



## Activities Examples

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

19-20-21 Sept 2025

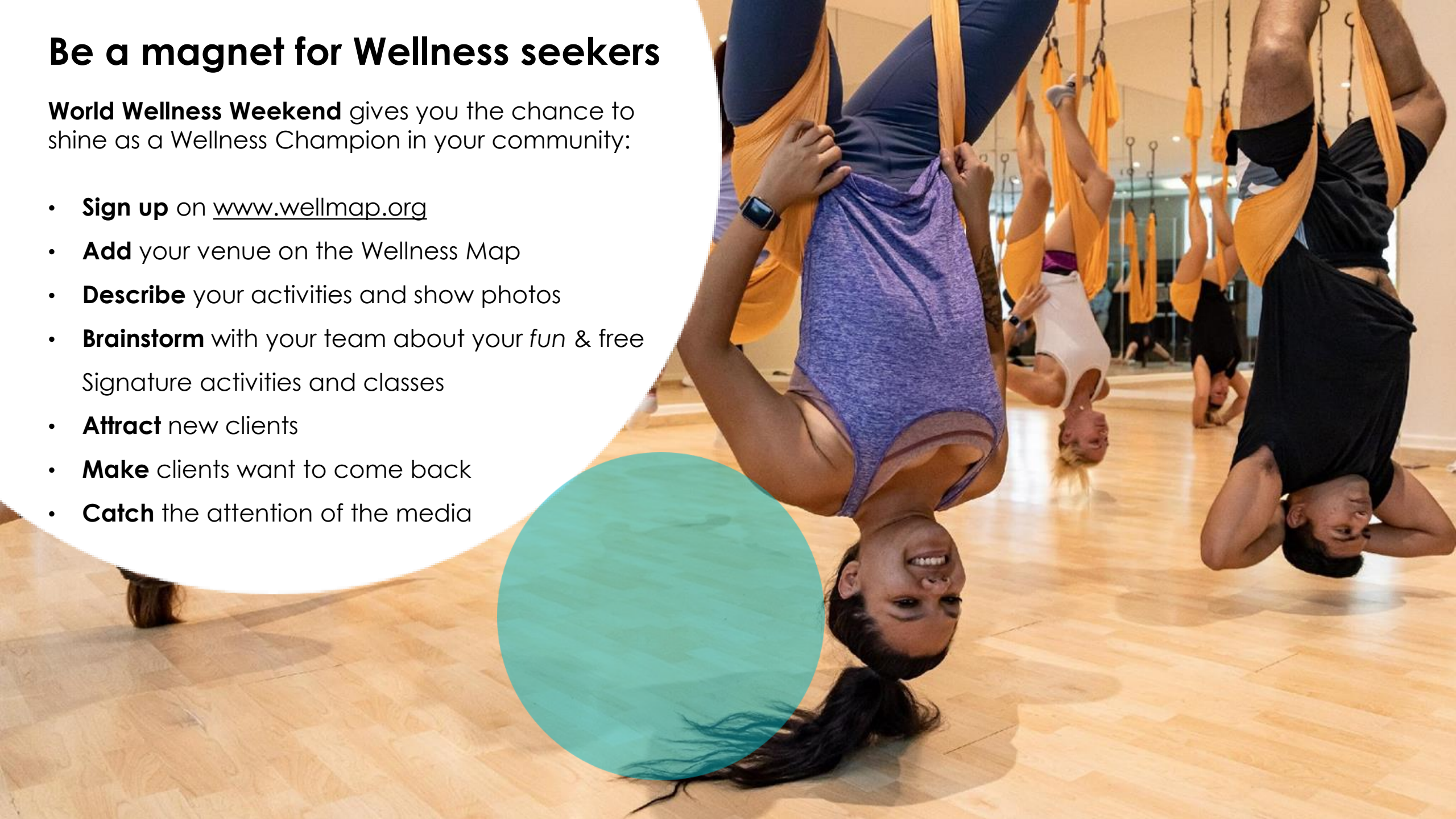


[wellmap.org](http://wellmap.org)  
160 countries

# 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](http://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 2024

