, outdoor Jacuzzi and relaxation in the garden.

**Fiorella Truvolo**, will offer a Meditation Journey of Healing MIND session, during the three days and available online.



# EUROPE

## Portugal (part 1) 104 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!

We are glad to have the support of **Turismo de Portugal**, **Turismo de Porto** and the **Portuguese Spa Association**, thanks to who more over 100 activities will be organized across venues.

### 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, Childrens 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.

Iconic hospitality groups are participating:

- **Anantara Vilamoura Spa** will organise workshops of Pilates, stretching, and self-massage, for stress reduction and well-being
- **Six Senses Douro Valley** announced Awakening Yoga, Forest Walk, Tree Climbing and Guided Meditation.





# EUROPE

## Portugal (part 2) 104 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

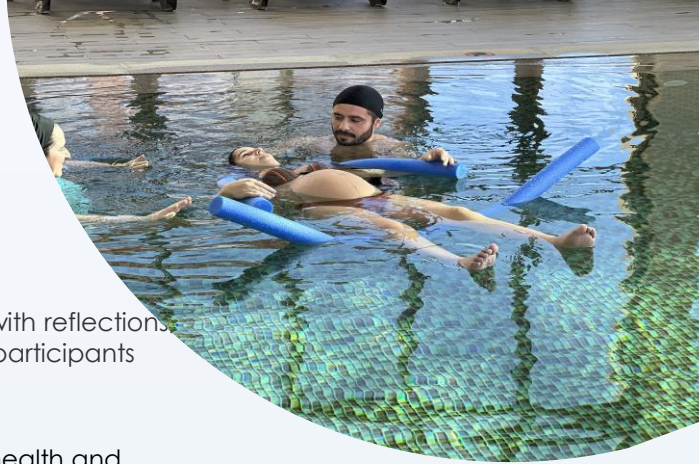
Aquabonding offers a way to promote women's health and relaxation through water, especially in pregnancy and postpartum (up to 3 years after birth) with dynamic and relaxing exercises driven by a mental health nurse, Ana Vale.

### Other venues:

- **The Yeatman Wine Spa** will host a yoga session, a meditation Session, and a Beauty Consultation with Cutting-edge Scanner, to analyse the skin's needs and find the perfect products for each participant.
- **Vale do Lobo** will provide Vinyasa Flow Yoga Sessions for their visitors, surrounded by beautiful beaches and breathtaking landscapes.
- **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.
- **Emilie Mangoni** will organize Kirtan, a meditation technique combining music and mantra — words and sounds that vibrate at the highest level of awareness.
- **Miykono, Love Your Skin**, a Portuguese brand, will be hosting an exclusive workshop on body products.

Well done to the Country Coordinator **Vânia Sousa** that has presented her book "[Tourism, Competitiveness and Destination Portugal. Success Factors and International Image](#)" with Paulo Vaz, the director of the School of Hospitality and Tourism of Porto, at the Maia Book Fair; as well as the theme of her article, in development for her PhD, in a seminar at the University of Vigo - Spain, entitled "The Communication of Health and Wellness Tourism in Portugal".

**Renowned hotels and resorts, including HILTON, SUBLIME COMPORTA, MANDALAY SPA, INTERCONTINENTAL, LE MONUMENTAL PALACE, CORINTHIA LISBON, and QUINTA DA COMPORTA WELLNESS BOUTIQUE RESORT, are gearing up to announce their exclusive wellness activities.**



# EUROPE

## Spain (part 1)

792 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** (Coordinadors - Cádiz), **Natalia Bonin** (Ambassador- Tenerife) and **María Elisa Jimenez** – (Coordinator - Tenerife).



Breaking Newwws, Spain will have billboards with geolocated digital activities sponsored by SIENTE LA VIBRA.

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
- **Hotel Jeez & Spa** and Spa **Natura Sabia** have activities planned for all with aquatic activities for seniors, for people with disabilities, sound bath in the water and aquaflow.



More than 50 activities will be organised online, accessible to anyone from anywhere.

In Spain, close to 50 cities have registered for the WWW !

**Marbella** stands out in first place, with the largest number of participants and activities registered in the world.

- At the Parque de la Constitución: A musical festival for seniors, a dance festival, A Massage Marathon Promoted by Guillermo Marin, director of the organization of the 1st Massage Tournament in Spain and Portugal, Access Bars Marathon, a Holistic Circuit, but also Yoga- Pilates- Conscious breathing- Natural cosmetics- Aromatherapy- Self-make-up- Artisan candles- Music therapy- Tibetan bowls
- At the Parque de la Alameda: a painting exhibition, crafts with recyclable materials and dancing
- At Terrazas del Puerto Deportivo: meditation, thai massage, laughter yoga, and aerobics...
- At Plaza de la Encarnación and Plaza del Santo Cristo wellness gastronomy and cultural activities
- At Fontanilla Square: games and contests, educational activities in schools by **AMPAS**, golf, surfing adapted for children with disabilities, and a flashmob



Other cities include Madrid, Malaga, Barcelona, Chiclana, Estepona, Toledo, Ciudad Real, Torre del Campo, Estepona, and of course **Cádiz**, **Jerez de la Frontera** and **Tenerife**, who won aWWWards in 2022 as most active Cities and Island...



## EUROPE

### Spain (part 2)

### 792 venues

**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'ool and Chuun'nak, based on traditional Mayan healing techniques of energy circulation.

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 Meditation 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) , Centro Sofia, and the brand Ringana, Malacca XXI, Atha, Auralfe, Complexion, Natura Sabia, LIFE System

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

### Switzerland

### 17 venues

We are grateful for **L'Occitane en Provence** to support World Wellness Weekend, with a set of animation and communication tools. 4,000 badges with both logos have been distributed to employees of L'Occitane's main subsidiaries worldwide, and hotel partners.

The **Four Seasons Hôtel des Bergues Geneva**, Wellness Champion 2023, will participate throughout the whole weekend with an activity each day for their guests: a restorative yoga class for a better sleep, an aquatic circuit, and a body shape class.



# EUROPE

## United Kingdom (part 1) 174 venues

World Wellness Weekend Champions 2022, David Lloyd Clubs will be offering a wide range of activities for all the family in its 102 UK Clubs over the weekend.

