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# **MASSIVE PARTICIPATION**

Brands are celebrating their BIG anniversaries with World Wellness Weekend:

Altearah Bio 25 years
 MATRIX Fitness 50 years
 Vagheggi 50 years
 Champneys 100 years !!!

## Hotels rise to the call of the United Nations "Good Health & Wellbeing for All":

In 2025, we are seeing the largest participation of hotel groups going ALL IN to support #WellnessForAll during World Wellness Weekend with free events for Clients, back of house sessions for Colleagues to promote a culture of workplace wellness, and outreach initiatives for underserved communities (doctors, nurses, fire fighters) ...

200+ Marriott International Hotels including: JW MARRIOTT, Ritz-Carlton, Westin & Heavenly Spas, Sheraton, St Regis, Courtyard, Luxury Collection, Le Meridien, W Hotels & Away Spas, Edition, Fairfield, Four Points, MGM, Renaissance, Aloft, Autograph...

134 Buddha Spas in Brazil

126 David Lloyd Clubs in the UK & Europe (Most Active Fitness Clubs in 2022, 2023, 2024)

80+ J Wellness Circle including Taj Hotels, SeleQtions, Vivanta

70+ properties managed by Arch Amenities Group

50+ Banyan Group properties across Asia

All 45 Renova Spa - RIU Resorts

All 30+ Six Senses Hotels, Resorts & Spas

All 30+ ScubaCaribe clubs

**27 Mandara Spas** in Thailand, Indonesia, Malaysia, Palau, Egypt, UAE, Maldives, and Oman.

20+ ACCOR properties (MGallery, Pullman, Sofitel, The Purist)

10+ HYATT hotels including: Anara Spa at Grand Hyatt Kauai (Wellness HERO officially closing the 9th edition of WWW), and some Wellness Champions: Grand Hyatt Seoul, Grand Hyatt Busan, Lost Pines Spa (at Hyatt Regency Lost Pines), Alila Napa Valley, Miraval Life in Balance Spa Aviara...

**ALL Corinthia Hotels** 

**ALL Aqua Sana Forest Spas** in the UK and Ireland

**ALL Camelot Spas** in South Africa

ALL GOCO Hospitality properties will be participating at the HERO level with free activities for Clients, Colleagues and Community: <u>Fivelements Bali</u>, <u>Glen Ivy Hot Springs</u>, <u>The Lamai Samui</u> and <u>GOCO Hospitality office</u> in Bangkok.

And the active participation of: Daniel Thwaites Hotels, Hard Rock Hotels, Four Seasons, Hilton, Iconic Luxury Hotels, Kohler properties, LUX\*, Mandarin Oriental, Rayya Wellness and Wellbeings in the UAE, Steigenberger...

# THE NOBLE ART OF MASSAGE



With the support of the International Massage Association (World Championship Massage), New Massage Association (European Massage Championship) and the American Massage Festival & Championship, the International Massage Festival (Bulgaria) many World, European, National Champions and teachers will be organizing free massage workshops to share some easy and efficient techniques to take care of family and friends' shoulders, neck, forearms: Nadine Stark, Miroslav Skoric, David Grand,

Ludovic Maire, Tony Malfone, Petar Jankovic, Rita Murauskiene at Tengbjerg Massørskole, Jessie Bréard Hubert, Ana Malachowski, Georgi Krastev...

# DANCE YOUR WAY INTO WELLNESS



Virginia Timon, Global Ambassador for Wellness and Latin Dances, confirms an international mobilisation to promote how essential dancing is physically, mentally and socially:

- CAPE VERDE: Dance Specific Training will present "Longevity is a Skill: Extend Your Prime, a one-hour experience designed to help dancers train smarter, prevent injuries, and sustain their performance over time.
- CUBA: SalsaShot will offer an outdoors Salsa event in La Havana
- COLOMBIA: El Bailador, dance celebrity, will be available worldwide with online Salsa (Cali Style) lessons
- PUERTO RICO: Cambio en Clave will propose Inclusive Salsa class for people of all ages with no physical impediments, paired with death or blind dancers. All genders and ages interacting in the same dance floor.
- ROMANIA: Mara Badita and Association Bucuria Darului will be dancing with seniors
- SPAIN: Lorena Caraballo, Flamenco School: Emotional Flamenco Workshop and Flamenco Dance Workshops; A healing workshop to reach the deepest wound of your being through flamenco.
- UNITED KINGDOM: **Salsateca** will organize not-to-be-missed Salsa and Bachata lessons in various venues in London
- VENEZUELA: Academia de Baile Son Sabor Latino will host Salsa and Bachata lessons (Outdoors)
- More to be announced in Argentina, Dominican Republic, Spain...

# ARGENTINA (121 venues): Wellness For All is celebrated across the whole country:



• <u>7° Congreso Internacional de Profesionales de Spay Bienestar</u> with the participation of WWW Ambassadors, Eduardo Finci and Gaby Gergic (Argentina), Jessy Heredia (Chile), Flavio Acuña (Dominican Republic) discussing world trends on wellness tourism and medicine, case studies, massage

tango show, ayurvedic yoga...

- Córdoba Capital and Valle de Punilla: "Health and Wellbeing" mass gatherings with yoga and mindfulness, conscious DJ sets, organic food trucks, and workshops on neuroscience and emotional wellbeing.
- Secretaría de acción Social, Deportes y Educación de la Municipalidad de Tigre will activate its sports centers with fun and healthy activities for the community.



- **The CACYP Club**: "Well-being Beats" event in Don Torcuato for the 8th year, engaging the community to participate in healthy activities.
- **Iguazú**: wellness hotels will offer sensory experiences with jungle sounds and spa rituals inspired by indigenous cultures.



- Entre Ríos: Thermal Tourism Route in Gualeguaychú, Concordia, and Guaychú.
- Reserva Ecológica Costanera Sur (CABA) will offer yoga, walks, outdoor meditations.
- Campana, Olavarría, Tandil, Las Heras: mindful walks, aqua gym, yoga, singing bowls.
- Darregueira: local fairs, natural products, talks on healthy eating, outdoor activities.
- Dolores: free admission for families at the Thermal Park with guided relaxation circuits.
- Resistencia (Chaco): Monthly meditation, reiki, mindfulness, dance, holistic workshops.
- Chaco: May to Sept: weekly Caribbean rhythm classes & body awareness workshops.
- Tandil: Cerro El Centinela organizes mindful walks, mindful eating group meditation.
- Centros Vacacionales Piren (Iguazú, Cabalango y San Martín de los Andes): exclusive programs for quests.
- San Martín de los Andes, hiking, conscious breathing therapies in front of Lake Lácar.

