

ACTUALIZACIÓN POR PAÍSES

2-25 EUROPA

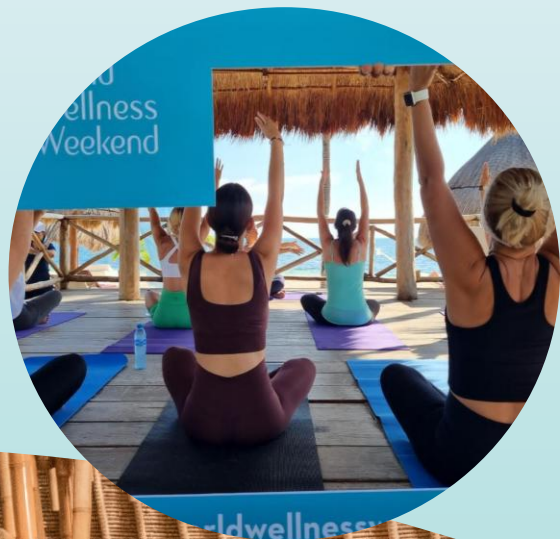
26-31 CANADÁ y EE.UU

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Europa

* Solo la información relativa a los países de habla hispana está traducida al español. El resto de información está en inglés.

EUROPE

Belgium

Julie Wren, Ambassador for Global Projects, based in Belgium, announces a collaboration with four Initiatives of the **Global Wellness Institute**: **Africa Wellness Initiative**, **Breathe Initiative**, **Sleep Initiative**, **Wellness For Children Initiative**, in order to raise awareness about the **GWJ Wellness Moonshot**, a world free of preventable diseases.



Bosnia and Herzegovina (part 1)

Miroslav Skoric, **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** called the **World Fitness & Wellness Weekend 2025** with the Motto: "Fitness and Wellness for All – Be Active, Live Healthy!" featuring yoga, Zumba, Pilates, children's fitness, professional lectures by renowned experts, free massage sessions, stands with healthy food, wellness advice for the elderly, a race around the park, wellness treatments and massages in tents, relaxation zones and sound baths and variety of games and creative workshops specially prepared for children,... In case of bad weather, the event will be moved to the nearby tennis hall, which is city-owned.

The goal of this event is to motivate people of all ages to be active, to move their bodies and their minds – and through physical activity, to prevent various diseases of the modern age with the following program:

- Official opening
- Massages
- Zumba® Party
- HIIT/Functional Training
- Aerobics Mix
- Mini race – 3 laps around the park (track path)
- Stretching on stage
- Yoga & Breathwork
- Sound Bath Relaxation – singing bowls & gong
- Group stretching & closing ceremony
- Expert Lectures: Prevention and rehabilitation of sports injuries – Dr. Aleksandar Jakovljević (Ortho Sport); Physical activity and health – Prof. Dr. Almir Maljević (PFHSC); Nutrition for an active lifestyle – Nutritionists



EUROPE

Bosnia and Herzegovina (part 2)

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.



Bulgaria

Dimitar Dimitrov, City Ambassador in Varna confirms:

- **Municipality of Burgas and Municipal Enterprise Tourism:** event at the Aqua Calide Spa Center with a lecturer and an Open Day in the tourist complex.
- **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 and practical advice by Ekaterina Tsolova.
- **Skeyndor Institute Bulgaria:** skin diagnosis sessions
- **Plamena Radkova:** ONLINE practice Shaping training.
- **Casa di Fiore Medical and Spa Hotel:** Recovery gymnastics in pool and Individual training with physiotherapist.



EUROPE

France (part 1)

Spa-A Association (French Spa Association) support Weekend Mondial du Bien-être / World Wellness Weekend and encourages its members to rise as Wellness Champions

David Grand, Country Ambassador, Massage Champion and founder of **DavidGrandSpa** announces:

- **Villerest Dam Cleanup in partnership with the municipality and the AHE association (Acting with Humanism Together)**, as part of World Cleanup Day (accompanied by an aperitif offered to participants) as well as a DO-IN workshop with DavidGrandSpa team, a **Hand and arm massage** workshop, Korean Relaxation Workshop, a 10 € **Yoga Workshop** / **Jacquier Bowl Breathing Session** with Marie-Laure DELANEF / and a **GIANT Sound Therapy session open to the public**.
- **The City of Niederbronn Les Bains** (Most active city in France in 2020-2024) will again organize a massive open air Wellness village with activities, demonstrations and curated products: aqua jogging, aqua paddle, sophr'O (relaxation in an aquatic environment). in alignment with the Journées du Patrimoine a self-guided tour of the **Northern Vosges Archaeology Museum** and the exhibition "From tablet to tablet: 5,000 years of writing" ; and guided tours of the **Maison de l'Archéologie** a French museum presenting a panorama of archaeological research in northern Alsace, from Prehistory to the industrial era.

SOFITEL and MGallery hotels will participate including:

- **The Purist Retreat & Spa, Cures Marines Hôtel & Spa Trouville MGallery Collection** (Wellness Champion)
- **Hotel Sofitel Quiberon**
- **Hotel Sofitel Golfe d'Ajaccio** with Pilates, Breathwork, and Boot Camp
- **EMERIA Dinard Hôtel Thalasso & Spa** (Wellness Champion): iMoove Initiation, Nordic Walking, Micro-Nap, Muscle Awakening, Muscle strengthening.
- **Centre Accompagnement Intégratif** (Fleurance) – Wellness Champion specialized in working with people on 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...
- **Iris & Willy Spas**: 4 franchised spas specializing in pre- and post-natal care, Baby spa, or massages from 1 to 18 months will offer on Sept 21st **Baby massage workshop** from 1 to 9 months, **child facial treatment workshop** from 7 years old and introduction to **sophrology**. (Wellness Champions)

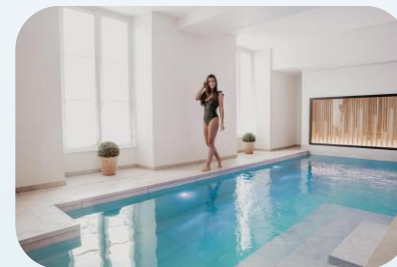
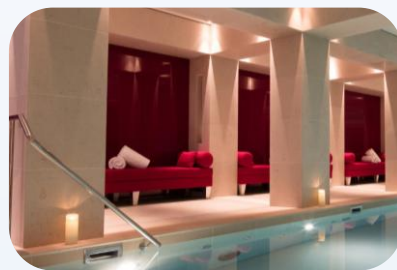


EUROPE

France (part 2)

- **Spa Nescens** – La Réserve Paris and Ramatuelle shine as 2025 Wellness Heroes with activities for their Clients, Staff and Local Community with a Cleanup.
- **SNOW GROUP** ([Algotharm](#), [Cinq Mondes](#), [Deep Nature](#)) are participating (Most Active group in France 2023)
- **15+ Spas from SNOW GROUP** ([Algotharm](#), [Cinq Mondes](#), [Deep Nature](#)) are participating (Most Active group in France 2023)
- **L'Ecole Darfeuille** aesthetic & hair (Roanne) will offer 3 free wellness activities as Wellness Champion.
- **Andrei Fomin** - Global Banya Ambassador, and **Natalie Bren**, Banya Coordinator confirm that [Banya No.1](#) – Paris will host a 90 minutes FREE Hot-Cold-Rest Circle Master Class.
- **The Purist Retreat & Spa – Cures Marines Trouville (ACCOR group)** will offer: Beach Fitness; Masterclass : "Daily wellness Tiny habits"; Sound Healing; Mindfulness Breathwork; Sunrise Yoga.