- For adults: Indoor and outdoor Mind & Body and high intensity group exercise classes, as well as spa, swimming, tennis and gym
- For children: DL Kids creative & sports classes

It will also be offering extra meditation classes throughout the day via the **David Lloyd Clubs' App**, as well as a social media live wellness festival including a wide range of live Mind & Body, sound meditation and other content wellness classes available to everyone.

In addition it is holding an **Open Weekend in selected UK clubs**, so non-members will be able to come into the club and experience the David Lloyd Clubs wellness offering as well. [See for more information.](#)

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

**National Step Challenge:** David Lloyd's and PURE Spa staff members will compete against each other to lock up the most steps for their company, over a 3-day period. Teams can select members from any of their UK branches.. This will be joined now by **Proverb, Redletterdays, Moonpig, Buyagift.com, Harbour Club and Trybe.**

**Erin Lee**, WWW Global Ambassador for Halotherapy confirms the participation o the **World Halotherapy Association** in partnership with the **UK & Ireland Halotherapy Network**. Halotherapy is a natural complimentary therapy that involves breathing in and being surrounded by micro-particles of pharmaceutical grade salt to benefit: respiratory Health & Hygiene, skin conditions, stress, anxiety and sleep, and athletic performance.

**Halotherapy Solutions** (global provider of Halotherapy equipment) are releasing a specially curated music track with guided breathing, which will be FREE for anyone to benefit from for the duration of World Wellness Weekend.

**With the support of the UK Spa Association, 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. Award-winning **Rudding Park** and **The Spa at Carden** will also host wellness activities.

**Tara Moore**, WWW Ambassador in Northern Ireland and the tea of the [Galgorm Collection](#) are organizing an outstanding program for its team, guests and local residents:

- Team Wellbeing: the "Collection Catch-Up" distributed to a 1000 strong workforce will focus on wellbeing tips, activities, and recipes
- Guests: will be offered Spin classes, Boot camps, Yoga classes, Box breathing, a Spa pop-up with mini treatments, and an Aufguss Sauna pop-up





# EUROPE

## United Kingdom (part 2)

### 174 venues



**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, engaging children, and providing each day one of the 5 pillars of wellness, including: JAG branded brain dump worksheet for children to complete before bedtime to aid with their sleep, Dreams meaning and Art Therapy ; Eat the Rainbow snack challenge. Immunity boosting food information ; Kiss the earth with your feet, grounding exercise. Wellness BINGO ; Brain Gym ; goal Setting and Future Planning. Junk Modelling Challenges (reusing materials to create something new).
- **Harbour Club Chelsea** will join the Step Challenge and celebrate "wellness through movement" with activities including Kids yoga, Salsa, along with physio movement sessions with shaz and skin health scanning sessions with Murad. They will also support sustainable practices by providing 'Pilates class'.
- The team of **Proverb Skincare** invites you to come with a partner to a 45-minute Assisted Stretch Session. They will be also encouraging their therapists, guests, and all clients to join in this giant assisted stretch (Art'otel , Battersea and Breedon Priory Spa). The session will be streamlined online and some global partners are also partaking in their online activity such as '**The Product House**' spa distributor in Dubai, **Rayya Wellbeings** in **Fairmont Dubai**, **Rayya Wellness at The Retreat Palm Dubai**
- **Daniel Thwaites Group** will be offering complimentary wellness classes across all of their 7 sites. Their "local hero" campaign will provide the winner, announced during WWW to receive a Taste of Autumn Spa Day for two and a 3-month membership.
- **Trybe Software's** member will participate to the step challenge, aiming at each Trybe member to hit 10k steps per day, with a collective goal to walk 500 miles over a week.
- **Sofitel St James** also participate to the Step Challenge and will offer special wellness offers for the weekend,



The therapists of **AIRE Ancient Baths in Covent Garden** (and their 7 other locations worldwide) will explain the best way of how to relax in the water: special music with Tibetans bowls and meditation exercises in the water, with a complimentary juice drink.



**Andrei Fomin**, founder **Banya No.1**, is appointed WWW Global Ambassador for Banyas. Their three locations in London and Tbilisi (Georgia) will host a diverse range of events. Renowned banyas such as **World Spa NYC**, **Dudka Bar- Bali** and **Woloshin Banya-Moldova** will also participate.



# EUROPE

## United Kingdom (part 3) 174 venues

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



**The Midland Spa in Manchester** is opening their relaxation suite and offering a two hour 'moment of mindfulness' session.

Enjoy an exclusive discount on prebooked tickets for the **Verve Wellness festival** with code WWW15. The festival runs over the weekend of WWW and the code is valid on tickets purchased before 31/8/23.



As for online activities, **OTO**, UK's CBD lifestyle brand, spanning beauty, wellness, beverages and spa, participates with a special online curated sound bath experience that will be available the entire weekend.

**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.



More to be announced from: [Aqua Sana Spas at six Center Parcs, Carden Park, Carey's Manor, Hoar Cross Hall, Holmer Park, Kimpton Blythswood Square Hotel \(IHG\), Koru Wellness, Mosaic Spa & Health Clubs, Oceo Spa, 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 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 \(only in the UK\)](#)





# EUROPE

## Greece

39 venues

The **St. George Lycabettus** lifestyle hotel in Athens participates by offering a free yoga and pilates classes, and four other activities at a discounted price.



## Ireland

37 venues

The Wellness champions **The Druids Glen Hotel & Golf Resort**, will organise three activities for the weekend( yoga, fitness, and meditation).



## Northern Ireland

**Tara Moore**, WWW Ambassador, informed us about the extensive program of **Galgorm**. The venue will invite:

- Their community for a Spin class, a Bootcamp, Yoga, Mini Spa Treatments, Aufghus Sauna pop up, Box Breathing
- heir team for tips and wellbeing activities, Box Breathing, a Bootcamp.
- Their guests: pop up stations around their venue to introduce them to Box breathing, hand treatments and spread a message around Wellness

**Cool FM Roadshow** will be present on the Saturday morning to report on the event. The venue will alsodistribute recipes, hints and tips into the local media to garner attention for World Wellness Weekend.