### **BENIN**:

## Marina Dannon, WWW Ambassador in Cotonou, Benin, confirms:

• **Gogotinkpon**: traditional African traditions, tobò therapeutic clay baths, nutrition workshop, yoga with live acoustic music outdoors... Webinars and conferences in partnership with tourist offices, hotels, beauty salons, spas, fitness centers, workshops, forums, trade shows, and baby massage initiation workshop.



- **Juba Wellness Benin**: special care for caregivers (doctors, nurses) with beauty salons, fitness, nutrition activities.
- The Spa Beauty Clinic, Jardin d'Aphrodite, Spa d'Ebène, and Sofitel Spa Cotonou will open their doors for two days to offer skin diagnosis, advice, and techniques that improve confidence and self-esteem.

# **BOSNIA and HERZEGOVINA**:

Miroslav Skoric, the illustrious massage Champion and Country Ambassador is working closely with Dejean Tubic, Country Coordinator and local authorities to promote Bosnia & Herzegovina as a Wellness destination. The City of Banja Luka has officially confirmed its partnership with a full-day outdoor event in Mladen Stojanović Park, featuring yoga, zumba, pilates, children's fitness, professional lectures by renowned experts in the field, free massage sessions, stands with healthy food, and wellness advice for the elderly. In case of bad weather, the event will be moved to the nearby tennis hall, which is city-owned

The following properties have confirmed their active participation with free inclusive activities to support #WellnessForAll:



- Libra Massage Studio
- AS Fizio
- Caki Zen Beauty Zone
- Fitness Center 4life
- Olymp Sport
- Active Concept Sarajevo
- Forma Gym Tuzla
- Salon Krasiva
- Terme Wellness Laktaši
- Raindrop Massage Studio
- Studio Elena
- Studio Acumedica
- Studio Pure
- Studio Touch of Spirit Snjezana Maricic
- Yoga studio Danijela Karac
- Fakultet zdravstvenih nauka Panevropskog univerziteta Apeiron
- Monogram estate wellness
- Sonaya by Miroslav Škorić
- Splinter fitness Miroslav Jovanovic
- ... many more to be confirmed in August...

# BRAZIL (300 venues):

**Dianna Ruas, WWW Country Ambassador** confirms the massive participation of national wellness organizations:

- Limpa Brasil (with World Cleanup Day)
- Plantio Brasil to reforest the country
- Escola Marques de Salamanca
- Comunidade Brasileira de Naturopatia
- Hotel Marina Quinta do Porto
- Norma Amaral
- Lia Ruas Rotary MG
- and many Capoeira schools for demos and classes



• **Buddha Spas:** the largest Day Spa franchise in Brazil and LATAM with 130+ day spas nationwide will organize ONLINE and in-person mindfulness sessions to touch the hearts & minds of millions of people.

# **BULGARIA:**

Dimitar Dimitrov, WWW City Ambassador in Varna confirms:

- HVD Miramar and HVD Reina del Mar: Aufguss sauna sessions, Tibetan bowls, Gua Sha, YOGA for Adults, Teens, Kids, Forest bathing, Meditative beach walk, classes on nutrition & healthy cooking, Fitness...
- Riviera Beach Resort: Bachata dance classes, Stretching by the beach.
- Etika Life: In-person lecture by Ekaterina Tsolova.
- **Skeyndor Institute Bulgaria**: skin diagnosis sessions
- Plamena Radkova: ONLINE practice Shaping training.



# CAMBODIA (54 venues):

**+50 participating venues nationwide** uniting resorts, schools, yoga studios, nonprofits, and local communities, with some historic collaborations:



- Angkor Hospital for Children returns, offering staff-focused meditation and self-care workshops a powerful reminder that healing begins within.
- **Phare Circus**: acrobatic wellness workshop in Siem Reap, and Phare Ponleu Selpak in Battambang offers music, art, and theatre for community healing.

#### +10 new venues in Kep and Kampot:

- including schools, yoga studios, such as Akasha Villa, Kamùpot Villa, Lana Yoga, Monkey Republic Yoga Studio, Nibi Spa, Peppercorns School, Sabay Beach, and Znhouse Yoga, additional community initiatives like school-led cleanup events.
- Lana Yang, freelance yoga teacher and WWW City Coordinator in Kampot/Kep is curating wellness experiences with three paths: yoga and meditation, wellness for children, and outdoor adventures (climbing, running...)

# Siem Reap is honored once again as Cambodia's Most Active City:



- Navutu Dreams & Wellness Resort, Hariharalaya (Wellness Hero 2025): sunrise temple meditation, sound baths, sacred bonfire ceremony, community circles, yoga, breathwork, mindful walks, wellness demos...
- Alchemy Movement & Wellness will also offer Nia movement workshops, free dance journeys, and community-based mental wellness events.
- Bayon: special peace meditation for the International Day of Peace (Sept 21).

# **Phnom Penh** joins with a vibrant program:

- Azahar Foundation, CIA First International School, Bodia Spas, CULT Wellness Market unite schools, elders, small producers, and spas under one theme: Wellness For All.
- The Ministry of Cat: Yoga with Cats and animal care workshops.

**Takeo, Koh Kong, Sihanoukville**: World Cleanup Day actions, tree planting, dawn kayaking, and eco-wellness experiences like coconut oil workshops...

**Battambang: Phare Ponleu Selpak** offers a vibrant weekend of circus and dance workshops, music, theatre healing sessions, burning wood painting for adults, and a ticketed evening circus show (proceeds supporting free arts education for local youth).

