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IT'S WELLNESS O'CLOCK

20-21-22
September 2024

Find activities near you

9.000
VENUES

150+
COUNTRIES



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Europe

EUROPE

Belgium

15 venues

Julie Wren, Country Ambassador and Ambassador for Corporate Wellbeing, partners with [the International Week of Happiness at Work](#) to create synergistic activities promoting both movements. Companies are encouraged to join World Wellness Weekend on Friday 20 Sept and organise activities for employees to raise wellness awareness and happiness at work.

[Peace of Work](#) from Antwerp, **Olea Absolute Nutrition & Wellness** and [Re-aX](#) join forces to offer a full-day experience about wellbeing at work with a Workation Discovery Day!
Participants will enjoy the empowering feeling of taking on life in the fullest way possible through Inspiration, Productivity, Networking, Rejuvenating Wellbeing & Creative Activities, Full on life-enjoyment without sacrifice.

[Olea Absolute Nutrition & Wellness](#) will create online content to celebrate both World Wellness Weekend and World Cleanup Day around the 2nd pillar of wellness, Nutrition & Immunity focusing on zero waste tips and how to clean up your diet.



Bulgaria

2 venues

Dimitar Dimitrov, WWW Country Coordinator, brings World Wellness Weekend for the first time to Bulgaria!

[HVD Group Hotels \(HVD Miramar and HVD Reina del Mar\)](#) will hold Tibetan bowls sessions, GuaSha sessions, Creative Yoga & Meditation, Zumba dancing classes, Yoga for Kids and pregnant women, Forest bathing, Meditative walking on the beach, Healthy cooking classes, Fitness classes, Swimming lessons.

Prof. Todorka Kostadinova, PhD supports World Wellness Weekend, with an expert team from the [Medical university of Varna, Bulgaria](#), the **Bulgarian Union for balneology and Spa tourism (BUBSPA)** and the **European Spas Association (ESPA)**. The first step of this partnership was taken and announced during the **European Public Health Week (13-17 May 2024)**.



EUROPE

Cyprus

9 venues

Mrs. Rafah Shammas, Wellness Leader in Nutrition, confirms that **St Raphael Resort & Marina** will organize fun and free activities: Yoga, Aqua Aerobics, Football, Pilates, Stretching.

George Tavelis, Country Ambassador will soon announce activities at... **Sanctum Fitness Club Limassol**, award-winning **Parklane Hotel, Mintis Resort...**

France

100 venues

David Grand, Co-Ambassador in France, France Massage Champion and Bronze medal at the European Massage Championship, confirms that AHE association (**Agir avec Humanisme Ensemble**) is committed to global human and environmental health (Predictive, Preventive, Personalized and Participatory medicine and preservation, respect, protection and improvement of the quality of the environment and its biodiversity:

Cleaning the Villerest dam (42) on Friday Sept 20 in honour of World Cleanup Day. David Grand will lead a physical awakening during the "Solidarity Markets" where each participant will bring non-perishable food to be donated to a local charity.

L'Oustau de la Font organises an "à la carte" wellbeing stay of 2 days minimum, including: Lithotherapy, Workshop "Dialogues with Cunégonde" for a deep inner dive, Group discussions on sharing experience, Nature walks, and creative writing workshops to seek out the words of the soul and the heart.

Calicéo Carré Sénart – Lieusaint (Wellnes Champion 2024) will carry out an Initiation to Vitality with: 2 free 20 minutes sessions in Aquabike, AquaTraining, AquaPilates.

IRIS & WILLY SPA: (Wellness Champion 2024) This spa dedicated to the family and specialized in pre-/post natal, very early childhood and childhood will offer the following activities:

- Parent / child massage workshops (from birth to 10 months)
- Scripted massage workshop with our mascot Willy (from 12 to 18 months)
- Facial treatment workshop for 7 years-olds and up to learn their first beauty tips
- Fish pedicure for adults and children

SNOW Group (Wellnes Champion 2023) will mobilize the teams of Algotherm, Cinq Mondes, and Deep Nature.

Thalassotherapy centers will soon announce their activities: Algotherm Thalasso Deauville and Houlgate, Alliance Pornic, Emeria Dinard, Roz Marine, Thalazur,

CAPSIX Robotics (Wellness Innovation 2023) will soon unveil an exciting program of activities in Lyon with AI powered massage.



EUROPE

Italy (part 1)

2nd Most Active Country in the world

960 venues

Andrea Pambianchi, WWW Fitness Ambassador for the Lazio region, has signed a partnership with World Wellness Weekend, CIWAS and the [SportCity Foundation](#) to promote non-competitive outdoor sports and physical activities, in open and accessible places. The aim is to raise awareness to health, wellbeing, sport and the environment in 100+ cities.

Over 420 Fitness clubs of [CIWAS - FITNESS NETWORK ITALIA](#) throughout Italy will offer three free entrances over all three WWW days.

[Federterme](#) - Thermalism

The Italian healing mineral SPAs, will organize free activities in various SPA centres in Italy to promote health prevention and spread the culture of thermalism during World Wellness Weekend.

Andrea Rapa, Ambassador Liguria & Piedmont

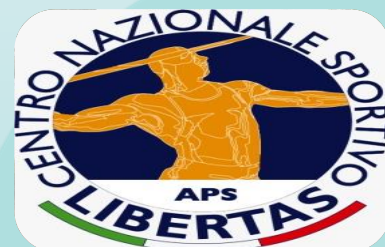
- **Over 200 [Libertas Nazionale](#)** territorial committees and affiliated associations launch the 1st Libertas Sport Wellbeing Day in partnership with World Wellness Weekend, organizing free sports and wellness activities!
- **Genoa European capital of sport 2024, Savona, La Spezia, Imperia** : the public will experience sport well-being and free classes all three WWW days.
- **Alassio 2023 City of Wellness**: As every year, the public will have the chance to enjoy yoga, holistic, wellbeing, sport, free classes and free concerts all three WWW days, and experiences such as spa, beach, sea, hill, and local healthy culinary delights (Baci di Alassio - chocolate).

Lucia Ragazzi, WWW Ambassador and Italian Yoga Leader, confirms the participation of **FREE YOGA ITALIA** (yoga and wellness Italian network) with **over 150 clubs** offering yoga, holistic, wellness, free classes all three WWW days.

Bbspa Group, WWW Bronze Sponsor, and **Régis Boudon-Doris**, Country Ambassador and **Daniela Perini**, WWW Coordinator, confirm the participation of [LA SPA Helvetia & Bristol](#) in Florence with a day dedicated to wellness activities inside the ancient Roman baths.

Simone Ciolli, WWW Ambassador for Tuscany and Emilia Romagna regions confirms:

- For the 4th consecutive year [Casciana Terme](#) will fully promote physical, mental and spiritual well-being with restaurants, hotels, herbalists and shops with cultural, educational, proprioceptive and attractive wellness activities.