## Netherlands

20 venues

The WWW in the Netherlands, coordinated by **Christina Blei Amatdoelrasit**, WWW Ambassador, will start ton Saturday 16th in Noordwijk, with yoga on the beach and continue with chairmassages, psychotherapy with horses and tarot readings. The lunch is included. The celebration will end on Sunday 17th in Lelystad. The day will start with Forest Bathing and continue with Do Inn, Jazz Dance, Magnesium Footh bath and Footh ReflexMassage and singing bowl meditation. The weekend will end with a dinner prepared by **Warung Irshaad**.



## EUROPE

### Ukraine

### 7 venues

Cities wellness activists gathered together to help its people to find inner strength, peace and courage through the means of wellness.

On September 15-16-17 residents of Kharkiv, Lviv, Odessa and Kyiv will be able to enjoy and to participate in free of charge wellness activities in **Maharaja wellness** centre Kharkiv, **Green Tara yoga studio** Lviv, **Maharaj Smart Body Club** Odessa and **Abhyasa yoga studio** Kyiv.

**Maharaja SPA**'s goal is to help people to achieve harmony of body, mind and soul, providing a variety of opportunities for physical development, spiritual growth and creative expression. Their program includes: Vinyasa Flow Yoga, Martial arts and Qigong, Ivengar Yoga, Eastern Dance, backbend program, and meditation.

All activities will be broadcasted online, on the social media pages of the Maharaja Spa.



### Slovenia

### 5 venues

**Iztok Altbauer**, Country Ambassador and **Blanka Podrekar** confirmed the participation of the following venues to the World Wellness Weekend:

- **Terme Dolenjske Toplice – Vitarium Spa & Beauty:** with a mindful walk through the forest with included meditation to the sounds of Tibetan bowls
- **Terme Šmarješke Toplice – Vitarium Spa & Clinique:** with a Pilates session in the park Šmarješke
- **Thalasso Strunjan – Vitarium Spa & Thalasso:** with breathing exercises by the sea and relaxing Kneipping in the sea





**Latin America  
Caribbean**

# LATIN AMERICA

## Argentina (part 1) 168 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 Gergic** (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 Asociacion Americana de Spa** prepares online meetings on facebook live, and social media to grow awareness.

We are proud to have the support of **The Sindicato Internacional de Fútbol Femenino y Afines, SIFFA**, which committed to carrying out an action plan for the promotion of wellbeing

### Province of Entre Rios

- The Thermal tourism route will join WWW with several thermal centers like **Guaychu Thermal Center**, **Concordia Thermal Center** and **Gualeduaychu Thermal Center**.
- **Dr. Walter Mattarucco**, pulmonologist, current VP of **Argentina Association of Respiratory Medicine** will provide consultations, and address the issue of asthma.
- **Nadia Luggren**, specialist in Kinesiology and Physiotherapy, will provide an activity for progressive Muscle Relaxation.
- **Laura Otero**, Psychologist, will offer an active meditation, to practice Mindfulness in everyday life.
- **Beatriz Quiroga**, Wellness leader will coordinate the event at **Ubajay Entre Ríos**. On the program: a healthy and cultural walk, a Kinefilaxia session, and a consultation space with presentations from diverse wellness professionals and doctors. Adapted volleyball for people aged 40, 50, and 60 is also planned, along with karate, and soccer.

### 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.



**World Wellness Weekend** logo and **SIFFA** logo.

**Christina Campos**  
Presidenta Sindicato Internacional de Fútbol Femenino y Afines

**Juan Guy de Gabriel**  
Founder World Wellness Weekend

**Letter of intent to joint commitment between World Wellness Weekend and Sindicato Internacional de Fútbol Femenino y Afines**

We are thrilled to express our joint commitment to a collaborative partnership between World Wellness Weekend and Sindicato Internacional de Fútbol Femenino y Afines.

This intent letter signifies our shared dedication to promoting the wellness of women worldwide, female soccer players, and other professionals related with this sport furthering the cause of wellness within the sports community and promoting healthy lifestyles and wellness everywhere.

Our shared vision of the 5 pillars of wellness (Sleep, Nutrition, Movement, Mindfulness, Solidarity) drives us to work closer together. The purpose of our collaboration is to align efforts and resources under the common goal of enhancing the overall wellbeing of female soccer athletes worldwide and beyond from a global perspective. We strongly believe that by working together, we can make a lasting, positive impact on the lives of the people of the wellness community.

We express that:

**World Wellness Weekend** is a non-profit event of general interest launched in 2017 in alignment with the UNITED NATIONS' objective "Good Health & Wellbeing for All"

In 2022, World Wellness Weekend was celebrated by 1,000 venues in 139 countries and 943 cities, from sunrise to full moon sunset in Hawaii, with an audience of 20 million people through 2,000 mentions (TV, radio, print) and 7,000 posts.

World Wellness Weekend have received the Official support of:

- 4 SECRETARIES OF TOURISM (Spain, France, Sweden)
- 2 SECRETARIES OF HEALTH (Spain, Thailand)
- 1 SECRETARY OF SPORTS (France)
- 7 GOVERNORS (La - in - Ma - Ma - in - Chantrea - No - Mexico)
- TOURISM PROMOTION BOARDS of Malaysia, Paradise Coast (USA), SETE (Greece), Antigua & Barbuda
- and 30 MAYORS...

On Sept 15-17, 2023 we aim for 8,000 venues in 150 countries to celebrate the 7th annual celebration of World Wellness Weekend.



# LATIN AMERICA

## Argentina (part 2) 168 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.



### Province of Chaco

**Rosana Babikow**, WWW Ambassador in Resistencia confirmed the extensive program of **Ro Babikow Life Coaching**, including activities like Prana Yoga, Reiki, Zumba, Gym.

Other venues participating: **M.A.C.S Zumba**, **Genesis Integral Gym**, **Just**, **Mary Kay**, **Onda Verde Nursery**, **Terra Mter Healthy Soul Store** ; and practitioners **Alberto Rodriguez**, **Sonia Valussi**

..

# LATIN AMERICA

## Argentina (part 3) 168 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.

## Antigua and Barbuda 5 venues

The **Antigua and Barbuda Tourism Authority** will play a major role in local activities for World Wellness Weekend by teaming up with local wellness ambassadors **Tricia Greenaway** and **Alejandro Leo** to showcase the destination's wellness offerings.