# CANADA (52 venues):

Winnipeg (Manitoba) is celebrated as Most Active City in Canada since 2022. Laurie Barkman, WWW Province Ambassador in Manitoba, confirms that meditation, outdoor events, yoga, spa, fitness, healthy aging... be available across the Province:

- Holiday Inn Airport West: full day Wellness Connection conference with six health practitioners sharing their expertise.
- Ten Spa Wellness Champion
- Riverstone Spa
- Laurie Barkman Health and Wellness Coach
- Mindstage
- Enneagram Aware
- Alt Hotel Winnipeg
- Lilliane Regnier, Holistic Guide & Mentor
- Thermea by Nordik Spa-Nature
- Conscious Roots
- Pivoting Point Coaching & Consulting
- Deb Chaboyer, Edu-Healing Training & Practitioner
- Stillwater Spa at Park Hyatt Toronto

Laurie Barkman organizes the 4th Wellness Connection 2025 at Birchwood Inn (Winnipeg) as a vibrant gathering of experts, wellness advocates, and community members committed to holistic well-being:

- **Deb Chaboyer** Finding Strength through Healing
- Tamara Kroeker Wake Up: How Much of Your Life Are You Actually Living?
- Liliane Régnier Wisdom Mapping for Inspired Action
- Candice Bakx-Friesen Rising Strong: Navigating Life's Transitions with Confidence
- Louise Neil Unmuted: Rising Through the Fog of Midlife & Menopause
- Charlotte Ehlers Thriving through Transitions; Moving from striving to Thriving with Ease

<u>The Beauty Barn Spa</u> stand out again with <u>Awakening to Better Beauty</u>, offering complimentary spa and wellness services to individuals undergoing cancer treatment, with the support of a beautiful team of volunteers, local practitioners, and artists.

# **CANADA (Québec)**: Katja Prpic, WWW Ambassador in Quebec confirms:

- **Nutrition Sans Frontières (Nutrition without Borders)** supports disadvantaged youth through the Hope Project, raising awareness on better nutrition education, promoting healthy eating habits, making a lasting impact in struggling communities.
- Rosette Pipar, WWW Ambassador for Words & Happiness, will present a sensory and emotional poetry performance in the Laurentians with 12 dance artists uniting body and mind, with dance as a vector of solidarity and wellbeing.
- The GUEPE (United Group of Naturalist Educators and Environmental Professionals): guided hike "Between Marsh and Forest" in Montreal's parks to raise awareness on rich urban biodiversity, and walking for physical and mental renewal.
- <u>Spa Eastman</u> Wellness Champion: 7 essentials to rejuvenate your memory by 20 years, Prana Flow Run and Choose to be well.







<u>CHILE (24 venues)</u>: Jessica Heredia, WWW Ambassador in Chile, and her Coordinator, Natalia Heredia, along with Mirta Paredes and Natalia Estroz, Corporate and Engagement Leaders confirm the strategic participation of government stakeholders:

• City of Quillota: A major wellness event will be held in the city of Quillota, in partnership with the Municipality of Quillota, the network of wellness entrepreneurs, and World Wellness Weekend Chile. The event aims at the corporate sector, to bring together wellness leaders, local entrepreneurs, and corporate leaders, with activities designed to boost the wellness economy, foster public-private partnerships, and inspire private and government organizations to incorporate wellness as a strategic



focus and integrate wellness into their internal management, organizational culture, and community impact.

• Municipality of Maipú: wide range of wellness activities open to the community, along with internal work spaces for municipal employees, thus integrating wellbeing at the institutional level.

# **FRANCE (56 venues):** David Grand, WWW Country Ambassador and founder of **DaviDgranDspa** announces:

- Villerest Dam Cleanup in partnership with the municipality and the AHE (Acting with Humanism Together) association, as part of World Cleanup Day
- Korean Relaxation Workshop
- Yoga & Do-In workshop (self-massage)
- Giant Yoga and Sound Therapy



#### Many SOFITEL and MGallery hotels will participate including:

- The Purist Retreat & Spa, Cures Marines Hôtel & Spa Trouville MGallery Collection
- Hotel Sofitel Quiberon
- Hotel Sofitel Golfe d'Ajaccio with Pilates, Breathwork, and Boot Camp
- L'Ecole Darfeuille aesthetic & hair (Roanne) will offer 3 free wellness activities to become a WWW Champion.
- Centre Accompagnement Intégratif (Fleurance) Wellness Champion specialized in working with people o, the Autistic spectrum offers Wellness For All: Yoga Nidra of Conscious Sleep, talks on High Intellectual Potential, The Intestinal Microbiota, VRET (Virtual Reality Exposure Therapy), Humanist & Ericksonian Hypnosis...
- More news soon from Spa-A Association (French Spa Association) encouraging its members to <u>rise as Wellness Champions in this article</u>, Thalasso therapy centers, and three Massage Champions: Nadine Stark, Tony Malfone and Jessie Bréard...

INDIA (103 venues): Reena Sheth, WWW Region Ambassador in India & APAC, alongside the WWW team in India, Shweta Parekh and Jo Gaglani, WWW City Ambassadors in Mumbai, announce the massive support of:

- Asia Pacific Spa & Wellness Coalition (APSWC) which awarded Jean-Guy de Gabriac the "2025 Wellness Influencer of the Year"
- **Beautiful Hearts Community** uniting over 150 hair & beauty
- Malaysia Association Of Wellness Trainers (MAWT)
- Beauty & Wellness Sector Skill Council (B&WSSC)
- The J Wellness Circle will again organize a "Wellness Festival" across the 80+ properties of its portfolio of hotel brands (Taj, SeleQtions, Vivanta) with some properties being Wellness HEROES and many achieving the Wellness Champion status.
- News soon from Marriott International and its many Wellness Champions among J.W Marriott, Ritz-Carlton,
  - St Regis, Westin, Fairfield; and from Tattva Wellness properties across the country.





# INDONESIA (35 venues): Reena Sheth, WWW Region Ambassador in India &

APAC announces the support of the Bali Spa & Wellness Association (BSWA), the Indonesian Spa Association and the Indonesian Wellness & Spa Therapist Association.