EUROPE

Italy (part 2)

960 venues

- [Tibi SPA](#), the social historical therme in Tivoli
- **Almar Group** will celebrate with 3 properties: **Jesolo**, **Giardini di Costanza**, and **Pullman Timi Ama Resort & Spa**
- Award-winning [Italian Hospitality Collection - IHC Group](#) will celebrate with its five iconic historical properties: Grotta Giusti, Bagni di Pisa, Fonteverde, Chia Laguna, Le Massif Courmayeur.

Giovanna Lorrain, WWW Ambassador in Sardinia confirms the massive participation of hotels & spas in all region with free relaxing activities in one of the best acclaimed Blue Zones:

- **InEvoSpa** will be present this year with three structures in Cala Gonone: "**La Conchiglia**" hotel, the new "**Margaida Boutique Hotel & Spa**" and "**I Ginepri**" hotel;
- **Ilisso Space**, Nuoro
- [Network of Historic Gardens of Sardinia](#)
- [MyOgliastra Tourist Product Club](#)
- **Olisardinia** by Giulia Loglio, Cagliari
- "Benessere e Salute" by **Susanna Innocenti**, La Maddalena isle
- [Pullman Almar Timi Ama Resort & Spa](#), Villasimius with two other hotels in Italy: **Almar Jesolo Resort & Spa** and **Almar Giardino di Costanza Resort & Spa**.
- **Aquae Sinis Albergo Diffuso**, Paulilatino
- **Bivi Giardino Sensoriale**, Cabras
- **Hotel Brancamaria**, Cala Gonone
- **Sardinia Thermal Hotel and Spa**, Sardara
- **In Our Garden**, Quartu Sant'Elena
- **Sardinia Experiential** - Travel Experience Design by Monica Sotgiu, Cagliari
- **Pellhermosa**, Santa Maria Coghinas
- **Alghero Resort Country Hotel**, Alghero
- **Locanda Minerva**, Villanova Monteleone
- **Rifugio di Mare**, Alghero
- **Calderone Aps**, Telti
- **Daddi Pharmacy**, Nuoro

[The Meditation Leader Fiorella Truvolo](#), also **Spiritual Coach and Oracle**, offers an online meditation about Letting Go all three days

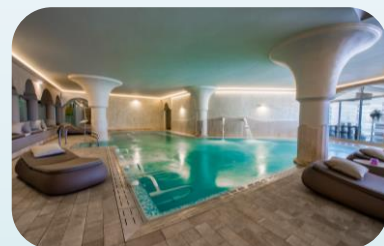
[Lepia Spa](#) at Hotel Esagono (San Teodoro) participates for the 2nd year

[Aulab](#), the first Coding Factory in Italy in Bari (Puglia) will participate for the 2nd consecutive year with various initiatives and workshops

[Vagheggi Cosmetics](#), Bronze sponsor WWW

Professional phytocosmetics company will showcase treatments and products from the Bio + line at the beauty centers with special rates and up to 30% discounts.

[Val di Fiemme](#) will host some of the competitions of the 2026 Winter Olympics and will celebrate World Wellness Weekend for the 4th time, with new activities.



EUROPE

Hungary

8 venues

Ildiko Jackson-Sari, WWW Country Ambassador, confirms the following activities:

- 4 Budapest thermal Spas will offer free aqua activities and sauna sessions: **Szechenyi Bath**, **Gellert Bath**, **Rudas Bath**, **Pesterzsébet Bath**.
- **Hotel W Budapest** will offer self-defense classes, face yoga, mindfulness, and beauty workshops for hotel guests, locals, and hotel staff, as part of Corporate Social Responsibility program.
- **Aquincum Hotel Budapest** will participate again with a range of wellness offerings.
- **Marriott Budapest** will offer a variety of wellness classes.
- **Lua Spa at Lua Resort** will join WWW for the first time, offering yoga, sound healing, and a range of other wellness activities.
- **Smasher Training Center** will offer personal training sessions over the weekend.



Lithuania

16 venues

Renata Survilienė, WWW Ambassador in Vilnius, confirms the WWW will be organized in the **biggest and most popular resort in Lithuania** in cooperation with the resort hotel association.



Netherlands

34 venues

Christina Blei-Amatdoelrasit, World Champion in Massage and Country Ambassador WWW, and WWW Coordinators **Chermaine Gokoel** and **Judith Sandriman**, confirm the participation of professionals in the cities of **Lelystad, Kilder, Voorschoten, Noordwijk, Almere, and Amsterdam**, including refreshing yoga session on the beach, relaxing chair massages, invigorating dance session, and a series of wellness activities including lunch, magnesium foot baths, breathwork, ending with a delightful dinner.



Portugal (Part 1)

70 venues

Liliana Ferreira, Country Ambassador, and her team (**Vânia Sousa**, Country Coordinator, **Andreia Santos**, Ambassador in Lisbon; **Catarina Gaspar Pimpão**, Wellness Leader on Pregnancy and Parenting; **Bárbara Taborda**, Wellness Leader on Slow Ageing; **Rosa Valgy**, Wellness Leader on Holistic Therapy; and **Marta Correia**, Ambassador in Algarve) have won the support of governmental entities like **Turismo de Portugal** and **Turismo do Porto e Norte**, as well as the **Portuguese Spas Association**, featuring **+100 fun, creative, inclusive, and socially responsible activities**:

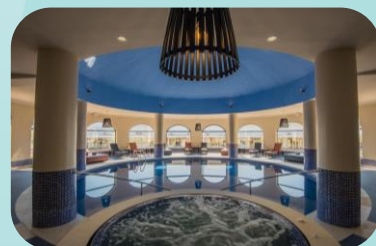
- **The Yeatman Wine Spa** will hold a Tibetan bowls concert, creative Yoga & Pilates classes, a full body analysis, a Natura Bissé masterclass and Facial Scan.