The Antigua and Barbuda Tourism Authority which is committed to promoting the country's wellness attributes, has announced **astronaut and health coach Keisha Schahaff**, as the **'2023 Wellness Leader in Antigua and Barbuda of World Wellness Weekend'**. On August 10, Schahaff made history alongside her daughter as the first astronauts from the Caribbean to go to space. Schahaff, said she was thrilled to be invited to participate in World Wellness Weekend. *"It aligns perfectly with my intention to promote health and wellness for all individuals. I firmly believe that when we prioritize our well-being, we can truly become the best versions of ourselves"*, said Schahaff. Activities being planned in Antigua and Barbuda for World Wellness Weekend include **yoga sessions, hikes, and nutritional talks at schools**.



**ANTIGUA AND BARBUDA**  
*The beach is just the beginning.*

August 2023

Mr. Jean-Guy De Gabriac

Founder - World Wellness Weekend

Dear Mr. Jean-Guy De Gabriac:

On behalf of the Antigua & Barbuda Tourism Authority, we would like to extend our warmest thanks for your efforts in supporting the World Wellness Weekend, one of our destination's most important ongoing initiatives.

As an integral part of Antigua & Barbuda's tourism strategy, our destination's robust Wellness experience has been actively prioritized in our marketing outreach to the local populace and prospective visitors alike.

The Tourism Authority has annually marked the month of January as Wellness Month. Of course, our mission to explore and showcase Wellness within Antigua & Barbuda extends far beyond a single month. Throughout the year, we strive to promote healthy living by supporting active lifestyles, encouraging healthy food choices, and further fostering the sense of community that is already so strong on our twin islands.

We express our commitment to continuing to promote the pillars of Wellness and healthy living to Antiguan and Barbudans as well as to all our global friends and future visitors. We will continue to gratefully support your efforts to advance the World Wellness Weekend initiative.

Yours sincerely,

Colin James

Chief Executive Officer – Antigua and Barbuda Tourism Authority



# LATIN AMERICA

## Brazil (part 1)

## 624 venues

**Dianna Therssia Aranha Ruas**, WWW Country Ambassador received three years in a row the aWWWard of Wonder Woman of Wellness.

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:

- **Escola Estadual Marques de Salamanca** and **Três Rios** city halls will offer activities that promote the wellbeing of the local communities, covering the topic of Preservation and Biodiversity.
- **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 Iguazu Falls.
- **Brazilian Embassy in Athens** and the **Brazilian Citizenship Council** in Greece will plant trees, capoeira, music, dancing, plogging...
- **COYA WELLNESS SPA** 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!
- **Marco Aurelio Cozzi** in his clinic **Sempre Viva Minas Gerais Center of Acupuntura and Natural Energetic Therapies**, will do a lecture on Ecological and Popular Energy Health;

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 & thermal station offers free day-passes with the support of **Águas de São Pedro City Hall**;
- **Balneário de Pocinhos do Rio Verde**, tourists & thermal station offers free day-passes with the support of **Caldas City Hall**.
- **Andreia Dahdal** in **Águas de Lindóia** the Thermal Capital of Brazil, will hold Water Races in the middle of the city's nocturnal landscape, and Jiu Jitsu classes during the weekend.



# LATIN AMERICA

## Brazil (part 2)

791 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. Their classes will not only be held in Brazil but also in Ottawa, Toronto and Bogota !

**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**





# LATIN AMERICA

## Chile

## 16 venues

**Jessica Heredia, WWW Ambassador in Santiago de Chile** has published 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. dedication to wellness and promoting a healthy lifestyle led her to become a leader of the World Wellness Weekend in south-central Chile. Her dedication to wellness and promoting a healthy lifestyle led her to become a Wellness leader for Chile.

**Daniela Guzman** is an enthusiastic collaborator and promoter of the World Wellness Weekend. She prepares numerous workshops, sharing ancestral teachings of healing and channeling both nationally and internationally. Additionally, she has created safe spaces where therapists from various regions offer healing options tailored for women, helping them heal inner wounds and find empowerment on their journey to wholeness and wellness.

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.



# LATIN AMERICA

## Costa Rica

### 13 venues

Located in the heart of the Costa Rican rainforest, the **Wellness Park Costa Rica** offers a variety of activities and services to promote physical, mental, and emotional well-being.

On September 15<sup>th</sup>, the venue will welcome guests at the Camping area, and propose healthy and functional food stands, a Story Therapy, and a bonfire talk focusing on the culture of peace with live music from local singers.

On September 16<sup>th</sup>, participants will enjoy a yoga class, cross country, and a comedy at the theatre.

On September 17<sup>th</sup>, participants will enjoy Costa Rican wellness with a Forest Immersion, but also a pollination Talk, Yoga, and Sound Therapy. Two nights at the Wellness Park will also be offered to the lucky winner of the Raffle.

Thank you to the organizations and Individuals participating in the Event: **Jessica Solis, Reya Holistic Therapist, Don Hector, Friend and painter of Don Hector, Cinthia Designs, Veronica Sánchez, Dr. Nicole, Dr. Cinthia, Get Fit Gym, Mayela, Germanic Medicine Specialist**



## Colombia

### 41 venues

**Erika Crosby**, Country Ambassador has coordinated wellness activities across different cities of Colombia:

#### **Bogotá:**

A morning of care for Doctors and Nurses from the **Cardioinfantil Foundation**, two full wellness days by **Shaio**, a morning of self-love for the elderlies, a skin bar by Yuan Spa, wellbeing session for elderlies, aromatherapy, skin care, and meditation activity at the **Experiencia Mar Spa**.

#### **Cartagena:**

A full Wellness Weekend at the **Bastion Luxury hotel**.





# LATIN AMERICA

## Ecuador

74 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

42 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...**

The ASHE studio in Tulum has activities planned for the three days: a Yoga Class on Friday, Yoga, Meditation and a Live Concert on Saturday, and a Tezmacal ceremony on Sunday.

