



Activities Examples

Simple or spectacular ideas
to attract new clients and
be the next headline



wellmap.org
160 countries

Be a magnet for Wellness seekers

World Wellness Weekend gives you the chance to shine as a Wellness Champion in your community:

- **Sign up** on www.wellmap.org
- **Add** your venue on the Wellness Map
- **Describe** your activities and show photos
- **Brainstorm** with your team about your *fun* & free Signature activities and classes
- **Attract** new clients
- **Make** clients want to come back
- **Catch** the attention of the media



Stats from 2023

TOP 5 Categories of Venues



28%

VITALITY

Fitness Clubs, Sports Associations,
Yoga, Pilates, Outdoor Activities



14%

HOLISTIC

Wellness Centers, Integrative
Clinics



13%

BEAUTY

Spas, Beauty Institutes,
Salons



11%

HOSPITALITY

Hotels & Resorts



9%

LONGEVITY SPECIALISTS

Wellness Practitioners,
Physiotherapists, Kinesiologists,
Acupuncturists, Chiropractors...

TOP 5 Types of Activities



23%

MOVEMENT

Fitness coaching, Functional
training, Dancing, Stretching,
Pilates, Zumba...



17%

BEAUTY / SPA

Manual Therapies, Beauty Bar,
Chair Massage, Anti Ageing...



15%

YOGA

Hatha, Pranayama, Accro, Sup,
Anti-gravity, Laughter...



15%

OUTDOORS

Hiking, Running, Aquatic Fitness,
Forest Bathing...



12%

MINDFULNESS

Meditation, Personal
Development, Energy Healing...

Activities related to the 5 Pillars of Wellness

Sleep & Creativity

Talk about the Science of Sleep:
Circadian rhythm, good habits before bed

“Nappuccino” : power napping...

Organise a (giant) nap time after a
meditation or sound healing session

Learn about the meaning of dreams

For a museum or historical venue,
organise a yoga class with a
musician, or a meditation



A class about the meaning
of colours

Teach DIYs around products

Invite an artist to share
their approach to life

Start a Gratitude Journal

Activities related to the 5 Pillars of Wellness

Nutrition & Immunity



Have your chef talk about healthy cooking

Organise a DIY cooking and lunch session

Talk about : Microbiome, Gut Brain Axis, Brain Foods

Mixology of wellness, « Wocktails » Wellness cocktails



Wellness dish or menu: restaurants, at work, at school..