John Nielsen Country Ambassador in Indonesia announces the arrival of a new Ambassador in Bali: Mrs. Dwi Santini, and in Jakarta, Mrs. Wu Lan and confirms participation of:

- **Bali Hotel Association**
- Fivelements Retreat Bali Wellness Hero 2025
- Anantara, Conrad, Courtyard, Hard Rock Hotel, Hilton Bali Resort, Hotel Indigo, Kempinski, Manaka by Ovolo, The Meru Sanur, Ritz-Carlton, Six Senses Uluwatu, Westin



# <u>ITALY (815 venues)</u>: Regis Boudon-Doris, Country Ambassador and Daniela Perini, Country Coordinator confirm:

- Two major Italian brands supporting (as every year) the N°1 Most Active Country of 2024: LEMI (Spa and medical equipment) and VAGHEGGI, cosmetic brand celebrating its 50th anniversary.
- Sport City Foundation: for the 2nd consecutive year, a partnership between WWW, CIWAS (Confederazione Italiana de Wellness and Sports) and Fondazione Sport City has been signed. Sunday 21 Sept 2025 will be dedicated to non-competitive inclusive sports and accessible in 116 cities nationwide.
- Andrea Pambianchi, WWW Fitness Ambassador for the Lazio region, convinced 420 Fitness Clubs of the <u>CIWAS - FITNESS NETWORK ITALIA</u> to offer three free entries during the three days to discover exciting new classes.
- Andrea Rapa, WWW Ambassador Liguria and Piemonte regions, for the 2nd consecutive year, the <u>Libertas National Organization</u> will participate with 190+ clubs nationwide offering free sports and wellness activities.
- **Bbspa\_Group**, WWW Bronze Sponsor confirms the participation of **LA SPA Helvetia & Bristol of Florence**.
- Simone Ciolli WWW Ambassador Toscana and Emilia Romagna regions confirm that the City of Casciana Terme Lari will host its first Wellness Festival, with Pet Therapy, full Immersion in nature, Sports and physical activities, body care and cosmetics, local cuisine, culture, music.
- Giovanna Lorrai, WWW Ambassador for Sardegna region and founder of InEvoSpa confirms activities across the whole island, with the important support of the Municipality of Milis and other municipalities and institutions: massages, treatments, workshops, meditation, yoga, barefoot forest bathing...

More news soon from: award-winning Italian Hospitality Company (Bagni di Pisa, Fonteverde, Grotta Giusti), Six Senses Rome, Conrad, Federterme (Terme: di Cervia, Chianchiano, Comano, Monticello, Pompeo, Riccione...), Almar Giardino, Pullman Almar Timi Ama, Sofitel, Habita79 MGallery Pompei...



JAPAN (534 venues): Tomoe Kaneko, Tomoko Iwai, Tomoko Koduma, WWW Country Ambassadors in Japan, and Kanako Nakai, Kumiko Nagai, WWW Coordinators, are planning to have wellness classes & events NATIONWIDE in ALL the 47 prefectures from north in Hokkaido to South in Okinawa with more than 200 wellness professionals in Japan.

#### Major support has been confirmed by:

- the Japan Tourism Agency (an external bureau of the Ministry of Land, Infrastructure, Transport and Tourism)
- **JSHIF** (public interest incorporated foundation)
- Japan Spa & Wellness Tourism Association (JSWT)
- Japan Sport Tourism Alliance (JSTA)
- Fitness Industry Association Japan (FIAJ)
- Japan Fitness Association (JAFA)
- SPORTEC (Japan's largest sports and wellness industry exhibition)
- Wellness Tokyo 2025 conference: one of Japan's largest exhibitions on mental and physical health, hosting the 2nd Wellness Business Symposium and the WWW 2025 aWWWards Ceremony.



More news soon from: Tipness, The Tokyo Tower, Ritz-Carlton Fukuoka, Nikko & Kyoto, Verdi Viale, Westin Miyako Kyoto, W Osaka...

MALAYSIA (14 venues): Reena Sheth, WWW Region Ambassador in India & APAC announces the full support from the Malaysia Association of Wellness Trainers (MAWT).

Mrs. Hana Halim, Country Ambassador and President of the Malaysian Spa Association (AMSPA) organizes the much-awaited 1st ASEAN Spa & Wellness Convention in Kuala Lumpur (July 21-23).

More news soon from: Angsana, Banyan Tree, Grand Hyatt Kuala Lumpur, Mandara Spas, Marriott, Ritz-Carlton Langkawi, Sofitel, The St Regis, Westin Langkawi...



MAURITIUS: will shine again as a Wellness destination with activities organized by legendary properties: Lux\* Le Morne, ScubaCaribe, So Sofitel Mauritius, Sofitel Mauritius L'Impérial Resort & Spa, Hilton Mauritius Resort & Spa, Anantara Iko Mauritius Resort & Villas, Four Seasons Mauritius



## MOROCCO:

**Soumia Hite, WWW Ambassador in Marrakech**, confirms the participation of iconic properties:

- Royal Mansour Marrakech
- Oberoi Hôtel Marrakech
- Movenpick Marrakech
- Fairmont Hotel Tanger
- and more to be announced in August...



# PHILIPPINES (34 venues):

Marla Mae Ramos and Cybille Barcebal, co-City Ambassadors in Manila confirm a growing NATIONWIDE participation with the support of the Department of Tourism:

 Araw Hospitality Group: <u>Nawa Wellness</u>, Bacau Bay Resort, Lihim Resorts, Unwnd Boutique Hotel...with a flagship event in the Philippines.



More news soon from the properties that successfully participated in 2024:

- Wellness Champions: Niyama Wellness Center,
   The Farm at San Benito...
- Belmont Hotels (Boracay, Mactan Manila),
   Boracay Newcoast, Clark Mariott Hotel,
   Richmonde Hotels (Eastwood, Iloilo, Ortigas),
   Savoy Hotels (Boracay, Mactan Newtown,
   Manila), The Westin Manila, Twin Lakes Hotels
   (Laurel, Batangas), Quan Spa at Marriott
- Fitness clubs: Fitness First, Kerry Sports Manila...



# POLAND (11 venues):

**Arek Dawidowski, Country Ambassador** confirms the active participation of:

- World Cleanup Day
- 4\* Hotel Meta
- Hotel Astor
- Hotel Crystal Mountain\*\*\*\*\*
- Poziom 511 Jura Wellness



Renata Kokarcali, City Ambassador in Wroclaw announces the participation, for the first time, of a renowned sports school Szkoła Podstawowa nr 2 im. Europejskich Dróg Świętego Jakuba w Lubaniu and the Zespołu School of Gastronomy and Hotel management.