EUROPE

Portugal (part 2) 70 venues

- **Rosa Valgy**, WWW Wellness Leader on Holistic Therapy, will provide active meditation in the iconic city of Sintra (engaging with emotions and dance in nature) to raise money for the [Association Jorge Pina](#).
- **Rise To Be**, coaching & development company, will offer Coaching in Motion session.
- **Bárbara Taborda**, WWW Wellness Leader on Slow Ageing and **founder of Bslow**, will be hosting live sessions with experts on Instagram about physical practices, relaxation techniques, healthy nutrition, mental health; and she will organize a wellness summit on Sept the 21st (International Day of Peace) with healthy & well-being experts, share insights and strategies to become healthier and happier.
- **Catarina Gaspar Pimpão**, Wellness Leader on Pregnancy and Parenting, will host a Circle for pregnant and postpartum families as well as a warm water relaxation session for pregnant women.
- **Miyoko, Love Your Skin, a Portuguese brand**, will host an exclusive interactive workshop on body products, providing participants with an opportunity to explore the brand's philosophy of embracing and loving their skin through carefully curated products and celebrate the beauty within.
- **Kellen Leal** invites you for a unique experience of movement and breath with a Yoga Class in Sintra. Embark on a journey where each fluid motion of the body aligns with conscious breathing, allowing you to recharge your energy and connect deeply with the essence of life.
- **Espaco Cultural Kali** will offer Yoga, Pilates, Ayurveda, Sound Healing and other activities to deepen self-awareness and find inner peace.
- **Satsanga Spa & Wellness** – Vila Galé Tavira invites locals and hotel guests to an invigorating stretching session to relieve tension in both the upper and lower limbs. Learn how to release cervical tension and feed rejuvenated quickly in a picturesque setting.
- The **MUNICIPALITY OF POMBAL** will host the 2nd edition of the citywide Pombal Happiness Week.
- Hotels and resorts are gearing up to announce their exclusive wellness activities: **Six Senses Douro Valley, Anantara Spa, Hilton, Sublime Comporta, Mandalay Spa, Intercontinental, Vale do Lobo, Seven Spa Vilamoura, Le Monumental Palace, Corinthia Lisbon, Puralã Wool Valley Hotel & Spa, Taipas Termal and Quinta da Comporta Wellness Boutique Resort.**



EUROPE

Spain (part 1)

1st Most Active Country in the world

1.019 venues

HUGE congratulations to **Lucía Romero de Ávila Nieto**, WWW country Ambassador, and country Coordinators **Sandra Villarejo** and **Susana Rodriguez** with more than 50 Ambassadors, Coordinators and wellness leaders.

The BIG highlight this year is the creation of **the “Wellness Park”** in Marbella including:

- Yoga & Pilates (non-stop)
- Marathon of massages, access bars and reiki
- +15 dance classes
- Golf baptisms for all audiences
- Functional training
- “Wellness around the world” presented by international associations
- Talks and fashion show on sustainable clothing (also in several cities in Spain)
- Craft market with activities
- Organic food market with tastings
- Solidarity paella and barbecue
- Senior activities area
- Kids' corner with fun wellness activities

This “Wellness Park” model aims at serving as an inspiration for other cities of Spain such as **Tenerife, Málaga, Madrid, Barcelona, Estepona, Torremolinos, Fuengirola, Benalmádena, Almuñécar, Antequera Región, Vigo, Seville, Valencia, Zaragoza, Ciudad Real...**

In addition to all of the above, there will also be:

- Emotional education activities in schools
- Wellness programs in private centers in **over 50 cities** in Spain
- Gala dinner to benefit **CADI (Center for Attention to Children's Diversity)**
- Afro music event in several cities on the Costa del Sol
- Adapted sports activities: surfing, basketball, hiking



EUROPE

Spain (part 2)

1st Most Active Country in the world

1.019 venues

Chiara Cantone, Wellness Leader Golf Spain, **Sports physiotherapist and golf teacher and Founder of [Physiogolf Marbella](#)**, confirms that Magna Marbella Golf Club will host Healthy Golf Baptisms for anyone to continue playing golf without physical pain with a method endorsed by doctors, and health professionals.



Ukraine

7 venues

[Maharaja Wellness Center](#) is the first property in the world to receive the honorary **"2024 Wellness Hero"** badge for organizing 5 free activities: 3 for clients, 1 for staff and 1 for underserved communities. This venue helps the local community through wellness by helping Kharkiv's citizen and refugees from other war affected areas to see the light. It has become a refuge for stress and trauma, **a sanctuary of peace and healing to help people build resiliency.**

Anna Seleznyoa, Ambassador of WWW in Ukraine, confirms that despite the times of war they are going through, they put all their efforts together to offer the opportunity to experience a day filled with activities designed to nurture your body, mind, and soul. From rejuvenating yoga sessions to calming meditation practices, invigorating spa treatments, and enlightening workshops.

All of their activities will be broadcast online for the world to join:

- Meeting with certified yoga-teacher **Maria Naumenko** (Breathing techniques and Yoga Nidra session to relax and rejuvenate your body and mind)
- Master class on spa techniques from the spa trainer (immersive learning experience to elevate your spa treatments)
- Oriental dances with fiery **Elena Gulai** (online broadcast in English is possible/ Immerse yourself in the captivating rhythms and graceful movements of Oriental dance)
- Practice with **Ksenia Pylypenko** Topic: Backbends (series of asanas carefully curated to awaken and energize the body and Meditation for Peace to find stillness and serenity within).
- Singing Bowls Meditation with **Sergey Samoylov** (for team and community members/ immerse yourself in the transformative power of singing bowls ritual to melt away tension and stress from both body and mind)



EUROPE

United Kingdom (part 1)

144 venues

Katie Byrne Plowman, Country Ambassador announces that the [UK Spa Association](#) and the [Irish Spa Association](#) are supporting nationwide.

Jessica Grant Sloyan, Ambassador Southwest UK, will host a wellness workshop at award-winning [Lucknam Park](#) with stress management tools such as mindfulness and empathy and compassion awareness for therapy students to support their preparation for the spa industry.

Tara Moore, Ambassador Ballymena / Belfast – Northern Ireland, confirms the following activities:

- [Galgorm](#) will organize a yoga, bootcamp and spin sessions based on the WWW Pillar Movement & Vitality. They will also host a mindful site visit for Visit Belfast - breath focus and spa visit after site visit to promote mindfulness as well as a stretch class in the local Cullybackey community centre and a visit to the Local Cullybackey College to do a bootcamp and stretch with Year 13.
- [The Rabbit](#) will offer a Sunrise Yoga session and breakfast in the Boat House based on the WWW Pillar Mindfulness & Serenity.
- [The Old Inn](#) will organize a local community walk and dip in the country park and Helen Bay Beach followed by Tea and Scones based on the WWW Pillar Purpose and Solidarity.

Andrei Fomin, Global Banya Ambassador, and **Natalie Bren**, Banya Coordinator, promote benefits of thermal therapy and regular banya visits globally, with free events and masterclasses dedicated to the banya culture. These include workshops of the Parenie treatment – an age-old wellness ritual involving the use of leafy branches for thermal massage in a steam room. Renowned banyas will participate in the **UK ([Banya n°1](#))**, **Armenia, Azerbaijan, Dubai, Georgia, Kazakhstan and USA** (including **World Spa NYC, Forrest Banya Dubai and Woloshin Banya**).

Bethan Dando, Ambassador South Wales will offer free online wellness activities at Case UK with [the Wellbeing Company](#). Whilst continuing with an outstanding national repurposing of plastic mats campaign.

Giving the Gift of Wellness with [The Wellness Card](#)

In order to democratize wellness, World Wellness Weekend partners with The Wellness Card with hundreds of experiences available at wellness providers across the UK and online. For the first time ever, The Wellness Card knocks 10% off all gift card purchases at high street retailers and sold directly to corporate clients for employee wellness programs.



