



Activities Examples

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

19-20-21 Sept 2025

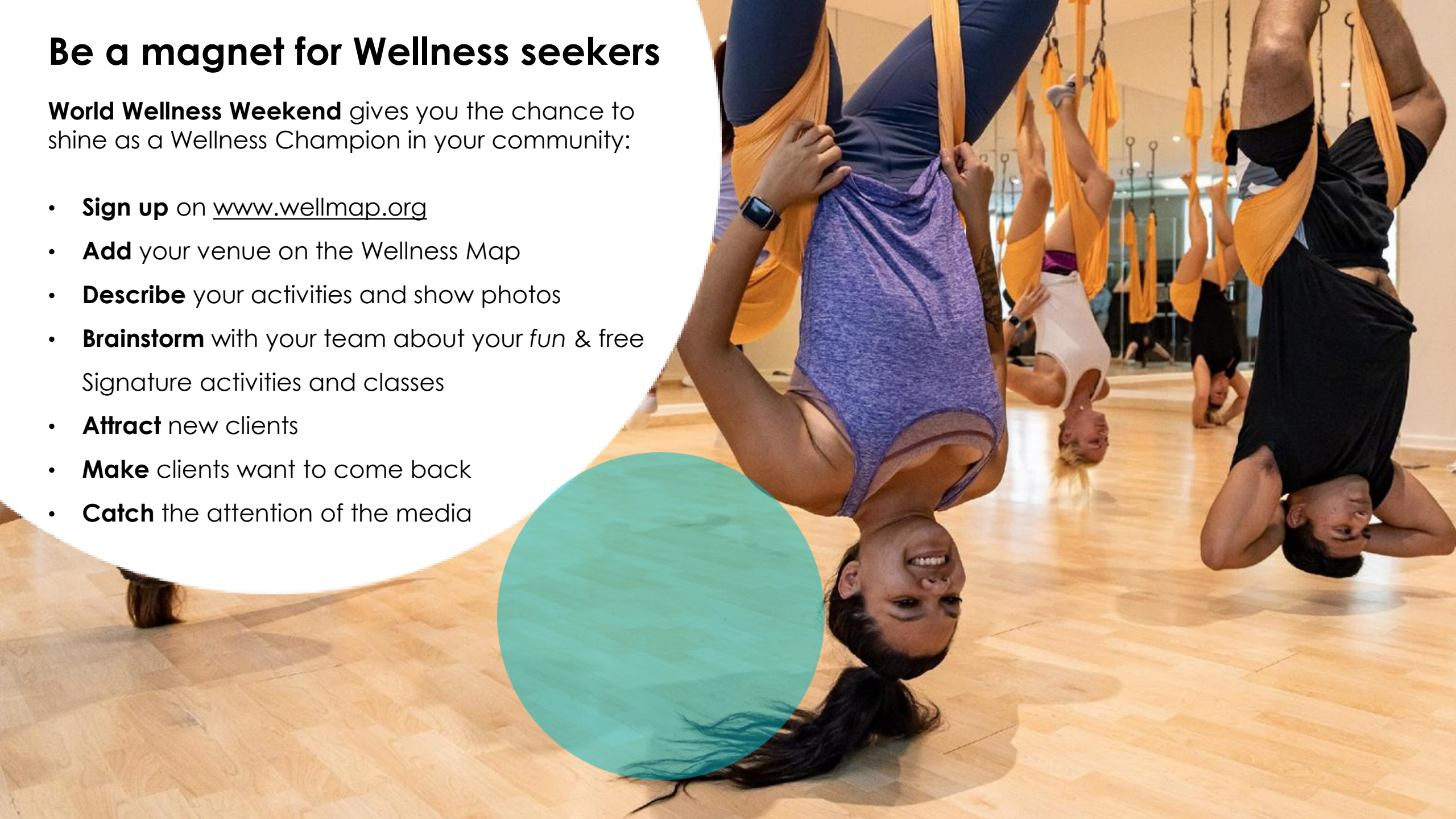


wellmap.org
160 countries

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 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