More news soon from [all Thalazur destinations](#), four Massage Champions: **Jessie Bréard, Ludovic Maire, Tony Malfone, Nadine Stark...**



Georgia

Andrei Fomin - Global Banya Ambassador, and **Natalie Bren**, Banya Coordinator confirm that [Banya No.1](#) – Tbilisi, Georgia will offer a FREE 90 minutes Parenthood Masterclass



Italy (part 1)

Regis Boudon-Doris, co-founder bbspa Group and **Country Ambassador**, with **Daniela Perini**, **Country Coordinator** confirm:

- Major Italian brands support the N°1 Most Active Country of 2024: **LEMI** (Spa & medical equipment), **BBSPA GROUP** (management company of LA SPA Helvetia & Bristol in Florence), **STARPOOL** (Design & Wellness equipment company), and **VAGHEGGI** cosmetics:
- **bbspa Group**: open day dedicated to Aquafit and presentation of the new Pilates and Yoga products for autumn at [LA SPA BRISTOL & HELVETIA](#).
- **Starpool**: one of the leading companies in **Val di Fiemme** (Wellness Valley and host of the Winter Olympics 2025) celebrates its 50th anniversary on Sept 20 (9am to 3pm) at Casa Starpool with an Open Day dedicated to the local community and all wellness enthusiasts.
- **Vagheggi**: Sept 19-20, special promotional initiatives in about **2.000 Vagheggi beauty centers** in Italy allowing customers to test the quality of the brand's treatments and products.



EUROPE

Italy (part 2)

• **Sport City Foundation**: partners for the 2nd consecutive year with **World Wellness Weekend**, **CIWAS** (Confederazione Italiana de Wellness and Sports) and **Fondazione Sport City**. **Sunday 21 Sept** is dedicated to **non-competitive inclusive sports and accessible in 116 cities nationwide** with outdoor sports & physical activities, in the name of environmental sustainability.

• **Andrea Pambianchi**, **Fitness Ambassador for the Lazio region**, founder & president of **CIWAS** (Italian Wellness Confederation) has gathered over **420 Fitness Clubs** of the **CIWAS - FITNESS NETWORK ITALIA** to offer three free entries during the three days to discover exciting new classes.

• **Simone Ciolli**, **Ambassador in Toscana and Emilia Romagna** regions, will engage the **CIDESCO group** in Italy through the participation of schools, professionals, and wellness facilities and confirms the following:

• **Val di Fiemme**, 2026 Winter Olympic Valley and Wellness Valley in all four seasons, will celebrate World Wellness Weekend with yoga, hikes and eco tourism.

- 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**: **Click here for the full program**

- Aperitif with live music and DJ set
- Plogging – Fichino's Tour
- Pranic Healing and Method 3
- Gentle gymnastics
- Pilates reformer
- Yoga for children
- Conference "Invisible Plastics, Real Impacts, Environment and Health: Research and Awareness"
- Homemade herbal oleolite and cream preparation workshops
- Family trekking among the olive trees + organic EVO oil tasting
- FitMix...

Cavalieri Grand Spa Club @ Rome Cavalieri, A Waldorf Astoria Hotel, Wellness Champion, wil offer Sunset Gong Meditation, Boost Your Skin with EOS-X Déesse Pro Led Mask, masterclass with the 6 dan black belt master Stefano Targa. An immersive session of mindful movement, breathing and tension release, inspired by Qi-gong, martial arts and neuroscience, to regain vitality, flexibility and wellbeing throughout the body, the energy and mind.

- **Hotel Milano Alpen Resort & SPA – Castione della Presolana (BG)** offers a rich program of multisensory wellness.
- **Hotel Donatello - Spa Oroquotidiano | Imola (BO)**: energizing and relaxing health & food programs.



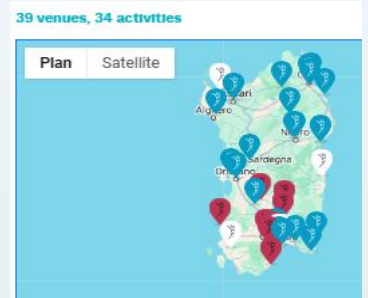
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Italy (part 3)

Giovanna Lorrai, Ambassador for Sardegna region and founder of InEvoSpa confirms activities across the whole island including spas, resorts, holistic centers, tourist organizations, and natural spaces, with the important **support of the Municipality of Milis** and other municipalities and institutions.

Activities range from yoga and meditation sessions to sensory workshops, barefoot trails, forest bathing, traditional treatments, water rituals, and wellness education programs.

- **MY OGLIASTRA – Product Club (various locations in the Ogliastra area):** Yoga and Zumba classes; Walks in the greenery; Experiences in nature; Meditation; Activities related to the discovery of the territory
- **Daddi Pharmacy (Nuoro):** Relaxing massages; Yoga
- **HEALTH IMAGE by Susanna Innocenti (La Maddalena):** Yoga class; Massage with Tibetan bells; Nature therapy with various outdoor wellness activities
- **Aquae Sinis – Albergo Diffuso (Cabras):** Theme day on lavender (Meeting with local producers; A course on essential oils and their uses in massage and body care; Aromatherapy massages with lavender essential oil)
- **Seaside Refuge (Alghero):** Sensory walk in the Punta Giglio nature reserve
- **In Our Garden Sardinia (Quartu S. Elena):** Yoga class; Stretching lesson; "5 Tibetans"
- **Pellhermosa (Santa Maria Coghinas):** Free Open Day on September 19th; Personalized beauty treatments; Wellness consultations; Discover Pellhermosa products
- **Danidani Goodlife (Rome) Twinning with two cities: La Maddalena and Rome:**
 - Free Shiatsu
 - Free meridian stretching
 - Free self-relaxation
 - Free Pilates
 - Free dance therapy
 - Free nutrition education
 - Tasting of local products (with a small contribution)
- **Erbe Matte – Farmhouse and Glamping (Sant'Antioco):**
 - Group activities related to well-being in nature
 - Outdoor activities: yoga and fitness
 - Holistic therapies
 - Creation of oleolites
 - Recognition of wild herbs
 - Natural dye, Artisan soaps



COMUNE DI LACONI
PROVINCIA DI ORISTANO
UFFICIO DEL SINDACO

Proclama del Comune di Laconi per il World Wellness Weekend 2024

ADESIONE AL WORLD WELLNESS WEEKEND 2024

Considerato che:

- È obiettivo prioritario dell'Amministrazione Comunale di Laconi promuovere il benessere dei cittadini, valorizzando il territorio e le sue peculiarità.
- L'Amministrazione Comunale vuole sviluppare l'offerta di nuovi prodotti turistici, con particolare attenzione al Wellness Tourism, per attrarre visitatori e migliorare la qualità della vita della comunità.
- Il territorio di Laconi è ricco di bellezze naturali uniche, tra cui il Parco Aymorich, che con i suoi sentieri, cascata e flora variegata offre un ambiente ideale per attività all'aria aperta, sport, e pratiche salutistiche per il benessere del corpo e della mente.
- Laconi è custode di un patrimonio storico e culturale inestimabile, con il Museo del Mulo e il Castello Aymorich, che rappresentano punti di interesse per un turismo culturale e consapevole.
- Il Comune di Laconi è impegnato nella promozione di uno stile di vita sano e sostenibile, in sintonia con la natura, e supporta iniziative che favoriscano la consapevolezza ambientale ed il benessere psico-fisico.
- Il World Wellness Weekend è un movimento globale che coinvolge oltre centomila persone in Europa, Asia, Africa, Oceania e America.

Fondato nel 2017 da Jean Guy de Gabrie e promosso in Sardegna dall'ambasciatrice Giovanna Lorrai, ha l'obiettivo di migliorare la qualità della vita e il livello di felicità dei cittadini localizzando su cinque pilastri del benessere: Serenità, Riposo, Alimentazione & Nutrizione, Vitalità & Movimento, Serenità & Consapevolezza, Motivazione & Solidarietà.

Per quanto sopra detto, il Comune di Laconi dichiara di sostenere il:

WORLD WELLNESS WEEKEND 2024

Che si terrà il 20, 21 e 22 settembre

Laconi, 21 Luglio 2024

Il Sindaco
(Dott. Salvatore Argenteo)



Comune di Laconi - Piazza Mattei, 1 - 09040 Laconi - P.IVA 0024609092 - C.F. 8308170091 - Tel. 0972 96201 - Fax 0972 96979 - info@comune.laconi.it - segreteria@comune.laconi.it - www.comune.laconi.it

EUROPE

Italy (part 4)

- **Tenute Sarde – Agricultural Company (Nuoro):** Outdoor wellness activities; Yoga; Fitness
- **Nature Hotel Valliciola (Tempio):** Yoga; Pilates
- **Jumeirah Capri Palace** (Wellness Champion) will offer a one-day program with the free activities open to all guests and the local community: Morning Yoga Flow; Aquagym Energy Boost; Fitness & Mobility Circuit; Leg School® Session; Detox & Wellness Corner.
- **Patrizia Massa**, Manager of [NUXE Spa at Habita79 MGallery Pompeii](#), confirms three activities (Wellness Champion): Tibetan Singing Bowl Meditation; Hatha Yoga; Watsu Massage in water.

More news soon from: award-winning **Italian Hospitality Company (Bagni di Pisa, Fonteverde, Grotta Giusti)**, **Six Senses Rome, Conrad, Federterme (Terme: di Cervia, Chianciano, Comano, Monticello, Pompeio, Riccione...)**, **Almar Giardino, Pullman Almar Timi Ama, Sofitel, [LA SPA Helvetia & Bristol of Florence](#).**



Latvia

Rūta Grunte, City Ambassador of Riga, joining for the first year thanks to **Renata Surviliene, Country Ambassador in Lithuania**, confirms the OUTSTANDING support and participation of the **Beauty Care Association, KRIO Therapy Association and the University TURĪBA (Faculty of Health Care)** and:

- Santa Weinberga (Company Healthy Exercise)
- Cryo Studio
- Blue Box (Tanning Studio)
- Baiba Grīnberga (Nutritionist, Company "Mana Garša")
- Tatjana Jonuchonoka (Company "Walk with Added Value")
- Teixsma Dance Studio (Ballet, modern dance, fitness studio)
- Riga Brain (brain training studio)
- Baltic Beach Hotel (One of the largest SPA centers in Latvia)
- Prior (Hairdresser)
- Wings RG (Beauty Salon)

Andrei Fomin - Global Banya Ambassador, and **Natalie Bren**, Banya Coordinator confirm **Lejasmārtini Sauna – Latvia** will offer a sauna learning day dedicated to exploring the richness of Latvian sauna traditions.



EUROPE

Lithuania

Renata Surviliene, Country Ambassador in Lithuania, confirms that **Palanga**, the biggest Lithuanian resort, will gather the main members of **Palanga Hotels & Restaurants Association**) with activities:

- **Palanga Life Balance SPA Hotel**: healthy breakfast menu; sports activity; sounds' therapy
- **Mercure Palanga Vanagupe Resort & SPA**: baby exercise at swimming pool
- **Gradiali Wellness & SPA (hotel & sanatorium)**: outdoor exercise & Nordic walking by the Sea
- **Grand Baltic Dunes Hotel & SPA**: sauna & steam bath programs with a certified sauna master; Zumba exercise outdoor with a certified zumba master; Special price for body treatments "Grožio terapijos namai" with a promo code: World Wellness Weekend
- **Gabija Hotel SPA & Conferences**: exercises, lecture about wellness & special offers for SPA treatments
- **Palangos vėtra Hotel**: special offer at Vėtra SPA house & evening SPA
- **Kerpė Hotel & SPA**: 1 hour relax at Kerpė SPA zone - for a boost of positive energy
- **Žilvinas Hotel**: bicycles & Nordic walking poles (for hotel guests)
- **Auksinės Kopos Hotel (Šventoji, Palanga)**: SPA pleasures
- **Energetikas, Health & Wellness Center (Šventoji, Palanga)**: group aquatic physiotherapy
- **The Palanga swimming pool**: free sauna programs, Aqua fitness training, baby and physiotherapy exercises, as well as wellness classes for seniors, the disabled, and children from socially vulnerable groups
- **Restaurant Žuvinė**: tasting of the freshest oysters - the best source of minerals.

Andrei Fomin - Global Banya Ambassador, and **Natalie Bren**, Banya Coordinator confirm that **Arido Pirtis** - **Lithuania** will offer an educational sauna programme.



EUROPE

Poland

Arek Dawidowski, Country Ambassador confirms the active participation of:

- World Cleanup Day
- 4* Hotel Meta
- [Hotel Astor](#)
- Hotel Crystal Mountain*****
- Poziom 511 Jura Wellness
- Thera Wellness at Radisson Sopot
- [Sea soul spa at Sheraton Sopot](#)
- H2O at Radisson Kołobrzeg
- Studio Sante Warsaw.

Renata Kokarcali, City Ambassador in Wrocław 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**.