Scan a QR code to receive a healthy recipe by email

Use a restaurant's venue to organise a free conference before lunch, or brunch

Activities related to the 5 Pillars of Wellness

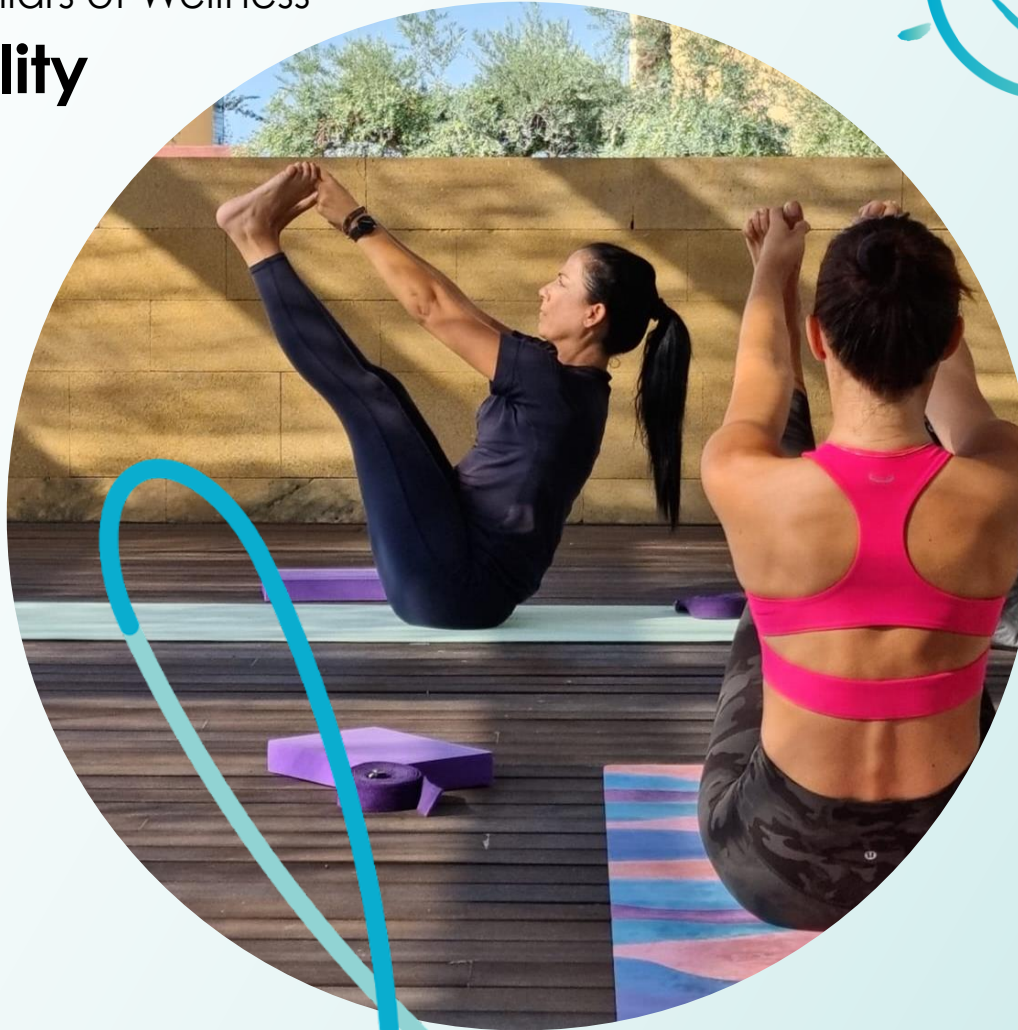
Movement & Vitality



Fitness classes

Sunrise Yoga, Anti-gravity
Yoga, SUP Yoga, Yoga & Vino,
Laughter Yoga...

Dance class,
Salsa, Bachata
Dance for Parkinson,
Barre with a Ballet Dancer...



Kiss the earth with your feet:
Run, Hike, Medicine walks

Plogging
(Jogging & cleaning up trash)

Family Wellness Treasure Hunt...

Activities related to the 5 Pillars of Wellness

Mindfulness & Serenity

Sophrology
Caycedo method

Meditation sessions
around the world or
LIVE on your smartphone

Mental strength



MusicTherapy, Healing Sound
Gong bath, Singing bowls,
Handpan, Didgeridoo, Drums...

Mini conference about coping
with stress, enhancing
mental health & resiliency to
thrive & flourish.

Brain Gym
to strengthen memory

Activities related to the 5 Pillars of Wellness

Purpose & Solidarity

Clean a park, beach or river bank
during **World Wellness Weekend**
and **World Clean Up Day**

Replant, Reforest, Regenerate

Donate to a food bank:
non-perishable food
or recycle your yoga mat

If you donate blood you may give A+
If you give blood after yoga
or a fitness session you may give A++,
full of pleasure hormones!



Walk for a cause

Organise an activity that
benefits a local association

Talk about personal growth :
develop your imagination,
intuition, discover your IKIGAÏ

Prepare some Wellness activities,
for your associates,
not just for your guests

BEAUTY & HEALTHY AGEING

From Simple...

Facial yoga, face gym

Head, shoulders and back massage workshop with clothes on

Scalp massage for hair salons

New look : makeup tutorial, hair styling lessons
Live tutorials with tips to look & feel your best

Beauty Bar, mask bar, makeup bar :
Learn how to improve your morning/evening ritual.
Prepare your day cream, scrub or mask.