EUROPE

United Kingdom (part 2)

144 venues

[David Lloyd Clubs](#), Most Active Fitness group in the UK 2022 & 2023, Will again organize fun Signature group activities in their 100 clubs in the United Kingdom and 126 in Europe.

Join [Proverb](#) founders **Kirstie and Luke** to experience a 45-minute Assisted Stretch Session showing you a range of toolbox-assisted stretches to target all the key muscle groups in your body and to improve movement, recovery, and your performance in life's journey. Great tips for your wellness routine, or as a warm-up, or cool-down to your training.

Award-winning [Carden Park Hotel & Spa](#) will host activities to support Movement and Vitality.

[AIRE Ancient Baths](#) will offer webinars for relaxation tips at home. For the spa, selection of "surprise" activities will be hosted, such as complimentary juice, a sound bath workshop and specific wellness rituals/touchpoints throughout the spa experience, enhancing mindfulness and serenity throughout the wellness journey.

Complimentary taster Whole Body EMS experience will be available at selected UK studios through **Miha Bodytec** [EMS].

A selection of complimentary online taster breathe work & meditation routines will also take place by James at **Unguarded Warrior**. Such as "calm before the chaos" morning routine.

Studio Glow Stiwdio will engage a discussion at one of their local educational programs tailored for 16-19-year-olds pursuing fitness training to discover why a career in wellness and fitness holds immense promise and opportunities.

[Virginia Timón](#), Coordinator Salsa UK, and [Elder Sánchez](#), Ambassador Latin Dance UK, will offer the following a Merengue Class and a Bachata Class for free at their [Salsateca](#) locations in London.



A photograph of a man and a woman dancing closely at night. The man is wearing a pink and white striped shirt, and the woman is wearing a pink top. They are both smiling and looking at each other. The background is dark with some blue and purple lights. A large teal circle is overlaid on the bottom right of the image, containing the text 'Latin America Caribbean'.

Latin America Caribbean

LATIN AMERICA

Antigua & Barbuda 15 venues

Maria Blackman, Marketing Communications Manager of the [Antigua & Barbuda Tourism Authority](#) announces the following activities: an agro-district hike - farm-hopping wellness journey, kickboxing, and meditation .

[Keisha Schahaff](#), Wellness Leader in Antigua & Barbuda, confirms a big event called **Higher Consciousness M.A.P. Meditation/ Dreams to Reality Visualization** at big Friars Beach. M.A.P. (Manifesting All Possibilities) is a therapeutic meditation designed to improve one's life and remove the blocks holding us back from acquiring our dreams, goals and achieving success. A visualization exercise to seeing clearly what we want, the steps to get there and a way to clearing what holds us stuck.

Argentina (part 1) 226 venues

Argentina was the 5th Most Active Country in 2023. [Eduardo Finci](#), Ambassador Emeritus Latin America, [Gabriela Gergic](#), Country Ambassador, [Rita Alaya](#), Country Coordinator, and City Ambassadors [Maximiliano Pérez-Joos](#) and [Rosana Babikow](#) are preparing activities that promote the 5 pillars of wellness to improve people's quality of life, with the full support of the [American Spa Association](#).

BIG NEWS: [CineMultiplex](#) will show a 15-second promotional video about World Wellness Weekend in Argentina before each movie, encouraging cinema goers to visit [wellmap.es](#) to find wellness activities near them!

Wellness activities will take place countrywide:

- [Province of Cordoba](#) with Spas, Hotels, and companies related to thermal tourism. The **"Córdoba Wellness Day"** will take place in a club with 15 wellness professionals offering tai-chi, chi-kung, self-defense, meditation, Tibetan bowls, access bar, conscious beauty, healthy nutrition, coaching, first aid, motivation, positive parenting, self-love, yoga for adults and children, Latin rhythms and Zumba. **The event will support financially a local foundation.**
- [Buenos Aires province](#): event in an outdoor park with activities such as yoga, Zumba, stretching, talks and demonstrations on conscious eating, mindfulness and skin care. **Activities are free, and participants will be encouraged to donate non-perishable food to help the Children's Foundation.**
- [Don Torcuato and Tigre](#): *El Bienestar late en Don Torcuato* program (Wellness beats in Don Torcuato) will start on Sept 21 with the School's call for a 1K family walk for the community, **raising awareness of the importance of blood donation to save lives.** Participants will be invited to enjoy the Expo healthy fair and a large number of sports and recreational activities: Zumba, Yoga, Functional, Aikido, Taekwondo, Functional breathing (ice immersion), Basketball, Football and Tennis.



LATIN AMERICA

Argentina (part 2) 226 venues

The Sports Secretary of the Municipality of Tigre will activate **19 sports centers** providing various fun and healthy activities for the community.

Sport Club Gym will offer activities for kids, teenagers and adults in the heated pool.

- **Valle de Punilla:** conscious and healthy walks, yoga classes and mindfulness under the slogan "Health and Wellbeing".
- **Hilton Pilar:** inspiring activities led by leading professionals will address the five Pillars of wellness: yoga, mindfulness, conscious eating...
- **Vicente Lopez city: In Darregueira,** outdoor vibrational bowls will amplify the connection with Nature, within the facilities of the municipal Sports Center, CIC (communal integration center). In **Olavarria and Tandil**, conscious walking and experience a guided meditation with food!!
- **Autonomous City of Buenos Aires : The team of Laughter Yoga therapy** facilitators, led by Silvia Rossi, will reunite to hold workshops in the open-air city and also others in online mode. **E.M.A International Training** for aesthetic professionals will prepare a workshop on how important is to train movement and strength in therapeutic work. **Estilo Spa** provides a sales platform for hotels, beauty centers and Spas, and will prepare a prize voucher for clients in the WWW 2024.
- **Province of Chaco:** Resistencia, Chaco propose the following activities: Chakra Alignment, Aromatherapy, Mindfulness, Emotional Management and Ontological Instruction for Well-being will be the axes that will be addressed from fun and lightness, with the aim of inspiring a better quality of life in our society.
- **Province of Entre Ríos:** The Thermal tourism route will join with several thermal centers as: **Guaychu Thermal Center, Concordia Thermal Center and Gualaguaychu Thermal Center.**

Brazil (part 1) 734 venues

Dianna Therssia Aranha Ruas, WWW Country Ambassador, has confirmed the following activities countrywide:

- **Limpa Brasil – World Cleanup Day** (Dia Mundial da Limpeza) will take place in all 26 states.
- **Plantio Brasil** - Semana da Arvore will take place in all 26 states to plant trees.
- **IPGU Instituto de Pos Graduação de Uberlandia** will offer free services during WWW.