## TOP 5 Categories of Venues



### VITALITY

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



### BEAUTY

Spas, Beauty Institutes,  
Salons



### HOSPITALITY

Hotels & Resorts



### HOLISTIC

Wellness Centers, Integrative  
Clinics



### LONGEVITY SPECIALISTS

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

## TOP 5 Types of Activities



### MOVEMENT

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



### BEAUTY / SPA

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



### YOGA

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



### OUTDOORS

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



### 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**, 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

**Support educational workshops and food donations** with [Nutrition Beyond Borders](#)



Activities related to the 5 Pillars of Wellness

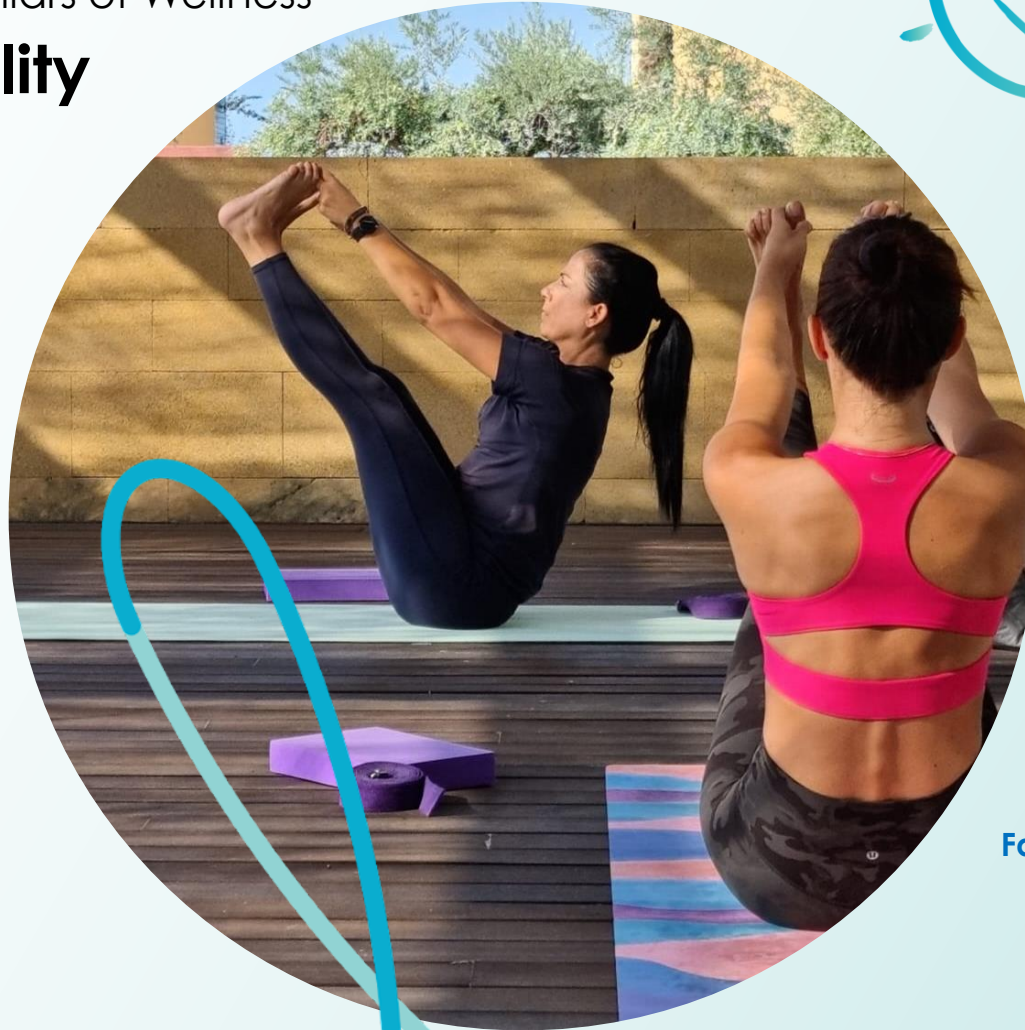
## Movement & Vitality

### 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...



Plugging on **World Cleanup Day**  
Sept 20th  
(Jogging & cleaning up trash)



**Kiss the Earth with your feet:**  
Run, Hike, Medicine walks

**Family Wellness Treasure Hunt...**

Activities related to the 5 Pillars of Wellness

## Mindfulness & Serenity

**Meditation sessions**  
around the world or  
LIVE on your smartphone

Talk about **copng with stress**,  
enhancing mental health & resiliency  
to thrive & flourish.



