

9th World Wellness Weekend



wellmap.org

@worldwellnessweekend

#worldwellnessweekend

#wellnessforall

#wellfluencer



UNITE FOR WELLNESS

19-20-21
September 2025

Find activities near you

10.000
VENUES

160+
COUNTRIES



Let's Unite for Wellness!

10.000 venues in 160 countries join together, on every time zone, to boost **Vitality, Serenity, Solidarity, and Sustainability**.

HEALTHIER, STRONGER & HAPPIER... FROM FIJI TO HAWAII

Because the World Health Organization keeps sounding the alarm on the rise of inactivity, obesity, insomnia, loneliness and depression, professionals in fitness, beauty, hospitality and tourism join to show how **ESSENTIAL** wellness is.

19-20-21 Sept 2025, [World Wellness Weekend](#) returns for its **9th** edition in 160 countries. **10,000+ venues** will open their door and inspire millions of people to try and experience new fun and inclusive classes with friends, family, and colleagues.

Each of us can have a **positive influence** on others as a **#WELLfluencer**. We can take easy and progressive steps with the Five Pillars of Wellness to sleep longer, eat better, exercise more, be more mindful and take better care of underserved communities and Nature.

Our global partnerships are growing awareness about healthy habits: [World Cleanup Day](#), [Endurance Zone](#), [Nutrition Beyond Borders](#), [European Week of Sports](#), [Campaign Nonviolence...](#)

Pure Fiji cosmetics and Navutu Stars Resort will kick off the planetary celebration in Fiji at sunrise (Sept 19) with Aerobics, Yoga, and Spa rituals. **Anara Spa at Grand Hyatt Kauai (2025 Wellness HERO)** will officially closing the planet-wide event at sunset (Sept 21) with "Street Wellness: Strategies For Wellness In A Wacky World" and free activities for clients, colleagues and underserved communities.

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 near you, to look and feel as great as possible before the change of season.

World Wellness Weekend launches [wellmap.org](#) a brand new website with a **geolocator** in 18 languages to help people find **free and exciting** group sessions **INDOORS**, and recreational activities **OUTDOORS** 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 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 »

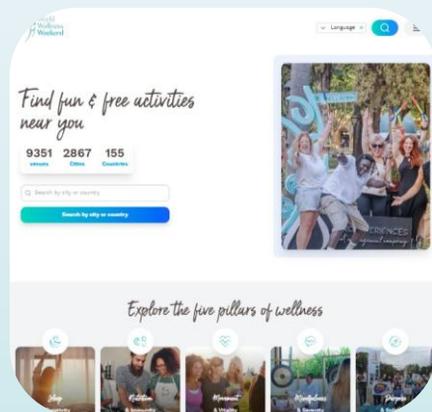
World Wellness Weekend is a **Non-Profit International Association** accredited by the King of Belgium, launched in 2017 to support the **UNITED NATIONS'** objective of "Good Health and Wellbeing for ALL".

This event of general interest grows exponentially each year, with the support of **40+ Mayors and Secretaries** (Tourism / Health), **60+ international federations**, and **170 volunteers around the globe**.

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[WATCH the 2025 TEASER VIDEO](#)



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

Jean-Guy de Gabriac, Founder World Wellness Weekend

#worldwellnessweekend #wellnessforall #wellfluencer #beactive