LATIN AMERICA

Brazil (part 2)

734 venues

- **CNAA Conselho Nacional de Autorregulamentação da Acupuntura** will offer free services during WWW, and also coordinate with others institutes, such as **FENAB Brazilian Federation of Acupuncturist**, and **Tai Chi and Easter Culture Institute of Minas Gerais**
- **Oca Wellness** will coordinate sustainable activities promoting wellness programs for communities and wellness tourism, including **Native Tribes**.

The following activities will take place in the Minas Gerais state:

- **Belo Horizonte: Marco Aurelio Cozzi** will give a lecture on Ecology and Sustainability in his clinic Sempre Viva Minas Gerais Center of Acupuntura and Natural Energetic Therapies ;
- **Francisco Dornellas e Filhos** will offer a tour in theatres around the country with **Clown & the Gift of Grace**, at Belo Horizonte.
- **Instituto Ayurveda: Pr. Ulisses** will give lecture on lifestyle
- **Balneário de Pocinhos do Rio Verde**, will give free day-passes with the support of Caldas City Hall
- **Rosemary Ramos**, the WWW Area Ambassador for Vale do Jequitinhonha, continues to work on Inclusion through the Art.
- **Antonio Carlos Aranha Ruas**, the Triple Boarder Ambassador, continues to focus on education, sustainability, ecology, and sport activities;

In São Paulo, do not miss the following:

- **DesintoxicaSP**, a Ramon Reis social project that brings together health professionals, mostly acupuncturists, for promoting health care for homeless or social vulnerable people, with 28 venue confirmed at the city of São Paulo and will have activities across the country.
- **SINDESTETICA Sindicato Patronal dos Empregados em Empresas e Profissionais Liberais em Estética e Cosmetologia do Estado de São Paulo**: its members will offer free services
- **Thermal Spa, Balneário Dr. Octávio Moura Andrade do Águas de São** will offer free day passes with the support of Águas de São Pedro City Hall
- **Balneario de Artemis** will coordinate activities for the community and tourists

Eliane Costa, WWW Coordinator, will coordinate Art Therapy events with galleries and social intuitions

In the state of Parana, **Iguazu Wellness** will organize events in Foz do Iguaçu at the Cataratas of Iguaçu including Ion Therapy combined with Forest Bath and Integrative Medicine.



LATIN AMERICA

Chile

25 venues

Jessica Heredia, Ambassador in Santiago de Chile, will launch the brand-new podcast *Bienestar en Acción WWW* (WWWellness in Action) to spread wellness and motivate local communities all across Chile (and LATAM) with the participation of inspiring experts. A special edition of her magazine **Conciencia Wellness** (Wellness Awareness) will focus on the WWW.

- **Natalia Heredia**, Coordinator and Leader in **Yoga de la Risa (Laughter Yoga)** will organize in-person group activities in *El Club de la Risa* (The Laughter Club) for the local community as well as workshops in schools.
- **Mirta Paredes** will organize corporate coaching sessions for company teams with other members of the network at her therapeutic centre *Nido Rautén*.
- **Natalia Estroz**, owner of **Humanizarte Consultores** will prepare talks and interventions to improve wellness at work.
- **Karen Araniz and Camila Rizzo**, WWW leaders, will organize workshops on self-esteem, Reiki and holistic fairs.
- **Tamara Abril**, WWW Leader with the support of the **Hotel del Bosque SPA** team will offer wellness activities to the community and other therapeutic options for hotel visitors.
- **Amelia Cayul**, chef of the **Mapuche indigenous community**, with the support of the municipality of San Nicolás, will start a wellness weekend with an exhibition of healthy food.



Colombia (part 1)

40 venues

Erika Crosby, Country Ambassador confirms:

- 30 activities to enjoy around the country.
- one FREE online meeting on each of the 5 pillars of Wellness is being organized
- and new cities in Colombia join the WWW:
 - **Bogotá**, in a vulnerable area of the city: "Transformation into a Chrysalis", a Journey of Female Empowerment Objective. Participants will be guided through a journey of self-discovery, empowerment and transformation, with breathing techniques and meaningful activities.
 - **Melgar** (with the support from the local council and Elisse Spa): 1,2,3 Just Breathe! Disconnect to Connect better.
 - **Barranquilla**: Outdoor wellness day for all Aesthetics and Cosmetology students.



LATIN AMERICA

Colombia (part 2)

40 venues

- **Cartagena:** Dawn in Wellness (Wellness route with UKIYO on the beach) with Collective meditation on the beach, aromatherapy station and Express massage station

Important national foundations have joined the WWW and will also offer activities:

- **Fundación Cardio Infantil**, one of the most important medical institutions in COLOMBIA, joins the celebration with: Outdoor Yoga, Active breaks, Healthy nutrition, Skin care tips, Purpose and solidarity activities, Wall of well-being purposes.
- **HIGHLIGHT: Shaio Clinic Foundation**, the most important Heart related Clinic in Colombia will celebrate the MONTH OF SEPTEMBER, MONTH OF THE HEART. Free activities throughout the month will be offered to their collaborators, patients, caregivers and visitors, amongst which: Library of The Soul, Meditation and yoga classes, Massage session for caregivers, Piano to heal.

Rancho Ecoturístico El Faro will gather **more than 100 people** for: Sun Salutations, Preparing our steps for a new journey, Ecological walk – Tibetan bridge, Coffee tasting, Local products Fair, Wellness bar with healthy drinks.



Dominican Republic

160 venues

Flavio Acuña, Country Ambassador, has already presented to +40 media outlets (TV, radio, newspapers), **650 free in-person activities** and **4 mega events** scheduled countrywide during World Wellness Weekend:

- **North area:** Puerto Plata, Sosúa, Cabarete, Gastar Hernández
- **Santiago:** Celebration at Jardín Botánico
- **Santo Domingo:** Parque Iberoamericano
- **Punta Cana:** Down Town Sport City / Caribbean Like Park

The **Mayor of Santo Domingo** (Dominican Republic) is mobilizing 180 parks to organize activities for the local residents during World Wellness Weekend.

These properties will soon announce their activities:

Excellence, Melia Punta Cana, Live Aqua Beach, Sanctuary Cap Cana, Spa Natural Center, Vitalie, Rotary Clubs, Blossom Spa, Body Shop, Catalonia, Macao Surf Camp,



LATIN AMERICA

Uruguay

10 venues

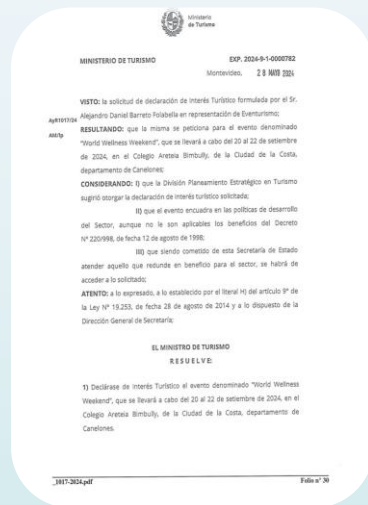
HIGHLIGHT: World Wellness Weekend has been declared an event of national touristic interest by the Ministry of Tourism!

