



wellmap.org

@worldwellnessweekend

#worldwellnessweekend

#wellnessforall

#wellfluencer



IT'S WELLNESS O'CLOCK

20-21-22
September 2024

Find activities near you

9.000
VENUES

150+
COUNTRIES



Directory

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with Vitality, Serenity, Solidarity and Sustainability**

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& Wellness Leaders**

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It's Wellness o'clock!

3 days to enjoy fun & free activities in 150+ countries to boost **Vitality, Serenity, Solidarity, and Sustainability.**

HEALTHIER & HAPPIER... FROM FIJI TO MAUI

While the World Health Organization sounds the alarm on the rise of inactivity, obesity, insomnia, loneliness and depression, fitness, beauty, hospitality and tourism professionals join forces to promote the **UNITED NATIONS' 3rd SDG: Good Health and Wellbeing for all.**

20-22 Sept 2024, [World Wellness Weekend](#) returns for its **8th edition** in 150+ countries. **9,000 venues** will open their doors to inspire the public to try new fun group classes with friends, family, and colleagues, and become people of positive influence in wellness: **#WELLfluencer**

New global partnerships will raise awareness with a THUNDER CLAP: [World Cleanup Day](#), [Art Impact for Health & SDGs](#) (WHO), [Endurance Zone](#), [WithU](#), [Nutrition Beyond Borders](#) (NSF), [Myndstream](#), [European Week of Sports](#), [International Week of Happiness at Work...](#)

[Pure Fiji](#) cosmetics will kick off the celebration at sunrise on Sept 20, and [Maui's Grand Wailea](#), A Waldorf Astoria Resort, will officially close the planet-wide event with curated activities at Kilolani Spa. The event will include a piano concert and sound bath with Myndstream's [Peter Kater](#) two-times Grammy award winner.

SEPTEMBER IS THE NEW JANUARY

With holidays behind, it's time to get back to work, back to school, and hopefully back in shape at a fitness club, yoga studio or spa to look and feel as great as possible before the change of season.

World Wellness Weekend's [map and geolocator](#) in 18 languages helps people find **free and exciting** group sessions **INDOORS**, and recreational **OUTDOOR** activities offered by fitness clubs, yoga studios, spas, salons, hot springs, hotels, resorts and wellness centers.

ONLINE wellness sessions will be available with **World Wellness WebTV**, including full access to training sessions, inspiring talks, webinars with holistic practitioners and workshops with massage champions, to empower people at **home**, and **on the go**.

WELLNESS STARTS WITH « WE »

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, PURPOSE & Solidarity.** [WATCH THE 2024 VIDEO](#)

This pro-bono event has grown exponentially thanks to the support of **40+ Mayors and Secretaries** (Tourism / Health), 60+ international federations, and 236 volunteers around the globe.

The **Minister of Tourism in Uruguay** has announced World Wellness Weekend to be of national interest to promote wellness tourism and the **Mayor of Santo Domingo** (Dominican Republic) pledges to organize hundreds of free activities for locals in 170+ public parks as one of the most active cities in the world.

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[WATCH the 2024 TEASER VIDEO](#)

"Wellness is a renewable energy that can light up the world".

Jean-Guy de Gabriac, Founder World Wellness Weekend



Global partnerships (part 1)

World Wellness Weekend has become a global catalyst to promote and reward healthy lifestyles with world-class institutions and companies.

STRONGER TOGETHER

World Wellness Weekend and [World Cleanup Day](#) (WCD) have signed a cooperation agreement to combine the collective power of their global networks ahead of this year's respective campaigns on **20 Sept, the UN Calendar day for WCD!**

Unifying mutual strengths creates unprecedented cooperation, when the human race most needs to protect our inner and outer environments.

Since 2018, **WCD engaged 91M participants, in 211 countries and territories, to clean 543,000 tons of waste.** This Sept 20-22, venues are encouraged to clean up parks, beaches, river banks and neighborhoods, then to join a guided relaxation / meditation for an inner / mental cleanup! #wellfluencer #cleanfluencer

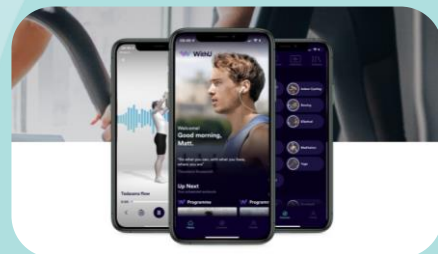
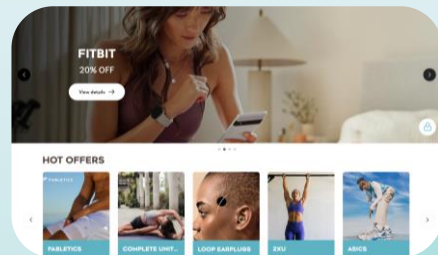
[Endurance Zone](#) is powering up World Wellness Weekend with its innovative loyalty, engagement and reward technology. It supports World Wellness Weekend's objective of getting more people globally to participate in their Wellness Weekend that focuses on the 5 pillars of wellness.