[Hotel Linea Mare](#) will also participate with:

- Pilates
- Aqua Aerobics
- Nordic Walking
- Relaxation Concert – Tibetan Bowls & Gong
- Morning Breathing Practice & Stretching
- Workshop "The Magic of Touch – Self-Massage" with practical tips for facial massage you can do at home



EUROPE

Portugal (part 1)

Liliana Ferreira, owner of Camelia Spa and **Country Ambassador**, with the fantastic WWW team **Vânia Sousa, Country Coordinator**, **Andreia Santos, Ambassador in Lisbon**; **Catarina Gaspar Pimpão, Wellness Leader on Pregnancy and Parenting**; **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:

- **The Municipality of Pombal** celebrates Wellness For All who live, work, study, retire an visit with "Pombal Wellness Weekend" in public spaces
- **Matosinhos City Council** invites the community to take part in **We are One**: free outdoor event celebrating nutritional education, physical and emotional well-being through talks, meditation, dance, Pilates, ambient music, conscious gastronomy...

- **Camélia Spa & Wellness** (Wellness Champion): will host "**Flow of Connection**", an active meditation session by **Rosa Valgy, Wellness Leader on Holistic Therapy**. **Miyoko – Love Your Skin** will lead an exclusive **interactive workshop on body care** rituals. There will also be a **Yoga Class** led by Kellen Leal as well as **Healthy Spaces** with **Vanda Boavida** (a unique talk on the importance of healthy spaces, physical, emotional, and social – and how they shape our overall well-being).

An activity for the local community will also be offered as well as a team session where staff members can vote on their preferred experience.

- **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**.

- **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.

- **Satsanga Spa - Vila Galé Tavira**: invigorating stretching session.



EUROPE

Portugal (part 2)

- **DOU | 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.
- **Yoga Devotion Dance:** 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.
- **Sandra de Andrade:** two free ONLINE workshops on Ayurveda and Hypnotherapy with valuable insights into these therapeutic practices.
- **D'NATUREZA:** journey of discovery and authenticity for Health and Wellness professionals anchored in the principles of phytotherapy and aromatherapy.
- **Rise To Be** coaching & development company, by **WWW Ambassador in Lisbon Andreia Santos**, 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.
- **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.



EUROPE

Portugal (part 3)

- [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 (part 1)

[Diana-Maria Georgescu](#), Alchemic 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.

The [Romanian Camino de Santiago Friends Association](#) has joined World Wellness Weekend and will offer:

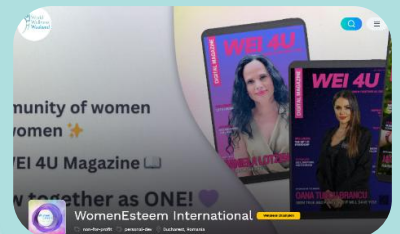
- Pilgrims' Steps: Walking the Future Camino de România Trail
- Discovering Cultural and Spiritual Treasures Along the Camino de România Trail
- Q&A session – Sharing Impressions of Experienced Romanian Pilgrims with Future Romanian Pilgrims on El Camino

- [WomenEsteem International](#) association and **WEI 4U Magazine**:

- WEI 4U Magazine Interviews – Walk the Talk – Alchemic Inner Transformation on El Camino – 19.09.2025
- WomenEsteem International Camino Friends – Walk With Us On Camino Frances in Spain – 20.09.2025
- Bridging the Walk – Spain and Romania Global Connection Walk – 21.09.2025
- WEI 4U Magazine - Romanian Women on El Camino de Santiago de Compostela - 21.09.2025

- **Mara Badita:**

- Creative-drawing with kids & adults to help identify & connecting with emotions
- Hiking
- Cleaning activity in a park or green area
- Dancing with seniors to free the mind & breath (with [Association Bucuria Darului](#))
- ONLINE event Be YOU - reconnecting with yourself



EUROPE

Romania (part 2)

- **Belle Stay Pension:** Hiking; Creative and relaxing time through drawing, social games, mindfulness exercises; Cleaning Braşov.
- You are also invited to join several activities organized by the [World Cleanup Day](#).

Serbia

[Petar Jankovic](#), [massage champion](#) in the City of Nils in SERBIA is organizing three **free Massage workshops**:

- Workshop for everyone – How to relax your partner or loved one (a few simple home techniques for relaxing the **upper back**)
- Relaxation workshop – Afternoon meditation and sound bath with tea
- Professional workshop for massage therapists – Bodywork passive stretching



Slovenia

[Jana Langerholc](#), **Country Coordinator** joins World Wellness Weekend for the first time with:

- [Wellness Larix Kranjska Gora](#) (self-hand massage workshop, and a guided outdoor functional training program),
- [Javni zavod Ratifovec](#) (Hike, Wellness exercise for Seniors, Hebralamulets for children)
- [Lagma Wellness Studio](#) (Hiking to Sv. Miklavž).



España (parte 1)

[Lucía Romero de Ávila](#), **Embajadora del WWW en el país y Mujer Maravilla del Bienestar**, ha hecho una [entrevista en TV Marbella](#), para presentar el INCREÍBLE programa del WWW de 2025:

- **Un colegio en Marbella inaugurará oficialmente** el WWW 2025 con actividades para niños el Viernes 19 de septiembre
- **PUERTA ABIERTA en gimnasios, hoteles, espacios holísticos y escuelas de danza participantes** con actividades de bienestar gratuitas.
- **Excursión saludable en catamarán de alta mar desde Marbella a Puerto Banús** y de regreso con estiramientos, meditación y brochetas de frutas.
- **Un centro comercial** hará que todos bailen con Zumba, salsa y bachata...
- Programa de deporte en el Parque Mediterráneo junto a la playa de Marbella



Este año el programa del WWW se llama **The Wellness Beach** (La Playa del Bienestar) **(20 y 21 de septiembre)** en el Paseo Marítimo de San Pedro de Alcántara y el Parque Mediterráneo de Marbella. Como en años anteriores, la **Ciudad de Marbella** ofrece fitness, masajes, Yoga, Pilates, Reiki, Barras de Access, cuidado facial, clases de baile y danza, actividades deportivas, bautismo de golf y

EUROPA

España (parte 2)

- **Mercado de artesanía** con el doble de stands y talleres
- Zona de actividades para niños: disfraces, pintacaras y juegos
- **Novedad:** ¡exhibiciones de parapente, pickleball y rope flow!

y colaboración solidaria con **Mechones Solidarios** y actividades solidarias con la **asociación CADI**: fiesta, paseo benéfico y paella benéfica.

Gran noticia: Andalucía TV Digital grabará todas las actividades del programa de Marbella y entrevistará a todos los participantes.