Lorena Acuña, Country Ambassador, and **Alejandro Barreto**, Montevideo – Country Coordinator bring WWW for the first time to Uruguay! Activities in Ciudad de la Costa (Canelones) will be hold at the prestigious **Areteia Educational Center**, which has 1,000 students, football, hockey and beach volleyball fields and has decided to give their centre as headquarters to carry out activities on September 20, 21 and 22.

Attendees will benefit from Laughter yoga, Comprehensive yoga, Family constellations workshops, Tai Chi, Zumba, Gluten-free cooking workshop, Art therapy, Hypnotherapy, Transgenerational workshop, Sports massage workshop-talk, healthy food workshops and wellbeing talks.

Centro Amrita will also offer yoga workshops.

During the 20th Edition of the Gastronomy, Hospitality and Tourism Congress in June, well-being talks will be held. The World Wellness Weekend will be invited and the Uruguay team will have a stand to provide advice and register those who want to participate.





Canada
USA

NORTH AMERICA

Canada

107 venues

Laurie Barkman, WWW Province Ambassador in Manitoba, recalls that Winnipeg received the aWWard of the Most Active City in Canada in 2022 & 2023. Activities will take place all across the Province: meditation, outdoor events, yoga, spa, fitness, healthy aging... thanks to:

- [Alt Hotel Winnipeg](#)
- **L.O.V.E. Locally Operated Vendor Emporium**
- [Riverstone Spa](#)
- [Ten Spa](#)
- **Serenity'nam**
- **Dreality Coaching**
- **Laurie Barkman Health and Wellness Coach**
- **MindStage**
- **Reh-fit Centre**
- as well as **GFIT Wellness and Sport Manitoba**, joining WWW for the first time.

Corrie Gallant, WWW Province Ambassador in Ontario, confirms that the annual **Awakening to Better Beauty** event created 7 years ago at [the Beauty Barn Spa](#) partners again with World Wellness Weekend to offer a complimentary spa day to **people undergoing cancer treatment** in the community and their families.

10-15 attendees are nominated by local hospitals oncology staff each year to receive nutritious meals, relaxing activities, relaxing music, a walking meditation labyrinth, and a keepsake photoshoot (for them and their families).

Businesses without a physical space, are welcome to host & contribute to this community.

Brant County Mayor David Bailey gave a speech at one of the Awakening to Better Beauty/World Wellness Weekend events to show his support.

Jan Behrens, Qigong practitioner and owner of [Serenity'nam](#), joins WWW as a **Wellness Leader in Qigong** will hold personal events in Winnipeg and will organize a "Around the World - 24 hours International Day of Peace and World Wellness Qigong Event" with her international network of Qigong practitioners!



NORTH AMERICA

Canada (Quebec) 107 venues

Katja Prpic, WWW Ambassador in Quebec, confirms Mont Sutton will offer a vast choice of activities for everyone, for the family as well as for outdoor enthusiasts and even thrill seekers with a giant zipline and zipline coaster! Also, on the program: chairlift rides, free outdoor music concerts, hiking, disc golfing, mountain biking, a mega equipment sale and much more!

Rosette Pipar, WWW Ambassador for Words & Happiness in Canada, will create a poetic performance 1001 Word, 1001 Jars (1001 Mots, 1001 Pots) in the Laurentides region, with ceramic artists, in order to illustrate the importance of public art for the well-being of communities, an event relayed by 6 TV shows Cogeco.

Nicole Racette, neurolinguistic programming coach (WELLNESS CHAMPION two years on a row) will offer 3 activities:

- Freeing yourself from your past (*Se libérer d'un passé*) to get rid of the harmful consequences of an untreated past injury, by changing the way you perceive it
- Connect to your resources (*Se connecter à ses ressources*) to become aware of what is important to you, with the aim of loving yourself more and loving your life
- Achieving a desire (*L'atteinte d'un désir*) to activate thoughts and feelings linked to a desire, in order to make it more accessible

• More venues will soon announce their activities:

Spa Eastman, Centre de Massothérapie Liane Dufresne, Ecole de Yoga et de Massage Julie Eyelom, Le Monastère des Augustines, Le Nordik Spa Nature, Spa Le Finlandais, Scandinave Spa, St Anne's Spa, Thermea by Nordik Spa...



NORTH AMERICA

United States

107 venues

Gloria Treister, author “Wellness 101: simple steps to good Health” and WWW Ambassador in Cleveland is preparing activities promoting functional medicine with Dr. Tammy Guttierrez.

Debbie Bellenger, Wellness Leader in Fitness is encouraging the members of Wellness Academy to prepare group fitness activities nationwide; and coordinates with **TRX**.

Victor Brick, Wellness Champion, and founder of the **John W. Brick Foundation** and the **Mental Wellbeing Association** will encourage the teams of **Planet Fitness USA** and **Brick Bodies**

Leo Tonkin, Wellness Leader, is encouraging **Salt Chambers and Halotherapy centers** to participate and promote healthy activities: **Ageless Fitness & Vitality Booth**, **Salt Den**, **Asheville Salt Cave**, **Dr. Kelly's Health & Healing Grotto**, **Evolve Body & Soul**, **FitBody Studio**, **Indianapolis Salt Cave**, **Life force Wellness center**, **Mountain Springs Wellness**, **Nirvana Wellness**, **Salt & Sol**, **Saltability**, **Saltsations Wellness Center**, **Salty**, **Salty Sisters Spa**, **Shvaas Spa**, **Tanlines Wellness Sun & Spa**, **The Electric Strawberry**, **The Salt Suite**, **Valley Salt Cave**, **Villages Holistic...**

Karen Ballou, Wellness Leader in New York and founder of **Immunocologie** skincare is creating a dynamic wellness collective.

Mau's Grand Wailea in Maui, A Waldorf Astoria Resort, will officially close the 3-day celebration on Sunday 22nd September before sunset, with curated activities including a live breathwork experience and piano concert, with two-times Grammy-award winner **Peter Kater**. Peter will release his **new BREATHWORK series** on Sept 20 in association with World Wellness Weekend and World Cleanup Day.

The City of Mineral Wells, proclaimed Wellness Capital of Texas by Go. Abbott, and recipient of the 2023 Leading Light Award from the **Wellness Tourism Association** will : focus on experiences in nature- guided hikes, guided kayak tours, paddle board yoga, hiking how-to clinics, etc. And then general wellness workshops.