**Music Therapy**, Healing Sound  
Gong bath, Singing bowls,  
Handpan, Didgeridoo, Drums...

**Mental strength**

**Sophrology**

Activities related to the 5 Pillars of Wellness

## Purpose & Solidarity

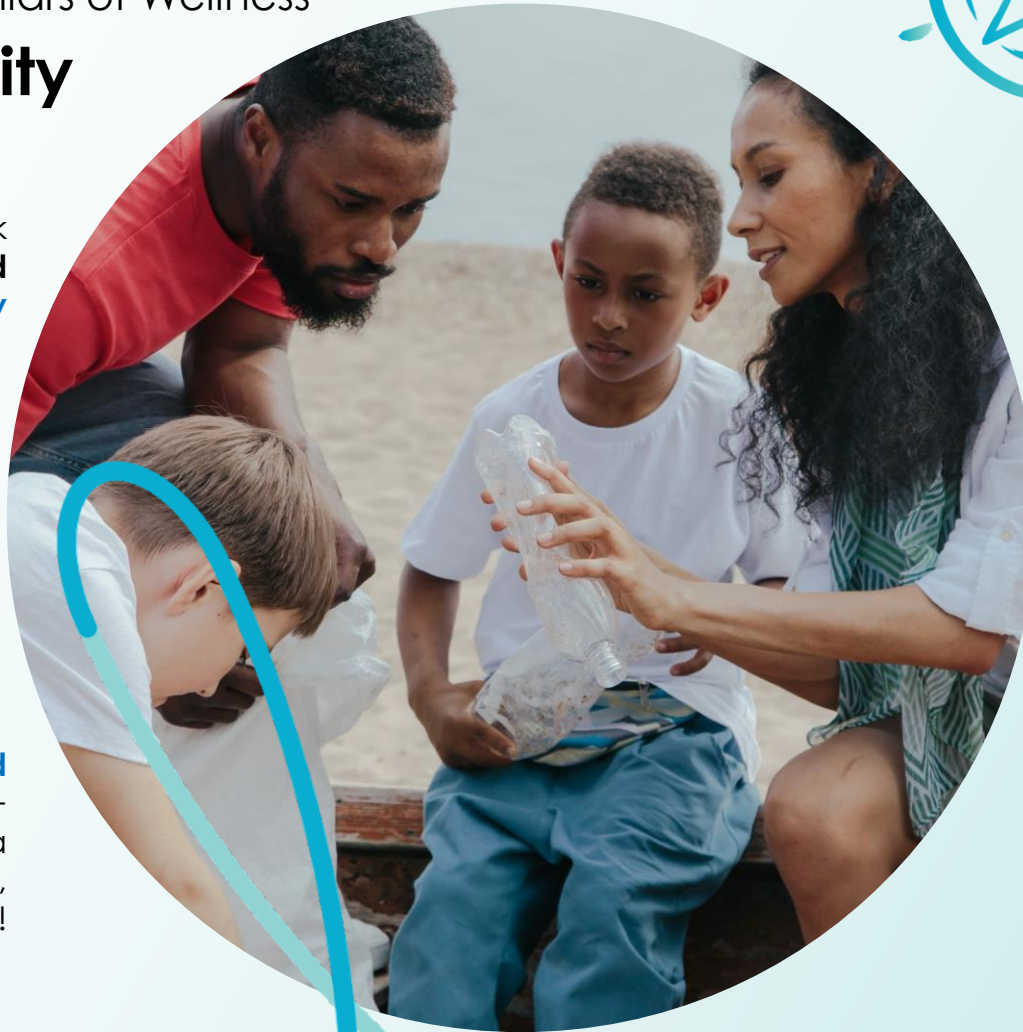
Clean a park, beach or river bank during **World Wellness Weekend** and **World Cleanup Day**



Replant, Reforest, Regenerate

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

If you can **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 / Run for a cause**

Organise an activity that  
benefits a **local association**

**Talk about personal growth :**  
develop your imagination,  
intuition, discover your IKIGAI

Prepare some Wellness activities,  
**for your team,**  
not just for your guests



# BEAUTY & LONGEVITY

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...

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

**Yoga Nidra**, Guided relaxation, Meditation

**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

**Yoga Therapy.**

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

Hamмам & Cleansing ritual

Banya & Parenie

Temazcal & Cleansing ritual

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

Extreme bathing : alternating sauna and cold plunge

to Spectacular



# 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

« **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



# Special thanks to our Sponsors

## 9th World Wellness Weekend

Save the date  
19, 20, 21 SEPTEMBER 2025

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