Elvira Heal, Embajadora del WWW en Málaga, anuncia que centros destacados como **O2 Centro Wellness**, **YogaOne Teatino y Perchel**, **el Real Club El Candado** se unen al WWW y su propio local Atha Center con actividades como:

- Talleres experienciales
- Charlas de crecimiento personal
- Clases en grupo de yoga, fitness y baile
- Sesiones de meditación e hipnosis
- Constelaciones familiares
- Terapias de sonido y energía (Reiki, Tameana, Barras de Access)
- Masajes y cuidados faciales
- Actividades deportivas y de baile

Norma Velázquez, Embajadora del WWW en Antequera, anuncia que **Antequera y el Camino Mozárabe** ofrecen un programa transformador en colaboración con el World Wellness Weekend «A la luz del Mozárabe». Del 5 de mayo al 27 de junio de 2025, se celebrarán más de 30 experiencias inmersivas en siete municipios del interior de Málaga (Alameda, Antequera, Casabermeja, Fuente de Piedra, Humilladero, Molina y Villanueva de la Concepción), ofreciendo a los visitantes mucho más que una ruta: una oportunidad para redescubrir el Camino con actividades como:

- Cenas sensoriales, experiencias en bodegas y catas de aceite
- Rutas astronómicas
- Observación de orquídeas en El Torcal
- Escapadas familiares
- Actividades culturales nocturnas en entornos históricos como la Alcazaba de Antequera
- Yoga al amanecer, senderismo interpretado, actividades sensoriales y conexión con la naturaleza.
- Comunidades sostenibles para revalorizar el patrimonio natural y cultural de las zonas rurales
- Consumo responsable y vida en ecosistemas terrestres a través del enoturismo consciente, experiencias ecológicas y educación ambiental.



EUROPA

España (parte 3)

Del 1 al 10 de agosto, [Humilladero](#), junto con asociaciones culturales y deportivas locales, celebró su tradicional **Feria del Emigrante** con un variado programa cultural, deportivo y recreativo para todas las edades que incluye las siguientes actividades:

- Escape Rooms
- Baloncesto
- Excursión a Alfarnatejo: Festival del Gazpacho
- Festival de Rock
- XXI Día del pedal
- Noche en Blanco: Saca la cultura a la calle
- Paddle surf, kayak y juegos en la playa
- Noche de juegos de mesa
- Salida nocturna en bici
- Fiesta y Gymkhana de colores
- Noche de teatro (Obra: 'El abuelo Curro')
- XXXIX Festival Flamenco del Emigrante
- Yoga en la piscina
- Noche de Magia (Mago: Pablo D'Magic)
- Exhibición y taller de ajedrez
- Actuación de la chirigota ganadora del COAC 2025
- Degustación de desayuno saludable por Norma Velazquez (**Natural Vitality Healing**)

El Ayuntamiento de [Fuente de Piedra](#) ha organizado la **Semana de la Juventud de 2025 (16-23 de Agosto)** con varias actividades:

- Inauguración y monólogo de Christian García
- Juego Trivial
- Gymkhana para pequeños
- Día GAMER: TORNEO FIFA 25 para adultos y niños
- Día de playa
- RUTA SENDERISTA NOCTURNA
- GRAND PRIX
- Actuación de comparsa la Rabia y Ramoned

[Anaida González](#), Coordinadora en Málaga, ofrecerá las siguientes actividades de bienestar en su centro [Soy Escuela de Evolución Consciente](#):

- Taller Memorias del Útero
- Taller Somático
- Círculo de Hombres
- Círculo de Música Medicina
- La Astrogenealogía como Herramienta de Sanación
- Movimiento Sistémico
- Taller Arquetipos del Tarot, un cambio de autoconocimiento
- Taller: Orígenes del Deseo, Erotismo, amor y mitología; la alquimia de tu esencia divina
- Taller Divorcio y Separaciones Conscientes
- Taller Efecto Espejo
- Taller "El Arte de las Runas"
- Meditación
- Escuela para Padres: Familias Conscientes
- Taller "Gestión de Emociones, Habilidades Sociales y Resolución de Conflictos"
- Taller "De Relaciones Especiales a Relaciones Santas"
- Conecta con tus Guías Espirituales – Aprende a Canalizar de los Planes Superiores
- Vinyasa Yoga con Liza



EUROPA

España (parte 4)

Cristian Moreno Ríos, Coordinador en la Costa del Sol y Presidente de la asociación Alianza Holística, junto con **Fátima Benítez Peláez** y **Francisca Ríos Guzmán**, Coordinadoras en la Costa del Sol y miembros de la asociación Alianza Holística, organizarán junto con sus miembros varias actividades en Marbella, Málaga, Mijas-Fuengirola y Coín:

- **en Marbella:** Ciclo de actividades "Bienestar integral: da un descanso a tu mente, tu cuerpo y tus emociones" por **Cristian Moreno**, **Francisca Ríos** y **Tere Vega**;
- **en Málaga:** en el centro **The Human Room Soho**, propiedad de **Sandra Garal**, ofrecerá una dinámica de coaching corporal, arte y música en vivo. **Cristian Moreno** participará con una actividad para la gestión del estrés diario y de las situaciones difíciles. En la **Herboristería Buenavida**, **Fátima Benítez** ofrecerá una actividad para liberar las tensiones de la mente.
- **en Fuengirola y Mijas:** Cristian Moreno nos traerá "Luna, emociones y bienestar"; **Fátima Benítez** nos traerá una actividad sobre reequilibrio emocional y una sobre la reconexión corporal.
- **en Coín:** en la Sala Shiva Shakti, **Cris González** hará una actividad de Tantra blanco enfocado al bienestar emocional, y **Francisca Ríos** y **Tere Vega** el ciclo de actividades "Jugando nos conectamos". En AFA COAL, también llevarán a cabo el ciclo "Historias, colores y recuerdos", dirigido a personas con Alzheimer.

Lina Baddouca, Embajadora de la Ciudad en **Fuengirola** y Mijas, junto con sus dos Coordinadoras Administrativas, **Paula Lissandrello** (Fuengirola) y **Silvia Mengibar Bayón** (Mijas), confirman que el **colegio Andalucía** de Fuengirola acercará a sus alumnos a conectar con el bienestar. Varios hoteles también participarán en la zona. Se colabora con la asociación de mujeres **Casa Luna** para organizar un mercado benéfico, con la comunidad de líderes **Cuspide Fenix**, que contribuye a la visibilidad del World Wellness Weekend, y con la empresa **Pura Alegría**, que patrocinará las estampas para las camisetas del World Wellness Weekend de Fuengirola y Mijas.

Álvaro Velázquez y **Manuel de la Garza**, coembajadores de WWW en Barcelona, junto con la Coordinadora **Clara Berni**, y la coordinadora de país del WWW en Barcelona, **Carmen Coroian** (también fundadora de la revista **AnteTodo Magazine**), así como los Coordinadores del WWW en la ciudad de Barcelona, **Francina Bastardes**, **Tony Avilés** y **Leticia Rufin**, han confirmado la participación de varios centros que ofrecerán actividades de bienestar, como yoga, taichí, danza, pilates, charlas y talleres de bienestar, actividades para niños, talleres de manualidades, puestos informativos, degustación de comida y bebida, y una actividad sostenible con el grupo del **Día Mundial de la Limpieza** (20 de septiembre).

- **Carmen Coroian**, editora de la revista **AnteTodo Magazine**, confirma: "Voces que Transforman": concurso de historias de vida y bienestar; Edición extraordinaria del WWW de 2025; Entrevistas en directo con Embajadores, Coordinadores y Líderes del WWW; Reportajes en directo. **María Gabriela Bermúdez** llevará a cabo tres actividades:– Networking online en clave de poesía "El Poeticomio"; taller experiencial "En el paisaje hay poesía"; masterclass "Quiero publicar mi libro".