Our ambassador **Fran Lugo** has announced the participation of **Pueblo Bonito Resorts**, a renowned hospitality group operating 8 luxurious beach resorts across Los Cabos and Mazatlan. From hiking in the ancient lighthouse on the tip peninsula of Baja California Sur to Meditations in scenarios that Jacques Cousteau called the Aquarium of the World in front of the Gulf of California or Sea of Cortez. From yoga to sound healing, and ancient healing experiences, the resorts will offer a diverse range of activities to celebrate the World Wellness Weekend. The resort's expert instructors will lead meditation and yoga sessions, creating a space for inner reflection and fostering a deep sense of peace. Furthermore, sound healing and ancient healing experiences will be offered, allowing participants to tap into ancient wisdom and practices that promote holistic well-being. These unique encounters provide an opportunity for individuals to unwind, restore balance, and cultivate a renewed sense of vitality.

## Panama

17 venues

**Maria Alejandra Rumbos**, Country Ambassador has confirmed the activities planned for the whole weekend of **Aquarumbos** : an anti-aging talk on Friday, an aquapilates class in the pool by the sea on Saturday, and yoga and pilates classes Parque Urraca on Sunday.

More information to come about activities at the exclusive **Buenaventura** beach hotel, by Marriott.



# CARIBBEAN

## Dominican Republic 99 venues

**Flavio Acuna**, WWW Country Ambassador, is aiming at 500 activities in the Dominican Republic for WWW, with the active participation of **Rotary Clubs**, 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
- **Feel Harmony Spa at Live Aqua Beach Resorts**: Pranayama, Hatha Yoga, Sound healing, Aero Yoga, Paddle Yoga, Yoga Fit, healthy cooking workshop, Juice workshop, Aqua games, skincare workshops, Mindfulness, live music and much more fun...

### 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...

**Sirenis Hotels & Resorts Caribe** announced the participation of their venues in both in Punta Cana and Rivera Maya and will soon announce their activities.





**MATRIX**



  
**milano**software



**Canada**

**USA**





# NORTH AMERICA

## Canada (Quebec) 194 venues

This year again, **Katja Prpic**, Editor of [Massopreneurs Magazine](#) and [BIEN Magazine](#), and WWW Province Ambassador of Quebec has planned a lot of fun and free activities with her team.

- **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. She confirmed that generous wellness entrepreneurs who have supported **Nutrition beyond borders** all year round are joining forces for a World Wellness Weekend Day in nature! Saturday, September 17 in St-Jérôme professionals will offer Qi-Gong, yoga, mindful eating conferences, therapeutic dance, sound healing and more will be available on site as well as online that the whole world can join in!
- **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. The **MetamorFIT Health Center** will welcome participants for a complete program, starting in the morning with fun sports activities for children aged 3 to 5. This will be followed by a health conference, dietary advice, tek hockey, and a physio-neurological workshop.
- **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... With precious support from Pilates and more Holistic Health Centers including **Shawn Belliveau** from St-Eustache, a series of health activities related to nutrition, hormones, movement and mindset will be held at the Terrasse Rene Park on Saturday.
- **The Mont Sutton** invites you to join during the WWW and until the 15 of October. There will be activities for everyone, including families, outdoor enthusiasts, and even thrill-seekers with the giant zipline and the brand new curved zipline! Also on the program: chairlift rides, outdoor musical shows, hiking, disc golf, mountain biking, and much more!
- **Liane Dufresne**, WWW City Ambassador in Laval will give an online lecture during WWW, from her massage therapy center.
- **Phiane Duquet**, Co-ambassador in Quebec will give an online self-massage session in collaboration with Massage Masters and Champions worldwide on the Sunday. (see WWW Online Program)
- **École de massage et de yoga Julie Eyelom**: les étudiant(e)s en massothérapie et en yoga vous offriront des manoeuvres de yoga-massage dans le parc St-Jean-Bosco à St-Charles-Borromée

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





# NORTH AMERICA

## Canada

## 194 venues

In Quebec, the French Robotics startup [CAPSIX gives you the opportunity to try iYU® at the Euro Spa Centre Santé in Saint Ignace de Stanbridge](#) (1 hour from Montreal). On the agenda are innovative relaxation sessions with iYU® at an exceptional World Wellness Weekend rate. But also access to the spa, various treatments offered by the establishment, homemade buffet, and the warmth of the team's smiles...!

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 **Hecla, 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:

- **Canadian Museum for Human Rights**
- **Serenity'nam:** pop-up Qigong event in a Winnipeg park and an online Qigong event
- **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
- **Lakeview Gimli Resort** - Yoga on the Beach
- **Lakeview Hecla Resort** - Meditation and Sound Bath
- **Fort Garry Hotel** and **Ten Spa** - Staff Wellness Morning and complementary Hamam Day Pass to promote communal experience

Other confirmed participants are: [Riverstone Spa](#), [Alt Hotel Winnipeg](#), [Thermea by Nordik Spa-Nature Winnipeg](#), [Lakeview Hotels & Resorts](#), [Scientifique Holistic Wellness](#), [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

### 93 venues

**Debbie Bellenger**, WWW Fitness Ambassador in the USA is liaising with **TRX** to activate their ambassadors, trainers and clubs.

**Karen Ballou**, CEO and Founder of [Immunocologie](#), a lifestyle and skin health brand, and Wellness Leader of the World Wellness Weekend, announced an exciting online webinar consisting of five wellness speakers as well as a panel discussion, Wellness in Your Daily Life: Living Well. The webinars aim to provide the tools for participants to live a longer, healthier, and happier life while simultaneously incorporating World Wellness Weekend's five pillars of wellness. Speakers include: **Blue Zone, Delos, Zamuna, Bonnie Baker, Heather Lee, Kimberley Klein, Debra Denyer, Patricia Ladis...**

**Bija Bennett**, founder YogaAway LLC and BijaB; Chair of the Global Wellness Institute Yoga Therapy Initiative has been appointed Global Wellness Leader in Yoga Therapy for the World Wellness Weekend. Bija is giving free access to 72 "[YogaAway™ by Bijab](#)" videos to alleviate stress while improving focus, sleep and breathing.

[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) is preparing their "Evenings at Glen Ivy" and will offer guests the opportunity to enjoy 19 healing mineral pools and Club Mud as the sun sets, featuring diverse 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 three clubs.