# PORTUGAL (41 venues):

Liliana Ferreira, WWW 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
- Turismo do Porto e Norte,
- Turismo do Centro
- Turismo do Algarve
- Associação das Termas de Portugal
- Portuguese Spas Association
- Femina Association for Women Entrepreneurs

**+100 fun, creative, inclusive, and socially responsible activities** spread across various venues, ensuring an enriching and holistic experience for all participants:

- <u>Camélia Spa & Wellness</u>, owned by <u>WWW Country Ambassador Liliana Ferreira</u>, will host "Flow of Connection", an active meditation session by <u>Rosa Valgy</u>, <u>WWW Wellness Leader on Holistic Therapy</u>. <u>Miyoko Love Your Skin</u> will lead an exclusive interactive workshop on body care rituals. There will also be a <u>Yoga Class</u> led by Kellen Leal.
- The Spa at Corinthia Lisbon (Wellness Champion): vibrant programme for guests, colleagues, and the community: a Run with the General Manager, Sound Healing, Yoga by the Pool, Hot Yoga, Pilates, The Corinthia team is also joining forces with the local community to clean the beloved Mata de Benfica.



- Ávida | Saúde em Movimento: Pilates classes for beginners, group classes in functional training; myofascial therapy sessions for either the upper or lower body, quick massage in a chosen area (back, legs, or face); guided walks, and some ONLINE group exercises.
- **Emilie Mangoni YOGA:** soulful Kirtan in the Park with music, mantra, for a heart-opening experience in nature.
- Mandalay Spa Liberdade and Mandalay Spa Royal Óbidos: Face Yoga class, along with 10% or 15% discount on face product lines and facial treatments, including a special code for in-store purchases.



- Satsanga Spa Vila Galé Collection Tomar: serene retreat in a historic setting: relaxing massage with essential oils, nutrition workshop on enhancing health through diet, and Oriental head massage to revitalize energy and relieve tensions.
- <u>DOU</u> | Nurturing and wellbeing since pregnancy by WWW Wellness Leader on Pregnancy and Parenting Catarina Gaspar Pimpão: Circle for pregnant and postpartum families; and special Water Relaxation session for pregnant women.



- Matosinhos City Council invites the community to take part in <u>We are One</u>: free
  outdoor event celebrating nutritional education, physical and emotional well-being
  through talks, meditation, dance, pilates, ambient music, conscious gastronomy...
- <u>Yoga Devotion Dance</u>: new edition of the Yoga Devotion Dance Teacher Training program (for yoga teachers, dance instructors, and enthusiasts).
- The Inner Bloom Ritual by Ana Marta Mora: guided meditation, intuitive movement and ceremonial cacao to soften the mind, awaken the body, and open the heart.
- Satsanga Spa Vila Galé Tavira: invigorating stretching session.
- <u>Sandra de Andrade</u>: two free ONLINE workshops on Ayurveda and Hypnotherapy with valuable insights into these therapeutic practices.
- <u>D'NATUREZA</u>: journey of discovery and authenticity for Health and Wellness professionals anchored in the principles of phytotherapy and aromatherapy.
- <u>Rise To Be</u> coaching & development company, by <u>WWW Ambassador in Lisbon Andreia Santos</u>, will offer a unique Coaching in Motion Session.
- Tamar, founder of "O Mel da Deusa" specialist in Sacred Sexuality, Tantra, Bodywork and Conscious Feminine and author of the book "Goddess Honey The discovery of conscious feminine sexuality", will host The Body Bliss Workshop, an experience of connection to places in the body that are simultaneously points of pain and pleasure, to feel again, fully.
- **Espaco Cultural Kali** will offer Yoga, Pilates, Ayurveda, Sound Healing and other activities to deepen self-awareness and find inner peace.
- Paula Face Yoga: relaxing ONLINE Face Yoga class to lift, tone and glow naturally.

Renowned hotels and resorts are gearing up to announce their exclusive wellness activities: The Yeatman Wine Spa, Six Senses Douro Valley, Anantara Spa, Hilton, Sublime Comporta, Intercontinental, Vale do Lobo, Seven Spa Vilamoura, Le Monumental Palace, Puralã Wool Valley Hotel & Spa, Taipas Termal and Quinta da Comporta Wellness Boutique Resort.

# **ROMANIA**:

**Diana-María Georgescu**, **Alquemic Walking Leader**, will host a session to Guiding people on El Camino de Santiago de Compostela – French Camino from Léon, Spain as well as a storytelling session "How was your day on the French Camino?" and a Walking meditation on the French Camino.

Marin.

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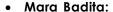
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El 4U Magazine

ther as ONE!

# WomenEsteem International association and WEI 4U Magazine:

- Walk with us WomenEsteem International Camino Friends - inviting local people along the way to join for a walk for as long as they want;
- o Women stories on El Camino;
- Walk the talk alchemic inner transformation on El Camino interviews and article published in WEI 4U in October 2025;
- o Bridging the walk walking in Spain and in Romania in the same time



- o Creative-drawing with kids & adults to help identify & connecting with emotions;
- o Hiking;
- Cleaning activity in a park or green area;
- o Dancing with seniors to free the mind & breath (with Association Bucuria Darului);
- o ONLINE event Be YOU reconnecting with yourself
- **Belle Stay Pension:** Hiking; Creative and relaxing time through drawing, social games, mindfulness exercises; Cleaning Braşov.
- Swissôtel Poiana Brasov: Face Yoga, Hatha Yoga, Back, Neck & Shoulder massage

Click here to see more information on the WWW program in Romania.

# SPAIN (731 venues):

Lucía Romero de Ávila, WWW Country Ambassador, was interviewed on TV Marbella to present the AMAZING program of WWW 2025:

- A school in Marbella will officially open WWW 2025 with activities for kids on Friday 19 Sept
- OPEN HOUSE at participating gyms, hotels, holistic venues, dance schools with free wellness activities.
- Healthy offshore catamaran trip from Marbella to
   Puerto Banus and back with stretching, meditation, and fruit skewers.
- A shopping mall will get everyone dancing with Zumba, salsa, and bachata...

This year, the WWW program is called **The Wellness Beach (Sept 20 & 21)** in San Pedro de Alcantara Promenade and Marbella Mediterranean Park.



As in previous years, the **City of Marbella** offers fitness, massage, Yoga, Pilates, Reiki, Access Bars, facial care, dance and dance classes, sports activities, golf baptism, and

- Craft Market with twice as many stands and workshops.
- Kids activity area: costumes, face painting & games.
- neWWW: paragliding, pickleball, and rope flow exhibitions!



and solidarity collaboration with **Mechones Solidarios** and solidarity activities with the **CADI association**: party, charity walk and charity paella.