EUROPA

España (parte 5)

Y sesiones ONLINE: [Azoika, Mar Rigüero \(en Tarragona\)](#) con "El hechizo del miedo y cómo romperlo" y dos talleres online: "PNL Express para tu día a día" y "Creatividad para transformar las emociones" y talleres ONLINE con [Ángeles Arjona, Co-Educada-Mente](#) (Domina tu tiempo, libera tu mente; Enjoy your Agenda and Smile - Disfruta de tu Agenda y Sonríe; El tiempo en tus manos: 5 claves para planificar tu día a día); taller online de mindfulness a cargo de **Inma Romero** y taller online de **Julia Pérez de Vargas** "Descubre el poder del Reiki: energía y sanación", talleres ONLINE: "Un camino hacia la paz interior y el bienestar emocional"; y "Descubre el poder del Reiki: energía y sanación"; **Penélope Corso** impartirá su taller online "Sal del bucle y rompe el estancamiento".

- **Álvaro Velázquez**, a través de su empresa [Sanity Protection](#) : Presentación de prendas sostenibles; Taller sobre cómo reciclar y aprovechar al máximo a la ropa vieja.

- **Lorena Caraballo, Escuela de Flamenco:** Taller de Flamenco Emocional y Talleres de Baile Flamenco; Taller de sanación para llegar a la herida más profunda de tu ser a través del flamenco.

- **Beatriz Sánchez:** Charla-taller espalda sana rápido para aprender rápidamente a quitar el dolor de espalda y cuello con tus propias manos y técnicas fáciles y efectivas para aliviarlo.

- **Merche Saamadora:** Técnica Cuántica Veturian Arana; Sesión de Zoom Tameana; Técnica Pleyadiana; Sesión de Zoom sobre activación de Kundalini, transmisión energética para conectar con tu esencia y empoderarte (Ksisters school).

- [Francina Bastardes](#): Actividad de hábitos saludables; Jornada de Puertas Abiertas: O2 a Presión; Terapia Hiperbárica. Entrevista y presentación del libro "CUÍDATE" con el Dr. Agustí Molins; Taller: Hábitos Saludables durante la Menopausia; Conferencia: Los 5 imprescindibles en Alimentación.

- **Leticia Ruffín** presentará su evento **Sustainable Fashion Fest**.

- **Teté García Belleza 360º:** Taller online de Yoga Facial Afroditá.

- **Estel la Bosch @Esteladellum:** Ceremonia de Reconciliación con las heridas de la vida; Iniciación ONLINE al Chöd, técnica de sanación tibetana.

- [Eva Leonart – Palabras Cómplices](#): taller experiencial "Empodera tu diálogo interior utilizando los puzles terapéuticos"



EUROPA

España (parte 6)

- **Estibaliz Fernández:** Abrazoterapia; Mensajes inspiradores en forma de medicina; Taller de yoga de la risa
- **O!Sapiens – Science-Based mental Resilience System** también participará.

Manuel de la Garza también ofrecerá actividades de bienestar en [Spa Academy by Manuel de la Garza](#) y **Mayan Luxury Spa**.

En Madrid, **Isabel Pérez Broncano**, Líder del Bienestar en Reflexología y fundadora de **Ranvvai**, [a quien se entrevistó recientemente junto a Lucía Romero de Ávila en Capital Sénior \(Capital Radio\)](#) y quien ha logrado que el director del Vivero de Empresas del **Ayuntamiento de Madrid** le cediera tres espacios excepcionales el 19 de septiembre. Isabel presentará las siguientes actividades:

- Catering saludable a cargo del -Restaurante Y Lucientes
- Repostería saludable a cargo de -Coco y Limón/Restaurante Y Lucientes
- Jornadas de Reflexología: 6 Actividades de Reflexología
- Apertura del Evento: Meditación Activa + Espectáculo + Música y Canto Sanadores
- Cierre del Evento: Meditación Activa + Espectáculo + Música y Canto Sanadores
- Encuentra tus Huellas (experiencia sensitiva con arcilla y papel de estraza que reflejaran las huellas de los pies de los participantes y daremos premios a quienes descubran las propias huellas)
- Los Pies Reflejo del Alma (donde se harán fotografías y se harán Lecturas Psicológicas a través de los pies)
- Experience Sensitiva Psico Emocional con Aceites Esenciales: (experiencia olfato-sensitiva)
- Mindfullnes y Empoderamiento
- Flores de Bach como complemento a la Reflexología
- Coaching y Tarot

Canarias: Grandes noticias: la revista regional [ECOS](#) ha anunciado que **Carla Galíndez, Embajadora en el archipiélago** y fundadora de la revista [Destinos y Negocios](#) (media partner del WWW), ha concedido entrevistas en dos programas de radio: **Con Y de Actoryno (Radio Las Palmas)** y **Lucero Matutino (Radio Moya, Moya, Gran Canaria)** y ha organizado un destacado programa de bienestar con numerosos centros y actividades, entre las cuales:



EUROPA

España (parte 7)

En Gran Canaria:

- **Yoga Maspalomas:** Introducción a la técnica de Aeroyoga; Kundalini Rising; Qué es el Aqua Tao; "Bienestar en la comunicación padres e hijos"; Amor propio y Cristaloterapia, ...
- **Lavandería el Romeral:** "“Bienestar integral y Liderazgo Consciente”; "“Bienestar a través de la comunicación y la sostenibilidad”; "Del cansancio al brillo: Cómo recuperar tu vitalidad sin perderte a ti misma"; "“Importancia de la hidratación los 365 días del año”, ...
- **Raquel Quintana Estética:** "“Un Súperpoder llamado Alta Sensibilidad"; "Acupuntura Lifting Integrativa"; "Color confianza y calma. Tu imagen como ancla de bienestar",...
- **Moom Coaching:** "Estrés y ansiedad laboral"; "Maternidad en Calma"; Taller: La comida me devora; "“Guía de Baños de Bosque”, ...
- **Bambú Suites Vegueta:** Programa de Mindfulness "MBSR" Reducción de estrés basado en Mindfulness, ...
- **Finca las Orillas:** Taller "Conecta con tu propósito"; Organic Yoga; Breath Work + activación Kundalini, ...
- **Centro Enervida:** Bioresonancia Energética; Biodanza, ...
- **Biocentro HLo Calle Cantonera:** Biodanza; Meditación guiada; Teatro terapéutico; Meditación y Chikung, ...

En Santa Cruz de Tenerife:

- **Centro de formación ETM Carmen Infante:** Taller de autoreflexología podal; Yoga Nidra y Baño De Gong, ...
- **Danza en Verde:** Biodanza; Danza Creativa Oriental; Rastrillo Solidario Ropa De La India ...

Sesiones ONLINE: "Comunicación no verbal de tu imagen"; "Si sientes que necesitas un cambio real...este puede ser tu despertar"; "Letreando Emociones"

Clique [aquí](#) para ver todo el programa del WWW en las Islas Canarias.