US Hot Springs Association: **Glen Ivy Hot Springs**, **Mercey Hot Springs**, **Mount Princeton Hot Springs**, **The Spring Resort & Spa**

More venues will soon announce their activities:

- **JW Marriott Chicago**, **VEA Marriott Newport Beach**, **The Westin Sarasota**
- **Canyon Ranch**: Las Vegas, Lenox, Tucson, Woodside
- **Chuan Spa at the Langham**: Chicago, Pasadena
- **Harman's Luxury Log Cabins**: Sunrise yoga and riverside massage
- **Carilon Miami**
- **Stonewater Studio** (Naples FL) Mind Body Fitness
- Massage champion **Luisa Vargas...**



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S·A·L·T
CHAMBER



Africa

Middle East

AFRICA

Benin

11 venues

Marina Dannon, Ambassador in Cotonou confirms that **Juba Wellness Benin** will offer sports, educational, massage and unique activities to promote wellbeing.

Bohicon Abomey-Calavi and **Ouidah** invite you to stretching sessions, sports activities and nutrition workshops.

Ezéchiel Bossikponon will organize a program called "Students at school for better nutrition" offering:

- Sessions on nutritional education in schools
- A culinary demonstration workshop on good food preparation practices for women in the canteen to support them in cooking healthy and nutritious meals for children to ensure their nutritional wellbeing



Botswana (part 1)

27 venues

Lucia Molebatsi, WWW Ambassador in Botswana has been appointed as 2024 Ambassador Emeritus for Africa. With **Dr Bonolo Mannathoko-Molefhe**, Country Coordinator in Botswana, they bring 27 registered participants from all corners of Botswana from **Maun, Francistown, Jwaneng, Serowe** and **Gaborone** with different type of activities: Mindfulness and Spiritual Wellbeing, Wellness Tourism, Sports Tourism, Cultural Tourism, Employee Wellness, Charity Work/ Community Service for elders and Children.

Chedza Makombo, WWW Wellness Leader, mentor, Life Coach and founder of **Positive You by Chedza**, will lead mental health and mindfulness activities in Botswana.

Rose Ushe, WWW Wellness Leader, owner of **Ayudar Spa Retreat** and Founder of **Ayudar Spa Business Consultancy** firm, will drive the participation of Spas across the country.

Coach James Oabile, WWW Wellness Leader and founder of **Fitness Bootcamp Botswana** will drive fitness activities across Botswana with other fitness instructors, gyms and sports clubs.

These companies have confirmed their participation:

- **Lefkara Dental Spa**: Employee Yoga Retreat, Dental Check Drive
- **Lush Inc**: Community Activities for Tlokweng Village, Beauty Therapists Recharge Retreat, Funday Day for Elders at Monax Shelter for Hope
- **Coach James Tamora Fitness BootCamp Botswana**: Hiking Activities, Aerobic Marathon, Bontleng Community Wellness Day
- **Coach Letty Makombo (Serowe)**: Biggest Loser weigh loss drive, Cross Fit Saturday
- **Rebel Cook Catering**: Employee Green Lunch Campaign
- **Bonatla Wellness Solutions**: Child nutrition Campaign and fitness drive (Bringing an end to Childhood Obesity and Childhood NCDs)



AFRICA

Botswana (part 2)

27 venues

- **Smiles Botswana:** Village Dental Health Awareness
- **Dee Beauty Spot:** African Massage Experience
- **Save my Cervix Campaign:** A cervical awareness drive for the youth driven by a young lady, Zanele Khimbini. This year activities will be in Gaborone and surrounding with collaborative support from local oncologists.
- **On National level:** Sept 20: "Wellness Festival" African sunset experience promoting mindfulness, meditation and rest/ Sept 22: 2nd annual 10.000 steps 10KM rainbow walk.

Cross Border Activities (Botswana and South Africa):

- **Book and Craft reading initiative** for Primary schools in Tlokweng Botswana with **renowned South African author and publisher Mr Stan Montsho**
- **Wellness Travel Retreats** with **Black Horse and Olive Farm** in Magaliesburg South Africa.
- **Women Empowerment Luncheon at Blackhorse,** Magaliesburg South Africa. Dr Bonolo (Botswana National WWW Coordinator) will be amongst other speakers delivering inspirational messages.
- Transformative Journey for dental Executives in Stellenboch, South Africa Hosted by **Trust Consultancy**



MIDDLE EAST

United Arab Emirates 34 venues

Aheem Siddique, WWW Country Ambassador, and **Ruba Al Ayed**, City Ambassador in Dubai, invite you to join WWWellness enthusiasts and 5-star venues in **Dubai, Abu Dhabi** and **Sharjah** as they offer activities ranging from a Dubai city run, a beauty masterclass, a colour therapy meditation, rooftop sunset yoga facing the Burj Khalifa, a mindfulness retreat, and more.

Sharjah Ladies Club, recipient of the title 'Wellness Champion' for three years in a row, is dedicated to inspiring and empowering women to lead healthier lifestyles. They will offer free and dynamic group classes, linked to each of the five pillars of wellness, tailored for women and children, alongside specialized activities encouraging all to prioritize wellness and well-being.

Soon these venues will announce their activities:

- **Expo City**: 3 days with free classes
- **The Bridge** (Abu Dhabi)
- **J Wellness Circle at Taj Dubai**,
- **Pearl Spa at Four Seasons**,
- **SLS Dubai**,
- **Melia Desert Palm Resort**,
- **Raffles the Palm Dubai**
- **Keyani Wellness Centre**
- **Empowerment Retreats UAE**
- **Truth Yoga**
- **The Nadi**
- **Breasy Ice Bath**
- ...





Asia
Oceania

ASIA

Cambodia

36 venues

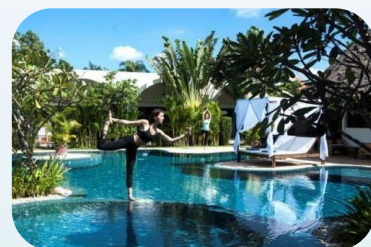
Maddalena Morandi, Country Ambassador confirms that all venues from last year will participate again in Siem Reap (Most Active City in Cambodia), including : **Alchemy Movement & Wellness, Anantara Angkor Resort, Navutu Dreams Resort, Angkor Grace Residence & Wellness Resort, Aum Yoga Center, B Strong, Babel Boutique Hotel, Hariharalaya Hostic Wellness Sanctuary, Johnny Fitness Coaching, Mahalaya Wellness & Spa, Max Coaching, Meru Fitness Center, Reservoir Hotels, Sofitel Angkor Phokeethra...**

- 2 mental wellness workshops through Hospital for Children and Social Enterprises to fight human trafficking.
- and a session during the International Day of Peace at the **Bayon** (for inner peace and peace in the world)

Vanessa Voukotitch, Country Ambassador, confirms that some international schools, hotels / resorts, spas, restaurants, artists will participate and special mini events around Wellness will happen throughout many provinces and cities like Phnom Penh, Battambang, Sihanoukville, Koh Rong, Kog Rong Samloen, Koh Kong, Stung Trang and more !