Elvira Heal, WWW Ambassador in Malaga, announces that prominent venues such as O2 Centro Wellness, YogaOne Teatinos y Perchel, el Real Club El Candado join WWW with her own venue Atha Center with activities such as:

- Experiential workshops
- Personal growth talks
- Group yoga, fitness, and dance classes
- Meditation and hypnosis sessions
- Family constellations
- Sound & energy therapies (Reiki, Tameana, Access Bars)
- Massages and facial care
- Sports and dance activities



Norma Velazquez, WWW Ambassador in Antequera, announces that Antequera and the Mozarabic Way offer a transformative program in partnership with World Wellness Weekend "A la luz del Mozárabe" (In the light of the Mozarabic). From May 5 to June 27, 2025, more than 30 immersive experiences will take place in seven municipalities in the interior of Malaga (Alameda, Antequera, Casabermeja, Fuente de Piedra, Humilladero, Mollina, and Villanueva de la Concepción) offering visitors much more than a route: an opportunity to rediscover the Camino with activities such as:

- sensory dinners, winery experiences and oil tastings
- astronomical routes
- orchid watching in El Torcal
- family getaways
- evening cultural activities in historic settings such as the Alcazaba of Antequera
- sunrise yoga, interpreted hiking, sensory activities, and connection with nature
- sustainable communities to revalue the natural and cultural heritage of rural areas
- responsible consumption and life in terrestrial ecosystems through conscious wine tourism, ecological experiences, and environmental education.

Álvaro Velazquez and Manuel de la Garza, WWW Co-Ambassadors in Barcelona, with Coordinators Raquel Rodríguez and Clara Berni, and the WWW Country Coordinator in Barcelona, Carmen Coroian (founder of AnteTodo Magazine), as well as the WWW City Coordinators in Barcelona, Francina Bastardes, Tony Avilés and Leticia Rufin, confirm the participation of several venues with Yoga, Tai Chi, Dance, Pilates, Wellness talks and workshops, activities for children, Craft workshops, Information stands, Food and drink



tasting, Sustainable activity with Cleanup Day group (September 20):

- Carmen Coroian, publisher of (ANTETODO Magazine) confirms:
  - "Voces que Transforman" (Voices that Transform): Life and Well-being Stories Contest; Extraordinary edition of the WWW 2025; Live interviews with WWW Ambassadors, Coordinators and Leaders; Live reports.
  - And ONLINE sessions: Azoika, Mar Riguero (in Tarragona) "The spell of fear and how to break it"; two online workshops "Express NLP for your daily life" and "Creativity to transform emotions"; and ONLINE workshops with Ángeles Arjona, Co-Educada-Mente.
- Asociación para el Desarrollo Integral y Bien Estar de la persona (Association for the Comprehensive Development and Well-being of the Person) (ADIBEP): ONLINE workshops: "A Path to Inner Peace and Emotional Well-being"; and "Discover the Power of Reiki: Energy and Healing"; and more to be announced...
- Álvaro Velázquez, through his company Sanity Protection: Presentation of sustainable clothing, Workshop on how to recycle and get the most out of your old clothes.
- Lorena Caraballo, Flamenco School: Emotional Flamenco Workshop and Flamenco Dance Workshops; A healing workshop to reach the deepest wound of your being through flamenco.
- Adjamagnété Lambal: workshops "Empower Yourself: Be the Goddess"; "Fulfill Your Dreams, They Are Mine"; "Connect to a World Goddess, to empower your Inner Goddess with the Goddess cards"; Goddess fashion and sound harmonization (Tibetan and crystal bowls, gong, shamanic, shamanic drum, ocean drum...).
- **Beatriz Sánchez:** Talk-workshop to get a healthy back quickly: learn how to relieve back and neck pain with your own hands with easy and effective techniques.
- **Merche Saamadora:** Veturian Arana Quantum Technique; Tameana Zoom session; Pleyadiana Technique; Zoom session on Kundalini activation, energetic transmission to connect with your essence, empower yourself (Ksisters school).
- Francina Bastardes: Grow healthy habits
- Leticia Ruffín will present her event Sustainable Fashion Fest
- Teté García Belleza 360°: Aphrodite Facial Yoga online workshop

Manuel de la Garza will also offer wellness activities at the <a href="Spa Academy by Manuel de la Garza">Spa Academy by Manuel de la Garza</a> and Mayan Luxury <a href="Spa">Spa</a>.



Click <u>HERE</u> to see more information on the WWW program in Barcelona.

**And** so many more activities soon to be announced in **Madrid**, **the Canary Islands**, **the Balear Islands**; including the support of **Natura Bissé**, award-winning Spanish cosmetic brand, selected by Forbes.

<u>UNITED ARAB EMIRATES (61 venues)</u>: Aheem Siddique, Country Ambassador announces the strategic support of the **Dubai Sports Council**: "In a promising show of

announces the strategic support of the **Dubai Sports Council**: "In a promising show of support, the Dubai Sports Council has expressed its commitment to collaborating with World Wellness Weekend to raise awareness and promote healthier, more active lifestyles through inclusive community engagement and shared wellness goals."

This mutual partnership supports the UAE's National Strategy for Wellbeing 2031 and Dubai's objective to become the Best City in the World by 2050.

It also starts the countdown the city-wide <u>Dubai</u> <u>Fitness Challenge 30x30</u> (Nov 1-30, 2025) initiated by the royal visión of His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum. Since its inception in 2017, this month-long celebration of fitness and wellness, inspires and challenges millions to embrace healthier lifestyles and complete 30 minutes of exercise daily for 30 days (30X30). Over 2.4 million participated in 2023 with an extensive array of city-wide events, free workouts, exciting tournaments and wellness opportunities.



We are also grateful for the active support of **Professional Beauty GCC** and the **World Spa & Wellness Convention DUBAI** encouraging their database of Hotels and Spa operators to rise as Wellness Champions and shine as Wellness Heroes with World Wellness Weekend.

Maja Corridon, Wellness Coordinator of the City of Abu Dhabi confirms Conrad Abu Dhabi Etihad Towers - Abu Dhabi: a revitalizing Oxygen Bar will boost energy and enhance mental clarity (with SKIN111) and a state-of-the-art Recovery Station (with Hyperice) offering cutting-edge muscle recovery and mobility solutions.