María Elisa Jiménez Álvarez, Coordinadora en Tenerife y fundadora de [Casa La Manzanilla](#) (HÉROE del Bienestar de 2024) participará de nuevo con un programa que se centrará en los colaboradores habituales de la casa.

Y muchas más actividades que se anunciarán próximamente en **las Islas Baleares**; incluyendo el apoyo de **Natura Bissé**, marca española de cosmética premiada y seleccionada por Forbes.



EUROPE

Ukraine

Maharaja Wellness Center (Wellness Hero 2024 & 2025)

hosts regular Yoga Nidra events with singing bowls, dedicated to social groups and military defenders **in need of emotional reset and nervous system restoration during war time in the country.**

During World Wellness Weekend they will offer a day filled with activities designed to nurture body, mind, and soul. From rejuvenating yoga sessions to calming meditation practices, invigorating spa treatments, and enlightening workshops, there's something for everyone to enjoy:

- Active yoga session; Hatha yoga session and Yoga for beginners
- Crafting Natural Scrubs from the spa trainer
- Breathing Techniques and Short Yoga Nidra for Ukrainian veterans and other groups of people affected by war



United Kingdom (part 1)

Katie Byrne Plowman, UK Country Ambassador, announces that the **UK Spa Association** are supporting nationwide and the participation of **over 200 venues**.

- **David Lloyd Clubs, Most Active Fitness group in the UK 2022, 2023 & 2024** will deliver a programme of SPIRIT-themed activities across their 100 UK clubs and 26 across Europe, including:

- Sound meditations, dance, Niksen, book/run/walk clubs
- 3 daily meditation broadcasts in Spa Retreat and Spa Garden Clubs
- Member-only Clubroom events
- Q&A sessions with experts
- Select clubs opening their doors to non-members
- **enhancing Member experience with extra wellness/fitness experiences: SPIRIT**
- **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)*



EUROPE

United Kingdom (part 2)



- **Champneys celebrates 100 years of Wellness at** [Champneys Eastwell Manor Hotel and Wellness Spa](#) [Champneys Mottam Hall Hotel, Gold and Wellness Spa](#) [Champneys Wellness Spa Forest Mere](#) [Champneys Wellness Spa Springs](#) [Champneys Wellness Spa Henlow](#) [Champneys Wellness Spa Tring](#)) ...

[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 high energy activity sessions during the whole week with **120 of their clubs**: wellness activities, ZEN Masters mindfulness sessions, and education on nutrition workshops through the Flavour Fest programme, Wellbeing Warriors clubs and family step challenges, Wake up Shake Up breakfast! with nutritious breakfast and a mix of both physical and wellness activities and promoting of kindness and PowerTeam sessions including a family step challenges.



- **[Aqua Sana Forest Spas](#)** – UK & Ireland: All six Aqua Sana spas across the UK and Ireland (among which [Longleat](#), [Elveden](#), [Woburn](#), [Sherwood](#), [Whinfell](#)) will host a trio of **immersive wellness sessions** from 19–21 September, designed to calm, connect, and inspire:

- Sound Bathing
- Sleep Sessions
- Discovery Sessions (Gain wellness and skincare insights)



- **Daniel Thwaites Hotels & Spas** will offer a 20-minute guided meditation session that includes a complimentary detox tea in the following venues: [Cottons Hotel & Spa](#), [Solent Hotel & Spa](#), [Kettering Hotel & Spa](#), [Aztec Hotel & Spa](#), [North Lakes Hotel & Spa](#), [Thorpe Park Hotel & Spa](#)



- **Tara Moore, Ambassador Ballymena / Belfast – Northern Ireland**, confirms activities at [Galgorm](#), [The Rabbit](#), [The Old Inn](#)

- **[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 sound bath sessions and guided meditations both In person and online ; and ONLINE tips for relaxation at home, the benefits of hydrotherapy...



- **Virginia Timón, WWW Coordinator Salsa UK**, and **Elder Sánchez, WWW Ambassador Latin Dance UK**, will offer free classes at their **8 [Salsateca](#) locations** in London and coordinating Latin dances classes in Cabo Verde, Cuba, Puerto Rico, Venezuela, Colombia...



EUROPE

United Kingdom (part 3)

- **Andrei Fomin** - Global Banya Ambassador, and **Natalie Bren**, Banya Coordinator, at Banya No1 present their Banya Programme in the UK and in other countries:

- **Banya No.1 – Hoxton, London**: Free 90-minute Parenie Masterclass
- **Banya No.1 – Chiswick, London**: Complimentary draught kvass and aroma steam session with any spa package
- **Lejasmārtiņi Sauna – Latvia**: sauna learning day dedicated to exploring the richness of Latvian sauna traditions
- **Arido Pirtis – Lithuania**: Educational sauna programme
- **Banya No.1 – Tbilisi, Georgia**: FREE 90 minutes Parenie Masterclass
- **Banya Forest** – **Dubai**: How to Banya
- **Banya No.1** – **Paris**: 90 minutes FREE Hot–Cold–Rest Circle Master Class

- **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.

- **Bethan Dando, 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. She is also organising a 'Wales wellness walk' campaign, encouraging accessible wellness and movement for all.

- **Clover Mill** will be hosting a profit free 'Heal the healer' Spa Therapist Retreat Sunday 21 Sept for spa and wellness professionals, featuring Ayurvedic therapies, yoga, massage, nature walks, and wellness talks, all profit-free.

- **Mindfidelity x Sea Containers Hotel & Spa – London** will host an immersive sound healing session, transporting guests to the heart of Borneo Rainforest as well as a mindfulness cinema takeover for staff and resident employees across the building.

- **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 - Cardiff**: A three-day community wellbeing programme providing opportunities for people to explore practical wellness tools and practices:

- Evening Mat Pilates with post-class herbal tea and community time
- Sunrise Yoga with healthy refreshments
- Guided 5K wellness walk as part of #waleswalksforwellness, a regional initiative inspired by Bethan Dando and Pilates Class.



EUROPE

United Kingdom (part 4)

- [Pure Spa UK](#) offers free wellness sessions at 2 Scotland locations – **Lothian Road** and **Union Square**: Therajet, cold plunge, infra red sauna, compression boots, HBOT, plus a 10 min Hand or foot massage free if you book a treatment that weekend.
- [Lucknam Park](#) will host guided forest bathing in their arboretum on 20 September, enriched with sound healing and crystal therapy for deep nature connection.
- [Positive Luxury](#) will be launching a digital speaker series: *Wellness Meets Sustainability: In Conversation with Butterfly Mark Brands*, spotlighting innovation in sustainable wellbeing.
- **Jumeirah Carlton Towers** will substitute our welcome drink to a healthy welcome shot and will offer nutritional amenity in the guest bedroom along with regular set up as well as wellness activities: Launching floating sound bath; a colleague class/workshop...