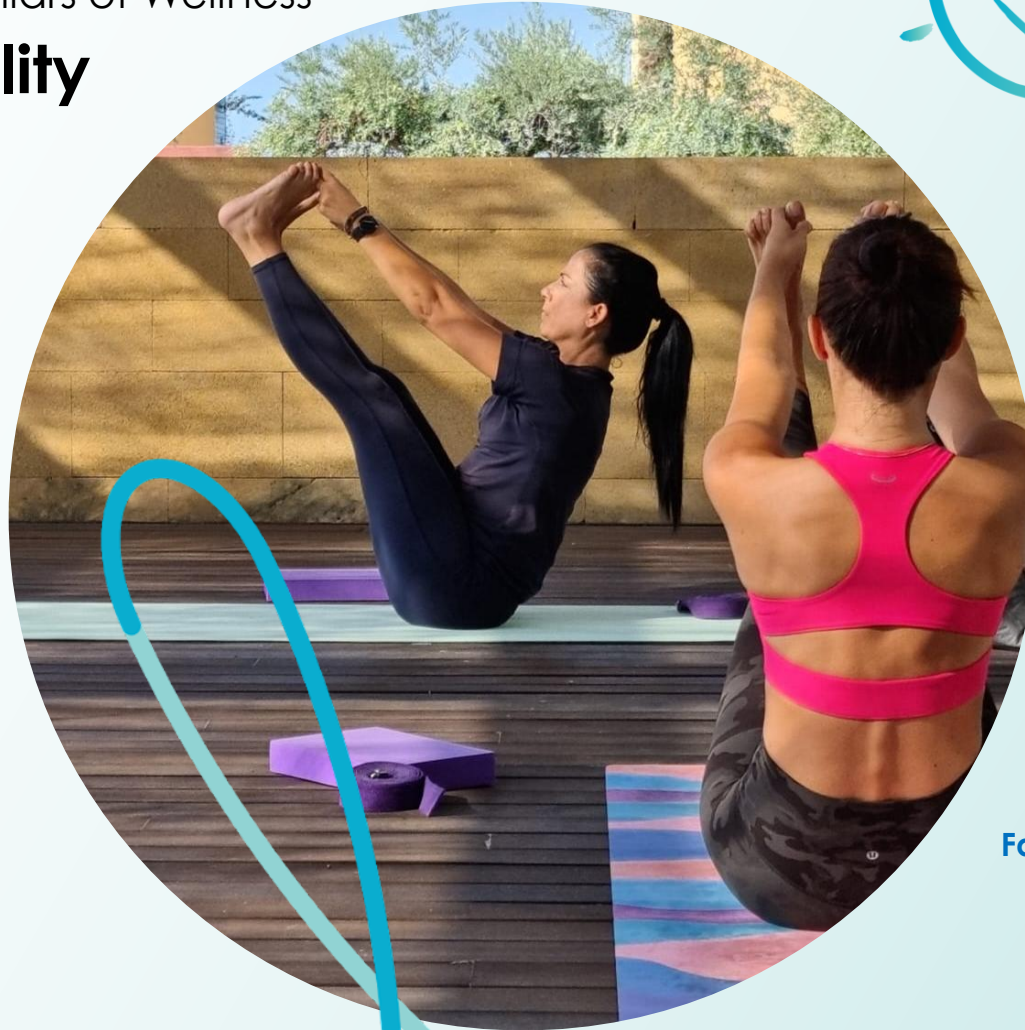
Movement & Vitality

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

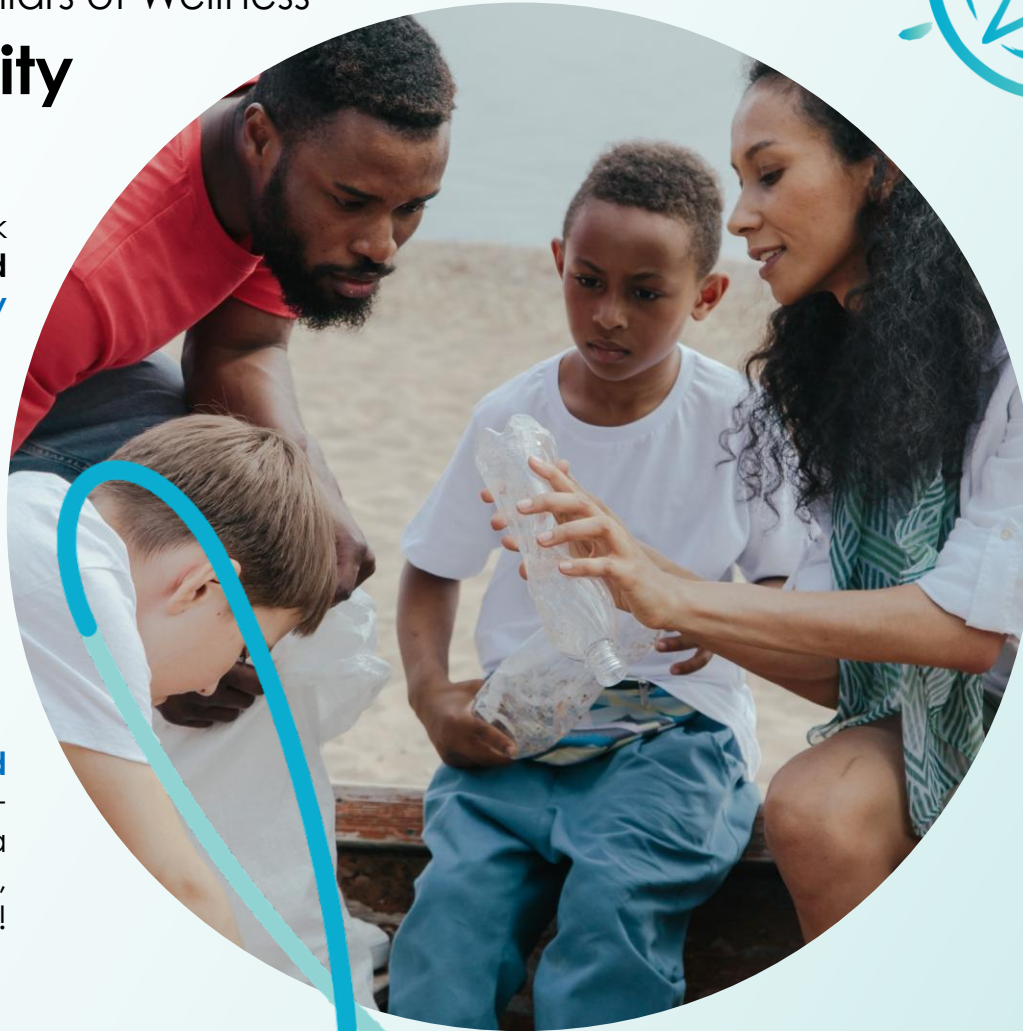
Clean a park, beach or river bank during **World Wellness Weekend** and **World Cleanup Day**



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.

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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

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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

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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

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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



Save the date

19, 20, 21 SEPTEMBER 2025

Lemi
ITALIAN WELLNESS EQUIPMENT

MATRIX



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agilysys

luxury wellness & spa specialists
SPA ACADEMY
— by Manuel De la Garza —



#worldwellnessweekend #wellnessweekend #wellnessforall #beactive

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www.wellmap.org