<u>W Abu Dhabi</u> - <u>Abu Dhabi</u> is the first Wellness HERO of the country with a world-class five-day wellness program curated to engage talents, guests, and the Abu Dhabi community: daily fitness and yoga sessions, team-building experiences, and a dedicated day for mindfulness, meditation, and gratitude practices under the stars.

<u>Sofitel Al Hamra Beach Resort</u> – Wellness Champion 2025 will host an OUTSTANDING festival of activities: Aqua Zumba, Paddle and Play, Complimentary Foot Massage, Morning Hatha Yoga, Fun Run, Healthy Minute Break

**Sharjah Ladies Club – Sharjah, 'Wellness Champion' for four consecutive years, and '2024 Wellness Hero'** offers a vibrant three-day program with dynamic fitness sessions,

wellness workshops, and exclusive offers designed to support both physical and mental well-being.

Additional participating venues include Conrad Dubai, Hilton Dubai Palm Jumeirah, DoubleTree by Hilton JBR, Four Seasons, The Abu Dhabi EDITION, Zabeel Ladies Club, SLS Hotel Dubai, Hyde Dubai, Meliá Desert Palm, Free Soul Yoga, JA Resort, The Pearl Spa, Zayna Spa at Grand Millennium, The Bridge Hub, Fitness First, and Kintsugi Space...

<u>UNITED KINGDOM (158 venues):</u> Katie Byrne Plowman UK Country Ambassador announces that the UK Spa Association are supporting nationwide.

• <u>David Lloyd Clubs</u>, Most Active Fitness group in the UK 2022, 2023 & 2024, prepares an OUTSTANDING activation in their 100 clubs in the UK, and 26 in Europe:



- enhancing Member experience with extra wellness/fitness experiences: SPIRIT
- Sound meditation SPIRIT Dance meditation / Niksen / Book Club / Run Club / Walk Club
- Clubs with Spa Retreats & Spa Garden Clubs: 3x daily meditation sessions through the Image Sound system over the 3 days (with no in-person instructor)
- **The Clubroom:** selection of mindful activities for members (more details in August)
- Kids Yoga Classes and mindful activities
- The David Lloyd Clubs App: 3x daily On-demand meditation sessions over 3 days
- LIVE Q&A with key experts from DLC across brand social channels
- Some clubs will open their doors to non-members (list announced in August)
- Junior Adventures Group The UK's leading provider of before and after-school activity programmes, PE lessons and holiday clubs joins the WWW movement in the UK! The group is planning activities during the whole week with 170 of their clubs: wellness activities, ZEN Masters, and education on nutrition through the Flavour Fest programme, Wellbeing Warriors, and PowerTeam sessions including a family step challenges.



- Sustainable Wellness Group will be organising a 'be kind and give back campaign' with their members, travel boards and community encouraging and organising re-wilding walks, canal/park clean ups and encouraging communities to be kind to their neighbours, donate time to charities and community centre.
- Tara Moore, WWW Ambassador Ballymena / Belfast Northern Ireland, confirms activities at Galgorm, The Rabbit, The Old Inn.
- Bethan Dando, WWW Ambassador South Wales will host a free ONLINE mat yoga session for all with Pilates Class, The wellbeing Company, and continue their outstanding national repurposing of plastic mats campaign and discounts off new yoga mats.



Virginia Timón, WWW Coordinator Salsa UK, and Elder
 Sánchez, WWW Ambassador Latin Dance UK, will offer free classes at their Salsateca locations in London and coordinating Latin dances classes in Cabo Verde, Cuba, Puerto Rico, Venezuela, Colombia...

- AIRE Ancient Baths, awarded Most Active Thermal Group in 2023 and 2024 focuses this year's activities on Mindfulness & Serenity in 5 venues in the UK, Europe and the USA: digital detoxing, mindfulness sessions with a mindfulness & serenity workshop focused on a sound baths and guided meditation and ONLINE tips for relaxation at home, the benefits of hydrotherapy, how to digital detox...
- Clover Mill will be hosting a profit free 'Heal the healer' Spa Therapist Retreat Friday 19-Sunday 21 Sept.
- Inc dosha assessment: Ayurveda talk, yoga, body massage, Nature walks and nutritious meals throughout the stay, Wellbeing talks, Lakeside Buffet lunch...
- **Mindfidelity** will be partnering with one UK spa location to host an immersive sound healing sessions, transporting guests to the heart of Borneo Rainforest.
- **Duck Score** will be offering free access to their mental health app throughout the WWW, focusing on making mental wellbeing support more accessible to all.
- **Oren Wellness**: series of free workshops across the weekend at Oren Cardiff, providing opportunities for people to explore practical wellness tools and practices.

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We are also grateful for the active support of **Professional Beauty UK** and the **World Spa & Wellness Convention LONDON** encouraging their database of Hotels and Spa operators to rise as Wellness Champions and shine as Wellness Heroes with World Wellness Weekend.

More to be announced from: Lucknam Park, Corinthia Hotel Spa (London), Arch Amenity Group, Gainsborough Hall, Daniel Thwaites Group, Comfort Zone UK, Pure Spa & Beauty UK, Lara, Sea Containers (London), Positive Luxury, Beaverbrook, The Wellness Card...

### **UNITED STATES OF AMERICA (100 venues):**

World Wellness Weekend will grow exponentially in the USA with significant participation from:

- Marriott International
- 20+ Hard Rock Hotels
- The Spa Industry Association
- Health & Fitness Association (previously IHRSA)
- The Hot Springs Association of America
- Skin Authority...

Hyatt venues nationwide invite the public to enjoy wellness activities:

- Anara Spa at Grand Hyatt Kauai 2025 Official Wellness HERO will officially close the WWW 2025
- Alila Napa Valley 2025 Official Wellness CHAMPION
- Lost Pines Spa (at Hyatt Regency Lost Pines) 2025
   Official Wellness CHAMPION
- The Spa at Spruce Peak (at The Lodge at Spruce Peak)
- Alvadora Spa at Royal Palms Resort and Spa



- Andaz Miami Beach Ondara Spa
- Miraval Life in Balance Spa Aviara (at Park Hyatt Aviara)
- Sunny's Spa and Beauty Lounge (at The Seabird)

as well as **Spa Esencia Hyatt Regency Trinidad** in Trinidad and Tobago.