We are delighted all **Aire Ancient Baths** properties participate worldwide, including in New York and Chicago.

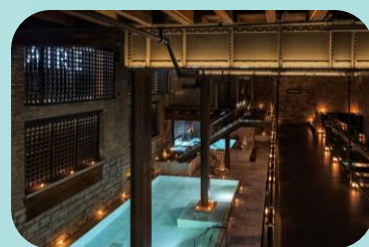
Thanks to the [World Halotherapy Association](#), Salt Rooms and Halotherapy centers will open their doors to the public for mindful activities improving breathing with negative-ions, including **Asheville Salt Cave, Indianapolis Salt Cave and Halotherapy Center, Indigena Wellness, Mountain Springs Wellness,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

The Tourism office of **Mineral Wells (TX)** will soon announce their program of activities.

And more...

- **Shapes Fitness for Women** in Florida has planned functional frolics, a walk for wellness and a dance activity !
- **Conscientea**, in California will plan a skin bar.

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







**Africa**  
**Middle East**

# AFRICA

## Botswana

## 26 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 sessions online
- **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
- **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
- 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!







# AFRICA

## Benin 13 venues

WWW Country Ambassador **Marina Dannon** and Coordinator **Ezéchiél Bossikponon** selected two cities have been selected to host events related to nutrition, healthy and sustainable food, but also to sports and fitness, and wellness activities at work and at spas. : **Abomey Calavi** and **Cotonou**, in partnership with **Radio Afrique Santé, Novatex, and more venues to be announced soon...**

The **Association for Women's Promotion and Community Development (APFDC)**. The association invites The population of Bohicon, with an empashis on youth, women, and persons with disabilities for different informative talks during the whole weekend about nutrition for kids, personal development, and the World Wellness Weekend.

**Juba Wellness** will host a Fit&Wellness Day.  
**The Novotel Orisha Cotonou** will host massages and fitness sessions.

Thank you to participating national partners: NOVATEX, Radio Afrique Santé, ODD TV, NSF-Bénin, APFDC-Bénin, ONG SANTE ET BIEN-ÊTRE PLUS, ONG Nutri-Actions, ...



## 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"



## South Africa 45 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 presented World Wellness Weekend at a business conference organized by **The Spa Consultants**, with 100 delegates, and 80 spas / salon owners. They presented WWW again at **Les Nouvelles Esthétiques Spa Convention** on July 30 & 31.

They will be encouraging a last time venues to sign up at the Professional Beauty World Spa & Wellness Convention on the 3<sup>rd</sup> and 4<sup>th</sup> September in Johannesburg



More to come...

# AFRICA

## Namibia 4 venues

**Kfu Kfu Njakov**, Country Ambassador, with Coordinators **Angela Haiputa** and **Nicole Filippus** confirmed the following activities in Namibia for the World Wellness Weekend:

### In the coastal town of Swakopmund :

On Saturday, keynote speakers will give a talk and engage in discussions with the public on several topics related to the SD3, health and wellbeing:

- Health for all, Mental-wellness (Regional Chief Social worker, **Ministry of Health** and social services)
- The positive impact of exercises in people with disability. (**The Disability forum** regional chairperson)
- Abortion and baby dumping (**The Baby Dumping Welfare organization**)
- Gender based violence and Domestic violence (A practitioner from the ministry of gender)
- Mind, Body and Soul (**Red Cross**, wellness practitioner)
- Following the talks, a panel discussion will take place. Attendees will be given a chance to seek more information, ask more questions including about the World Wellness Weekend.

More activities are planned, like:

- A yoga and meditation session at the beach
- A 10 Km park run with gym coaches.
- Performances from local gospel bands

### In Windhoek, other activities will run through.

- **The kidney and dialysis specialist centre** in windhoek west will offer health education to reinforce nutrition for people with kidney failure and on dialysis.
- **The rugby club** will do a wellness happy hour with some of their staff members

Other venues such as the **Olympia Community Pool**, and the **Olympia Lawn Tennis Club** are still to confirm their program.

## 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!





# 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

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. 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.
- 2) Provide equitable and sustainable access to preventive and integrative local medicine services, taking into account the individual as a whole.

## Ivory Coast

### 3 venues

**Pierre Abro Loba**, Country Ambassador representing [Nutrition Without Borders in Ivory Coast](#) in collaboration with nutritionists and the NGO **CAMA**, is organizing this year's 'WELL-BEING DAY' in a neighborhood of Abidjan, more precisely in the district of Anani (Commune of Port Bouet).

The program includes:

- A community awareness session
- Screening for malnutrition in children aged 0 to 2 years through weighing and anthropometric measurements.
- Community activities with mothers centered around a chosen theme.
- Nutritional support for malnourished children identified during the event."



## MIDDLE EAST

### Kuwait

### 3 venues

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



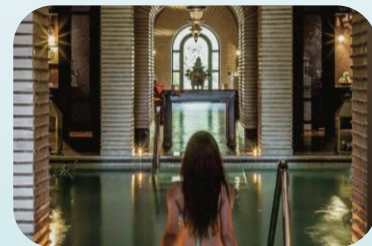
### Morocco

### 8 venues

**Soumia Hite**, Country Ambassador confirmed the participation and programs of the following venues:

- **Oberoi Marrakech:** Aquafit and Floatfit session, a 45-minute Ayurvedic massage session, and a 1-hour Nordic walking session.
- **Royal Mansour Marrakech:** 45-minute self-facial massage, dance therapy session, and a healthy snack with a detox juice demonstration.
- **Fairmont Tazi Palace Tanger:** Hike around Tanger and a 1-hour Hamam session.
- **Fairmont Royal Palm Marrakech:** Pilates class and Garden meditation.

Other venues have yet to announce their activities: [Nobu Hotel Marrakech](#), [Mövenpick Marrakech](#), [Selman Hotel Marrakech](#), [Dar Tawarta Guest House at Dakhia](#)

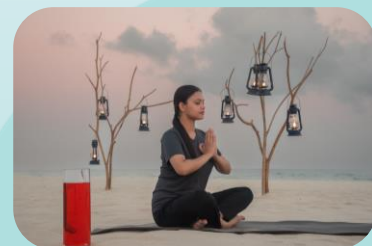


### Oman

### 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

### 7 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 WWW: 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

### 4 venues

**Sophie Lyburner**, WWW 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

#### 33 venues

**Ahem Siddique**, WWW Country Ambassador in UAE, with **Vyara Tosheva**, WWW Ambassador 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.