Lana Yang, City Coordinator in Kampot and Kep is preparing 3 calendars of activities: for yoga and meditation, for children activities, and for outdoors activities (climbing, running).

10 confirmed participating venues, including: Akasha Villa, Kamupot Villa, Lana Yoga, Monkey Republic Yoga Studio, Nibi Spa, Peppercorns School, Sabay Beach, Znhouse Yoga... and a cleanup with a school.



Indonesia

79 venues

John Nielsen, Country Ambassador in Bali, confirms the following activities:

- Award-winning 5-star **Conrad Bali** has created a weekend of activities for guests and most importantly the **hotel's 200+ staff**, including aerial yoga on the beach.
- Award-winning **Fivelements Retreat Bali** will partner again with **Red Cross Indonesia** to encourage guests and staff to donate blood. Activities will include Vinyasa Flow Yoga, Body Combat by Celebrity Fitness team, Meditation for inner peace, and Yin Yoga & Sound Healing...
- Asia's largest health and wellness group, **Evolution Wellness**, will welcome the public throughout its network of **150 Celebrity Fitness and Fitness First gyms in Indonesia, Malaysia, the Philippines, Singapore, and Thailand**. Various events will be held including "yoga in the park" in Jakarta.
- The brand-new **Marianna Resort** that includes **Fivelements Spa & Wellness** will offer wellness inspired events to celebrate the recent opening the new destination on one of the largest volcanic lakes in the world.
- **Bali Children's Project** joins WWW for the first time, supporting **100 junior schools** improve their facilities including libraries and play-areas. Over the weekend every school will undertake a wellness program that includes education classes on Friday the 20th and over the weekend arrange games for the children.



ASIA

Japan

423 venues

Country Ambassadors **Tomoko Iwai** and **Tomoe Kaneko**, with Coordinator **Kanako Nakai** and Ambassador **Tomoko Kouduma** have propelled Japan to **#4 Most Active country in 2023!**

In September, wellness classes and events will take place in **the 47 Japan prefectures** from North in Hokkaido to South in Okinawa with **more over 200 wellness professionals!**

Major support has been confirmed by **JSHIF, JSWT, JSTA, FIAJ, JAFA, SPORTEC, and Wellness Tokyo** to focus on general wellness, wellness tourism, sports-related activities, health and wellness communities, Japan fitness professional's development, awareness increase, mental and physical health. **Wellness Tokyo** is one of Japan's largest exhibitions on mental and physical health. An award presentation ceremony of WWC2024 might take place in this show.



South Korea

6 venues

Laura McLuckie, Busan City Ambassador, and **Janice Yang**, Coordinator, both from **WellMi Wellness Solutions**, have curated: a 3-day wellness program in key venues across Busan City; a one-day experience in a traditional Hanok House in Ulsan Countryside; a special evening Yacht Tour; a traditional Korean Wellness Food Mindfulness Experience; Aromatherapy & Meditation Sessions at WellMi HQ, and a special Welltech Mind Wellness Session with wellness partner LG Electronics Sleepwave Company at the **International School of Busan**, the first international school in the world to be registered as a WWC Venue.

New WWC joiners include:

- **Paradise Hotel Busan**, with yoga and meditation, sound therapy and callisthenics
- **Park Hyatt Busan** with kids mindfulness, Music & Art classes, and dance fit classes
- **ClubD Oasis Spa & Waterpark** with aromatherapy, mindfulness and Pilates
- **Yachtweek** with Yacht Tours
- **Dadam Hanok** with traditional tea ceremony and nature therapy



ASIA

Vietnam

138 venues

Vietnam is “ALL IN” for Wellness and proposes a voyage of Wellness and culture to get everybody involved in **World Wellness Weekend**, from the North to the South with a “See you in Vietnam” wellness program! Vietnam's focus this year is year is **#physicalwellness #mentalwellness** and very close to our hearts **#environmentalwellness**.

Vinpearl group will host many activities around the country, such as Yoga, Meditation, Dancing and fun family activities.

Award-winning Alba Wellness Valley by Fusion will do something BIG, including ALL the children from the local community.

New WWW joiners:

- Grand Marathon Group will organize the Mu Cang Chai ultra-Marathon
- M Gallery, Banyan Tree group, Angsana Lang Co, Banyantree Lan Co and Garrya Mu Cang Chai will offer activities in Lang Co, Mu Cang Chi, Ho Tram and Quan Lan as well as Ana Workout (Tu Anh Tran, WWW Coordinator in Saigon) and Saigon healthy life style and V-SENSES WELLNESS & SPA at Furama Resort Da Nang, hosting, fitness challenges, Zumba classes, Mindfulness activates and so much more.



PLATINUM Sponsors of World Wellness Weekend 2024



"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



"Endurance Zone is proud to support World Wellness Weekend - we firmly believe there is nothing more rewarding than pursuing better health, fitness, and overall wellness. Motivating active lifestyles is central to why Endurance Zone exists, and we wholeheartedly align with World Wellness Weekend's mission for each one of us to prioritise our well-being."

David Birch – CEO & Founder of Endurance Zone



"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



"WithU supports Wellness Weekend as it empowers the world to choose fitness.

Through world-class coaching and a highly personalised experience, WithU provides members with the support and guidance they need to build their confidence, celebrate their individual achievements, and build a sustainable fitness routine anywhere, any time."

Ross Payne – Business Development Director

GOLD Sponsors of World Wellness Weekend 2024



"Join us in Antigua and Barbuda, tropical islands in the heart of the Caribbean surrounded by 365 white and pink sandy beaches. These beaches are just the beginning as the purity of the land allows you to embrace your true self at your own pace. Our activations for World Wellness Weekend are sustained throughout the year starting with January, our designated Wellness Month. Come and let Antigua and Barbuda be your wellness destination for 2024."

Ms. Tameka Wharton - Antigua and Barbuda Tourism Authority Director of Tourism and Lead of Wellness Strategy



"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

BRONZE Sponsors of World Wellness Weekend 2024



"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



"At Fashionizer Spa, we believe in the profound impact that health and wellbeing have on individuals and our community. These include, embracing the five pillars of wellness in everyday life. We are all thrilled to support the World Wellness Weekend initiative, as their values align perfectly with our commitment to fostering a healthier and happier society. Fashionizer Spa looks forward to contributing to the initiative, and seeing the positive impact it will bring.

We know that any conversation about wellness must consider the wellness of the environment, planet, and people around us."

Dorota Ziolkowska – Marketing Director Fashionizer Spa



"At SALT Chamber, supporting your well-being has been our mission for over a decade. That's why we're excited to join the global movement of World Wellness Weekend alongside wellness leader Jean-Guy de Gabriac! This weekend is focused on your mind, body and breath for better health and wellness. We can't wait to help everyone breathe easier and discover the natural benefits of salt therapy "

Leo Tonkin– CEO Salt Chamber



"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