#### **Arch Amenities Group** unveils the participation of some of its 70+ properties:

- 1 Hotel West Hollywood (2025 Wellness Champion): RestPlay activation for evening of 19th and Soundbath on 20th, including Tarot for Wellbeing, Natal Astrology Charting, Intention Setting and Feng Shui for the Mind: Clarity Sessions.
- JW Marriott Plant Riverside Savannah
- Sea Spa at Loews Coronado Bay Resort (2025 Wellness Champion): Paint & Sip by the bay, Love Letters in the garden, Sunrise Yoga.



• Stillwell Spa at Snowpine Lodge: Mountainside Soundbath and Meditation, Shadowboxing on the Lawn, Mindfulness Mountain Watercolor Station, CBD Educational Course

#### Glen Ivy Hot Springs (California) – 2025 Wellness HERO:

- Saturday 20 Sept: Breathwork Class for our local Senior Community, followed by coffee & muffins (Activities Deck), AquaFit (Lap Pool), AquaTone (Lap Pool), New Moon Meditation – Two Sessions in the Secret Garden, and Live Music at night (Lounge Pool)
- Sunday 21 Sept: Complimentary Breathwork Class for our Team (Secret Garden), Power Flow Yoga (Secret Garden), Mellow Flow Yoga (Secret Garden), AquaFit (Lap Pool), AquaTone (Lap Pool), Live Music evening (Lounge Pool)



**Carol Phillips**, from **Beauteesmarts Global**, will offer a full 3 day in September as well as a New Power Yoga Retreat in June and expanded spa-lux wellness cabins at **Harman's Luxury Log Cabins** (West Virginia).

**The American Club** (a Kohler property): Outdoor Yoga on the Platform, Guided Meditation in the Garden, and Guided Hike through the River Wildlife Trails.

NYC Wellness Camp: Karen Ballou, founder of Immunocologie Skincare, and Wellness Leader in NYC, invites you to explore the connection between skin health, energetic balance, and long-term vitality with a thoughtfully curated lineup of healing experiences, expert-led workshops, and interactive sessions designed to renew your body, skin, and spirit:

- Panel Discussions on clean beauty, hormonal balance, and the Blue Zones lifestyle.
- Longevity + Gut Health Workshop with leading wellness practitioners
- Mindful Movement, Breathwork & Meditation
- Daily Skincare Rituals & Skin Immunity Talks with Karen Ballou and others
- Clay Water Detox Rituals featuring Ores by Immunocologie
- Nourishing tastings and functional wellness beverages
- Partner Pop-Ups from select wellness and lifestyle brands
- Exclusive Wellness Gift Bags featuring Immunocologie and supporting products

More information soon from: Hilton, Mandarin Oriental...

<u>URUGUAY (65 venues)</u>: Lorena Acuña, WWW Country Ambassador, Alejandro Barreto, WWW Country Coordinator, Fabiana Toranzo, WWW City Coordinator in Maldonado, Yohana Ferreira City Coordinator in Montevideo and Natalia Figueroa, City Coordinator in Ciudad de la Costa announce big neWWWs: The Minister of Tourism has renewed his declaration that World Wellness Weekend is an event of National Interest to promote Wellness Tourism in Uruguay.

- Colegio Areteia Bimbully reopens its doors to offer their facilities for the WWW.
- GHTW Congress (Gastronomy, Hospitality, Tourism and Wellness) celebrated in the country for + 20 years will include an agenda especially focusing on wellness, in partnership with WWW.
- MINISTERIO DE TURISMO

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 Numerous venues will participate nationwide to celebrate #wellnessforall: Yoga, laughter Yoga, Tai Chi, Zumba, inclusive football, healthy cooking workshops, family constellations, collective conscious hypnosis sessions, inclusive theatre and coaching talks, training spaces, retreats, virtual experiences.

VIETNAM (130 venues): Hylton Lipkin, WWW Country Ambassador, and City Coordinators across Vietnam: Tran Tu Anh and Pham Hoang Thanh Thai (Saigon); Vishnu Harshan and Katie Kim Tuyen Doan (Hue); Sheinette Ivy Gonda Sevilla (Da Nang); Quynh Duong (Hoi An); Phi Yen (Sapa); and Chao Thi Thuy Quynh (Hanoi & Nha Trang) confirm wellness activities NATIONWIDE: Yoga, Mediation, Sound Bathing, Zumba, Running, Hiking, Trekking, Tai Chi, Qi gong, with an emphasis on Environmental wellness: beach, road and public area clean ups, and Tree planting.

Below is a partial list of the 2025 participants (more to be announced in August):

- A La Carte Halong Bay Hotel & Residence
- Intercontinental Group Vietnam
- Reborn Fitness & Health
- California Fitness & Yoga
- Aeris Hill Tu Le
- Akoya Spa
- Alba Wellness Valley by Fusion
- <u>Thanh Tan Hotsprings by Fusion</u>
- An Lam Retreats Ninh Van Bay
- Vietnam Detox
- Ana Workout
- Anantara Resort, Vietnam
- Banyan Group Vietnam
- aNhill Boutique
- Aquafield Nha Trang
- Bliss Hoi An Beach Resort & Wellness
- Boma Resort Nha Trang
- Centara Mirage Resort Mui Ne



- CITIGYM
- Dancenter Vietnam
- <u>Diamond Westlake Suites</u>
- Diviners Movement
- Hoi An Pilates
- Four Points by Sheraton Da Nang
- FURAMA RESORT DANANG
- FUSION HOTEL GROUP
- JW Marriott Phu Quoc
- Lumina Wellbeing
- Mandala Wellness
- Mercure Vung Tau
- Mövenpick Resort Phan Thiet
- Namia River Retreat
- Omandala Vietnam
- Regent Phu Quoc
- <u>Saigon Healthy Lifestyle</u>
- Sailing Club Signature Resort Phu Quoc
- Salinda Resort Phu Quoc Island
- Senna Wellness Retreat
- <u>Sheraton Vietnam</u>
- Six Senses
- TIA Wellness Resort
- Vinpearl Hotel & Resort
- Hotel de la Coupole Sapa MGallery Collection