« 3 Steps away from Wellness »
bounce back offer:

1. Organize a free 60 minute group activity.
2. Promote a special offer on facials with product included.
3. Give a bounce back offer to return with a friend for massage at an attractive rate.

Special event for cancer patients and survivors

to Spectacular



YOGA singular, and plural

From Simple...

Yoga Nidra, Guided relaxation, Meditation

Hatha Yoga for beginners, Family yoga
Yog'Aqua: in a pool, or Hot Springs

Sunrise or sunset yoga

Chair yoga at school or work, in a park or a museum...

Pranayama. Breathing techniques to relieve stress
at school, work, hospital...

Aerial yoga, anti-gravity yoga, acro-yoga

Yogilates, Yogistics : yoga & gymnastics

Laughter yoga

SUP yoga: find your flow over water

Yoga with a live musician : tibetan bowls, guitar or handpan

Yoga & Vino. Yoga session followed by organic wine-tasting
to open chakras and taste buds!

Hot Yoga. Gentle yoga, sitting asanas in a large Sauna or Hammam

to Spectacular



FITNESS & MOVEMENT

From Simple...

Group class : stretch, spin, Zumba, Stick, Pilates, Body Jam...

Fitness coaching

Functional training, HYROX races, Crossfit, TRX, Boga. High impact workout combining bootcamp and yoga

Rebounding, Trampoline

Fitness for Families, Boomers and Golden ladies
Movement activities in retirement homes on a chair

Jazz it up: Dance class to feel a new rhythm in life: salsa, rumba...
Dance for Parkinson

Internal Martial Arts: Tai Chi, Qi Gong... in bathrobe

Wellness Challenge: how far will you go?
add up all the steps of participants in your club
and evaluate the distance in miles or kilometers

Make Wellness Social: workout dates for singles,
partner with a Wellness Buddy for a cause

Fitness by Night: Glow Zumba in the dark

Fitness with a view: Rooftop or Helipad

to Spectacular



TURN UP THE HEAT

From Simple...

Sauna Aufguss

Hammam & Cleansing ritual

Banya & Parenie

Temazcal & Cleansing ritual

"Mud bar": Self scrub and mud application in a hammam

Extreme bathing : alternating sauna and cold plunge



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AQUATIC WELLNESS

From Simple...

Swimming classes

Pool games

Aqua workout

Aqua bike

Aquatic massage

Kayak

Paddle board

Floating meditation with underwater music

Zumb'Aqua, Yog'Aqua

Aquatic Wellness by Night

to Spectacular



THE GREAT OUTDOORS

From Simple...

Walk, Run, Rollerblade, Hike or Bike... for a cause
discover your area with a healthy picnic

Plogging: Jog and clean up trash
Multi generations can clean up a park, beach or river bank

Wellness by Night: Evening meditation, star gazing,
Story telling by the fire

Forest bathing (*shinrin-yoku*)
Silent, meditative walk, soaking up with chlorophyll

Golf... in a bathrobe,
Enjoy fun wellness activities at holes 4, 8, 12, 16

Obstacle course for Wellness Warriors

to Spectacular



PERSONAL GROWTH & CREATIVITY

From Simple...

Nutrition talk, The healthy power of plants, make herbal teas

Make your kitchen garden with herbs

« **Eat clean** » **workshop**. Healthy recipes under 10 minutes, affordable meal

How to create wellness at home workshop

Make a zen garden for your home or office

How to feng-shui your home

Singing, choir

Sunset aquarelle. Painting workshop and wine tasting

Temporary henna tattoos

Creativity workshop for adult and children
with a possible exhibition at the Town Hall, or in a restaurant

to **Spectacular**



Heartfelt gratitude to our sponsors



Save the date

20, 21, 22 SEPTEMBER 2024



Let's keep in touch

info@weekend-wellness.com

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www.world-wellness-weekend.org

(100 LANGUAGES)