People around the world will be **encouraged to connect their wearable** (Health App on smartphone or smartwatch, Garmin, Fitbit, Strava). They will **start earning points with competitions and global challenges year-round to reward** their journey to a stronger, healthier and happier version of themselves.

[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. With **over 1,500 easy-to-follow audio workouts** that start from just three minutes long, across more than 20 disciplines.

WithU will **create a worldwide synchronised fitness challenge for all of its partners, aimed at motivating tens of thousands of their employees to be more active.** WithU will also engage its highly engaged community of users with a Wellness Weekend Challenge and exciting rewards.

From 20-22 Sept, Wellness Weekend attendees will get one month's free access to the world class fitness training on the WithU App.



"By caring for our surroundings, and aligning World Cleanup Day with World Wellness Week, we foster a holistic approach to taking care and improving both our inner and outer environments."

Heidi Solba, President and Head of the Global Network
at Let's Do It World and World Cleanup Day



Global partnerships (part 2)

WELLNESS BEYOND BORDERS

Thanks to a partnership with Isabelle Wachsmuth, project manager

“[Art Impact for Health & SDGs](#)” a **World Health**

Organization initiative, professionals in Hospitality, Tourism, Fitness, Beauty, Spa, Nutrition are invited to co-create an artistic physical & digital (mosaic mural at the **Palais des Nations** in **Geneva** illustrating the UNITED NATIONS' 3rd SDG: “Good Health & Wellbeing for All”.

People, companies and institutions can [fill in an online form](#) and send a photo showing how they are making a difference with their team in their community with meaningful, free, inclusive activities.

World Wellness Weekend is honoured to partner with [NSF -](#)

[Nutrition Beyond Borders](#) to address SDG 2 “End of Hunger. HUGE congratulations to [Marie-France Lalancette](#) (Founder NSF), [Ezéchiél Bossikponon](#) (Coordinator Benin), [Mathe Allah Founfonsi](#) and [Abdoulaye Diallo](#) (Coordinator Burkina Faso), [Nathan Bundutidi Makaya](#) and [Dr Patient Kolama](#) (Democratic Republic of Congo), [Pierre Abro Loba](#) (Coordinator Ivory Coast

Together WWW & NSF aim to **protect 1,000 children from chronic malnutrition** with the active engagement of 40 nutritionists on a volunteer basis. Up to 52% of children in some countries suffer from malnutrition. NSF has launched a campaign to help finance their expenses. Every donation counts! For every 10 well-fed children, we need CAN \$150. [Join the 100 donors who will help reach the 1,000 kids goal by 2025!](#)

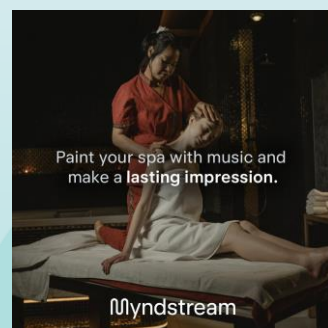
As the **first official audio partner**, [Myndstream](#) a leading health and wellbeing music provider under Cutting Edge Group renowned for soundtracks in blockbusters like Stranger Things, Whiplash, and Bridgerton, will bring World Wellness Weekend to life through sound. On Sept 20th, Myndstream will launch a **bespoke playlist of uplifting wellness vibes accessible globally through all major streaming platforms**, that people can enjoy alongside their World Wellness Weekend activities and long after the weekend is over.

Peter Kater, two-times Grammy-award winner and 14 times Grammy award nominee, will release his **new BREATHWORK series** on Sept 20 in association with World Wellness Weekend and World Cleanup Day. The breathwork is designed to be an energizer for the day ahead, helping people feel more connected with themselves and the world around them as they join cleanup efforts in parks, beaches, river banks and neighborhoods.

Peter will join the team of **Waldorf Astoria Grand Wailea in Maui** (Hawaii) on 22nd Sept before sunset to officially close the 3-day celebration with a live breathwork experience and piano healing concert, broadcast around the world on social media.

“The Global Wellness Institute and World Wellness Weekend share a common goal: Wellness For All. We congratulate Jean-Guy on organizing this event.”

Susie Ellis, Chair & CEO - Global Wellness Institute



Global partnerships (part 3)

A CATALYST FOR WELLNESS

World Wellness Weekend is no longer just an event on the third week-end of September. It is a movement promoting #WellnessForAll around the year, **aiming to empower millions of people to become people of positive influence in their cities** and with their Wellness Buddies (friends, colleagues, families) #WELLfluencer

We are proud to partner with:

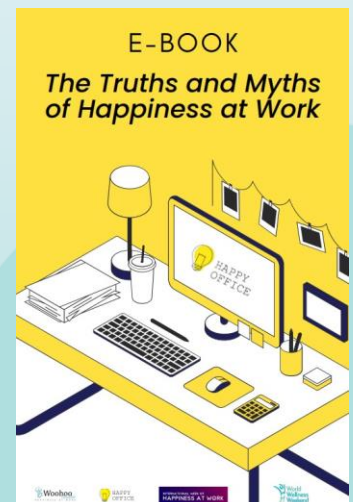
European Week of Sports (23-30 Sept 2024) organized by the Directorate-General of Education, Youth, Sport and Culture of the **European Commission** to inspire people to be active, fit and well ; build community cohesion and grow social inclusion.