The team of **Proverb** invites you to come with a partner to a 45-minute Assisted Stretch Session in the UK but the session will be streamlined online and some global partners are also partaking in their online activity such as **'The product House' spa distributor in Dubai, Rayya Wellbeings in Fairmont Dubai** and **Rayya Wellness at The Retreat Palm Dubai**.





TIP TOUCH  
INTERNATIONAL

AUDIT CONSULTING TRAINING



VAGHEGGI



India  
Asia  
Oceania



# INDIA

## India

## 173 venues



**Reena Sheth**, WWW country ambassador for Taj Hotels in India and **Sushmita Sarangi** confirmed the following: Inspiring thoughtful choices for a healthier life, [J Wellness Circle](#) from **Indian Hotels Company Limited** invites guests, associates and communities for the WWW. **J Wellness Circle is IHCL's (Taj Hotels)** holistic wellness brand. To mark the 7th World Wellness Weekend, over 75 spas at select IHCL hotels will offer 200 + hours of curated wellness experiences through a combination of curated on-ground & online sessions for their guests, their associates, their corporate clients across **Tata Group Companies** and the local communities, while the Global Community at large joins them through virtual sessions.

- The celebrations will be kicked off with the Signature Dhoop ritual & chanting across locations, spread over the 3 days.
- On the program: yoga, guided meditations, Mindful painting, storytelling, cycling trails, river gazing, sound healing therapies, personal training sessions, healthy culinary delights, nature trails, star gazing, sound healing, and workplace wellness for their associates.
- With the philosophy of giving back to the community there will be: mandala painting sessions at community centres, plantation drives, yoga & meditation at NGOs, fitness sessions at orphanages & more.



The [World Digital Detox Day Foundation](#), under the leadership of WWW Ambassador **Dr. Rekha Chaudhari** participates in collaboration with other organizations.

- The **Sahkar Maharshi Shri. Annasaheb P.K. Patil Secondary School** and **Shri. Kakasaheb Hiralal Maganlal Chaudhary Primary School**, where 500 students will participate in sports competitions, yoga sessions, mindfulness workshops, and interactive sessions on digital detox and mental health awareness. The goal is to inspire the students to strike a balance between their digital lives and real-world experiences, emphasizing the importance of wellness in today's technology-driven world.
- The **top university in Pune**, where 1000 college students will come together. The university event will focus on holistic well-being, covering physical, mental, emotional, and social aspects of wellness. During this event, there will be workshops and seminars on stress management, nutrition, fitness, and overall health. Renowned experts and wellness practitioners will conduct interactive sessions, providing valuable insights and tools for the students to lead healthier and more balanced lives.



**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

## 28 venues



**Maddalena Morandi**, WW Country Ambassador, is 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 Kampucha tasting and workshop on the benefits of probiotics.



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

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 Bali 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 25 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. Their new branch **Ylang Ylang Spa** by Niyama Wellness at Club Punta Fuego also participates to the weekend.



### Thailand 105 venues

**Longevity Hub Bangkok by Clinique La Prairie**, will offer participant:

- An informative stretching session for a healthy work life, as a prevention for the office syndrome, led by the **St. Regis Bangkok** Fitness team.
- A Mandala Art Workshop to explore self-expression and mindfulness.
- A «goal setting for wellbeing» workshop with wellness counselor and nutritionist **Rachel Bullen**.





# ASIA

## Japan (part 1)

376 venues

Tomoe Kaneko, Koumei van Zeeland, Takashi Kurono and Masaaki Hattori, WWW City Ambassadors, and Tomoko Iwai, WWW Country ambassador continue to work with professionals in Japan to raise awareness of wellbeing during World Wellness Weekend.



### Wellness events at iconic places in Japan:

- **ODAWARA area:** "Relation Yoga City Fest" is taking place at **15 venues, more than 30 classes of yoga and wellness experiences** including healthy and traditional TOFU dinner and SOBA making experiences.
- **SETOUCHI area:** "**Wellness Festa in TAKAMATSU**" which is a rogaining event (*an orienteering sport of long distance cross-country navigation*) visiting beautiful viewing spots and historical places around the city. Setouchi area is also famous for ART SETOUCHI.
- **NAKAGAWA VILLAGE: Walking Soccer and Wellness events.** Nakagawa village is considered as one of the most beautiful villages in Japan.
- **KAMAKURA area : Kamakura World Radio Station** organizes "Kamakura Hiking Trail" to enjoy the beautiful autumn scenery and temples, with Latin and Japanese friends.
- **SHICHIRIGAHAMA Beach : Beach Clean and Wellness events.** This beach has been selected as one of Japan's 100 Best Beaches.
- **HIROSHIMA: Wellness & Fitness Experiences** in the town where the Peace Declaration was delivered.
- **SHIMONOSEKI area: Wellness Walk** events to enjoy the best view of the city and historical shrines and temples around the castle town, and beach clean at the white sand beach. Shimonoseki is the site of a milestone event in Japanese history.
- **KARATSU: Yoga Event** to share experience with the world. Karatsu has a famous festival in November called "Karatsu Kunchi", registered as UNESCO Intangible Cultural Heritage.



### Fitness Club chains participate massively!

**Sports Club Renaissance** : **92 fitness clubs** in 21 prefectures will offer free wellness experiences during WWW 2023.

**TIPNESS** : **51 fitness clubs** in 8 prefectures will provide free wellness experiences during WWW 2023. They also provide 10 online fitness classes.

**TOKYU SPORTS OASIS**: **32 clubs** in 7 prefectures will provide free wellness experiences during WWW 2023. They also have a special event at Shinjuku branch, which is "**night pool and candle yoga**" where you can feel oasis and wellbeing in the heart of Tokyo.