In 2023, **11 million participants united in 37K events held in 40 participating countries**. World Wellness Weekend joined in 2019 and supports the common values of Inclusion, Wellbeing, Belonging and Sustainability in order to overcome social barriers and bridging generations with each other. #BeActive

International Week of Happiness at Work (23-27 Sept 2024): We believe that Happiness at Work should be on the list of top priorities of all organizations, big and small, national and international. We therefore encourage, organizations, institutions, companies and individuals to organize a fun wellness activity for employees/co-workers, that embodies the **IWHW manifesto**. If we all take a step, we can make a big change. Are you in? #internationalweekofhappinessatwork2024 #workplacewellbeing

Here are some of the venues and groups participating:

Algotharm, AIRE Ancient Baths, Anantara, Banyan Tree, Biologique Recherche, Cinq Mondes, Conrad, David Lloyd Clubs, Deep Nature, Excellence Resorts, Fairmont, Fitness First, Fivelements, Four Seasons, Fusion, Hard Rock Hotel, Park Hyatt, Jumeirah, Hilton, Majestic, Mandara, Marriott, Melia, Mövenpick, Nobu, Nyama Wellness, Pullman, Salt Chamber, Sandals, SeleQtions, Sensasia, Six Senses, Taj, TRX, Vivanta, W, Waldorf Astoria, Zulal Wellness Resort...



"The International SPA Association is proud to support World Wellness Weekend as Spa's from around the world open their doors to customers looking to find a mind body spirit connection".

Lynne Walker McNees, President, International Spa Association



Highlights (Part 1)

OFFICIAL PROCLAMATIONS

The Minister of Tourism in URUGUAY has declared World Wellness Weekend a day of National interest to promote Wellness Tourism in the country.

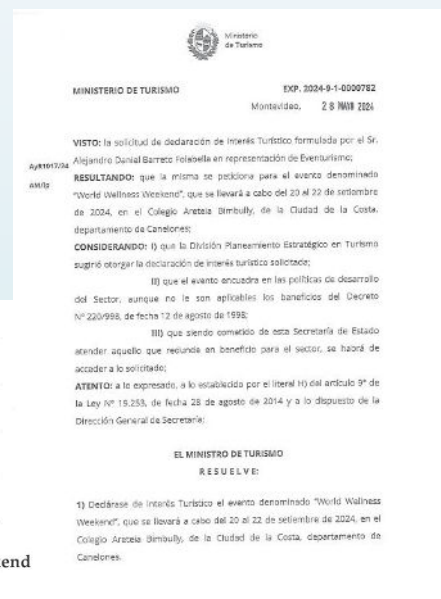
The Governor of TEXAS supports Mineral Wells, as Wellness Capital, and salutes its participation in World Wellness Weekend.

The Minister of Sports in ITALY supports SportCity Day: 150 cities partnering with World Wellness Weekend and CIWAS (Confederazione Italiana de Wellness and Sports).

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

The Sports Secretary of the Municipality of Tigre (ARGENTINA) will activate 19 sports centers providing various fun and healthy activities for the community and raising awareness of the importance of blood donation to save lives.

They are joining the past support of **Ministers of Tourism** (Cyprus, France, Ireland), **Health** (Quebec), **7 Governors** (USA & Mexico), and **30+ Mayors**.



Marbella Most Active City in the World 2023, creates this year a **"Wellness Park"** including: Yoga & Pilates (non-stop), Marathon of massages, access bars and reiki, +15 dance classes, Golf baptisms for all audiences, Functional training, Senior activities area, Kids' corner with fun wellness activities, Organic food market with tastings...

Highlights (Part 2)



Nutrition Beyond Borders (Nutrition Sans) aims to **protect 1,000 children from chronic malnutrition** with the active engagement of 40 nutritionists on a volunteer basis. Up to 52% of children in some countries suffer from malnutrition. NSF has launched a campaign to help finance their expenses. Every donation counts! For every 10 well-fed children, we need CAN \$150. Join the 100 donors who will help reach the 1,000 kids goal by 2025!

Shaio Clinic Foundation, the most important Heart related Clinic in **COLOMBIA** will celebrate September as "**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.



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. **INDONESIA**

Most Active Partnering Associations





Wellness starts with **WE**, not “ME”

World Wellness Weekend is a pro-bono event, growing each year thanks to **240 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.



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