**JEXER**: **33 fitness clubs and studios** will organize free wellness experiences during WWW 2023.



# ASIA

## Japan (part 2)

376 venues



### Highlights of activities across Japan

- **Walking Soccer Festival** (Nagano)
- **Experience Hot Spring in Oku-Chiba**, the Mecca for Retreat (Chiba)
- **Walking with Latin vibes on Kamakura Hiking Course** (Kanagawa)
- **Outdoor Stretch-ez** in Shinjuku Central Park (Tokyo)
- **Mama's Workout** (Tokyo)
- **Enjoy the Nature** and Interaction with Local People (Akita)
- **Slow Stretching, Spine Conditioning** (Fukushima)
- **Outdoor Sauna** (Yamagata)
- **Outdoor Yoga/ Outdoor Walking** event (Chiba)
- **Outdoor Fitness** at Shukuba Festival (Tokyo)
- **Relieving Stiff Shoulders** by Wave Stretch Ring (Tokyo)
- **Ear Beauty Therapist** (Tokyo)
- **Energy AiChi** -Refreshing Your Mind and Body- (Yokohama)
- **LoopExercise®** (Kamakura)
- **New Moon Yoga** (Kanagawa)
- **Feel the Wellness** by Yoga and Organic Vegetables (Kanagawa)
- **Beach Clean and Sunset Beach Yoga** (Tokyo)
- **Beautiful Posture Walking Seminar** (Gunma)
- **Stick Conditioning Method** (Tochigi)
- **Well-being at Shichirigahama** (Kanagawa)
- **Loosen Up Your Body by Wave Stretch Ring & Rhythm Exercise** (Niigata)
- **Outdoor Fitness & Beach Yoga** (Fukui)
- **Stick Conditioning Method for All** (Aichi)
- **Acrobatic Yoga** (Donation) and Music Live (Shizuoka)
- **Molkky Club** (Niigata)
- **<Foot Re-fit>** Foot Size Measurement and Lecture on the health of Foot & Walking (Osaka)
- **Experience Bionkatsu Lymphatic Stretch** (Osaka)
- **Sintex® Backbone Tuning Exercise** (Osaka)
- **Yoga Therapy** (Nara)
- **Elevation Training Fitness** (Hyogo)
- **Pilates/Balletone/Yoga** (Okayama)
- **Aerobics, Yoga, Pilates, Seminars on Healthy Life, Nutrition, Posture Correction**, and more (Hiroshima)
- **Setouchi Sports & Wellness Festa** (Takamatsu)
- **Paradiso Exercise & 10mins Lunch Fitness** (Fukuoka)
- **Connecting to the world with KARATSU Yoga** (Saga)
- **Let's Learn Japanese Traditional Dance** and have fun! (Kumamoto)
- **Yoga designed for Fixing Pelvic Tilt**
- Lecture on **How to Live with Good Oral Health** by Dental Hygienist (Kumamoto)
- **Sunrise Garden Stretch** (Kagoshima)
- **Wellness Life with Whole Body, Mind and Music** (Okinawa)
- **Yoga, Meditation, Lectures and Talks** on Anatomy/Eating/Sleeping and Exercises (**Online**)
- **Classes for Active Mindfulness/Zen** and Mindfulness (**Online**)





# ASIA

## Japan (part 3)

376 venues

### Strong support of major associations

The WWW Ambassadors team in Japan is very grateful for the growing support of major associations and organizations.

- **SPORTEC:** Japan's largest sports and wellness industry exhibition, raising people's health awareness and encouraging wellness lifestyles.J
- **STA** (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.

**They aim at events in all the 47 prefectures**, 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...



# ASIA

## Vietnam

**175 venues**

**Hylton Lipkin**, WWW Country Ambassador, and **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.

We are happy to have **M Gallery** joining the family from SAPA, in the north of Vietnam.

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

**White Tiger Qigong** will organise a Qi Gong online session.

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](#) - [Bridges Danang Boutique Hotel](#), and many more coming soon...





# OCEANIA

## Australia

### 16 venues

Peninsula Hot Springs (2021, 2022, and 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!**

On September 15, Peninsula Hot Springs will present a complimentary **showcase performance by Stephen Cousins** at their amphitheatre stage in the bath house. Guest will be able to immerse themselves in the thermal hot water of the springs whilst relaxing in nature to the sounds of live music..

On September 16 and 17, guests will be invited to immerse themselves in a **Sunset Hot Springs Yoga** session at 5.30 On Sunday, guests can delight in the soulful tunes of Simon Hudson during their musical session at the Bathe House Cafe.

Expert Aromatherapist Margaret will host a workshop of distilling local botanicals to show the public how to make your own 'Enhance your Sleep' tincture spray in the Apothecary to take home. (Valued at \$60 per person this experience is being offered complimentary during WWW.)



## Fiji

### 7 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

### 3 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

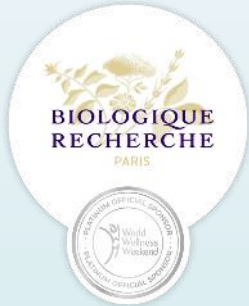


"The magnificent Community of Fiemme, a beautiful Trentino valley in the heart of the Italian Dolomites, with a thousand years of history and autonomy, is proud to become a Diamond Sponsor of the World Wellness Weekend.

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! "

**Paolo Gilmozzi – President ATP VALLE DI FIEMME**



"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! "

**Rupert Schmid and Pierre-Louis Delapalme Co-Chairs  
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."

**Matteo Busaferri – LEMI General Manager**



"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

**Denis Daon – CEO Matrix Fitness France / Johnson Health Tech**



"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."

**Imran Zalfackruddin – CEO Milanosoftware**



# 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."

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



"As an advocate and wellness leader in the field of yoga and Yoga Therapy, I am proud to be a sponsor and spokesperson for World Wellness Weekend and Jean-Guy's mission. Yoga has the potential to positively change us in many ways—to strengthen our bodies, focus our minds, deepen our emotions and bring us joy—and to help our world heal, grow and thrive. Together, as leaders, we can be essential partners to inspire others, and through immersive experiences, transform how we live our lives and our relationships. "

**Bija Bennett, Founder, YogaAway LLC and Bija<sup>B</sup>; Chair of the Global Wellness Institute Yoga Therapy Initiative**



"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."

**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**