We are also grateful for the active support of **Professional Beauty UK** and the **World Spa & Wellness Convention LONDON** and **spa leaders nationwide** encouraging their database of Hotels and Spa operators to rise as Wellness Champions and shine as Wellness Heroes with World Wellness Weekend. **The UK is united in making wellness accessible, engaging, and inclusive for all this World Wellness Weekend.**

More to be announced from **Corinthia Hotel Spa (London)**, [Gainsborough Hall](#), **Ishga Skincare UK...**





Canada
USA

NORTH AMERICA

Canada

Leading Spas of Canada is fully supporting, encouraging its members to participate!

The City of Winnipeg (Manitoba) is celebrated as the Most Active City in Canada since 2022.

Laurie Barkman, Province Ambassador in Manitoba, confirms that meditation, outdoor events, yoga, spa, fitness, healthy aging... be available across the Province:

- [Riverstone Spa](#) (Wellness Champion again in 2025)
- [Ten Spa](#) – Wellness Champion
- **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](#)
- **Symatree Farms**, participating for the first time: equine healing experiences

Laurie Barkman organizes [the 4th Wellness Connection 2025](#) at **Birchwood Inn** (Winnipeg) as a vibrant gathering [conference with six health practitioners sharing their expertise](#). The theme for 2025 is [Rise & Shine](#) —honoring the experiences that shape us while embracing the strength, resilience, and growth that move us forward.:

- **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

[The Beauty Barn Spa](#) stand out again with [Awakening to Better Beauty](#), offering complimentary spa and wellness services to [individuals undergoing cancer treatment](#), with the support of a beautiful team of volunteers, local practitioners, and artists.



NORTH AMERICA

Canada (part 2) (Quebec)

AQS – Association Quebecoise des Spas officially supports World Wellness Weekend, encouraging its members to participate.

Katja Prpic, Province Ambassador in Quebec confirms:

- **Rosette Pipar, 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; Open Air Exhibition: Focus on Birds (exhibition for the whole family that allows you to explore the birdlife of eastern Montreal)
- **Spa Eastman – Wellness Champion 2025**: 7 essentials to rejuvenate your memory by 20 years, Prana Flow Run and Choose to be well.
- **MKS à Trois-Rivières** will be holding a lottery for one free 60-minute of massage (clients); 90-minutes treatment to their nutritionist (staff); will target 3 organizations in their region (Mauricie) and offer them free care over a half-day period in order to take care of those in need (community)
- **Spa Le Baluchon**: Equestrian Renewal combining well-being, personal development and contact with horses; Yoga in nature; Breathing techniques; Muscle tone and balance; Dynamic and static posture practices.
- **Nordik Spa Village Chelsea** will organize a yoga session and surprise activities for guests and for staff.



LAISSEZ PARLER VOTRE ÂME... PAR
L'ÉCRITURE INTUITIVE Avec Rosette Pipar



NORTH AMERICA

United States (part 1)

ISPA – International Sap Association and The Spa Industry Association fully support World Wellness Weekend and encourage their members to participate.

Thanks to **Gloria Treister, City Ambassador in Cleveland** and author [Wellness 101: Simple Steps to Good Health](#) **Terminal Tower of City Tower** in Cleveland (OHIO) will be illuminated with the Blue colors of World Wellness Weekend on Friday, Sept 19 and Sunday, Sept 21! This will be announced in local news and on ABC News Radio on Sept 12.

On this 9th edition, World Wellness Weekend will grow exponentially in the USA with significant participation from **Marriott International Most Active Hotel group 2024** (objective 200 hotels).

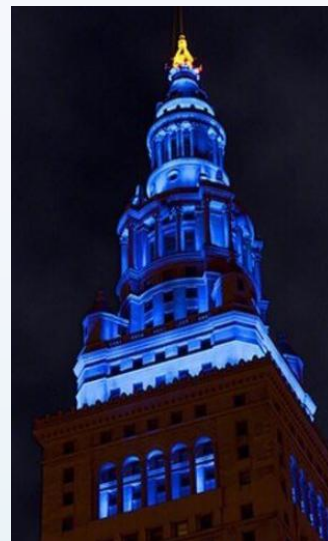
Hyatt venues nationwide invite the public to enjoy wellness activities and bespoke Hyatt Experiences:

- [Anara Spa at Grand Hyatt Kauai 2025 Official Wellness Hero](#) will officially close the WWW 2025 with Dance Fitness, Outdoor Warrior Workout, and Street Wellness: Strategies For Wellness In A Wacky World!
- [Alila Napa Valley](#) (Wellness Champion): Cycling Day Retreat, Meditation and Sound Healing
- [Lost Pines Spa \(at Hyatt Regency Lost Pines\)](#) (Wellness Champion): Floating Sound bath, Teen facial bar...
- [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.

In partnership with World Wellness Weekend, this year's [Campaign Nonviolence Action Days](#) (Sept 21 to Oct 2, 2025) will see grassroots communities across the U.S. and beyond bringing self-care and community care to the forefront of their efforts to build a culture of peace and active nonviolence. Thousands of activities are planned worldwide; here are some of the U.S.-based actions:

- **in Huntsville, Alabama:** daily meditation
- **in Frederick, Maryland:** art exhibition highlighting spiritual resilience and healing from burnout and stress
- **Rhode Island's Intention Fest** with more than 50 healing artists and peacemakers for a day of wellness practices: from reiki and massage to drum circles and mindful movement
- **In Lansdowne, Pennsylvania:** virtual creativity session to nurture yourself and envision a more peaceful world through writing and art.



NORTH AMERICA

United States (part 2)

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

- **1 Hotel West Hollywood** (2025 Wellness Champion): **Rest Play activation for evening of 19th and Sound bath on 20th**, including Tarot for Wellbeing, Natal Astrology Charting, Intention Setting and Feng Shui for the Mind: Clarity Sessions., and a free morning **free morning rooftop yoga will be offered Sept 20.**
- **JW Marriott Plant Riverside Savannah**
- **Sea Spa at Loews Coronado Bay Resort** (Wellness Champion): Paint & Sip by the bay, Love Letters in the garden, Sunrise Yoga.
- **Stillwell Spa at Snowpine Lodge:** Mountainside Sound bath and Meditation, Shadowboxing on the Lawn, Mindfulness Mountain Watercolor Station, CBD Educational Course.
- **Grand Bohemian Lodge Greenville:** World of Wellness Massage - Whole month of September, including Seasonal Specialty Service (exclusive 80-minute Wellness Massage)

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

- Saturday 20 Sept: Breathwork Class for 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)

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 line-up 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



NORTH AMERICA

United States (part 3)

The American Club - Kohler Wisconsin: Outdoor Yoga on the Platform, Guided Meditation in the Garden, and Guided Hike through the River Wildlife Trails.

Mineral Wells (Wellness Capital of TEXAS) will organize free classes and wellness sessions

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).

Harmony & Health / LaDonna Frantz ND, RPh invites you to:

- samples & Demos - Supplements, Food, CBD, & more
- free Zyto biofeedback scan
- third Holistic Health Fair !!! featuring practitioners in the local surrounding area.
- therapies- Buy one, get one free!

Gervasi Vineyard Resort & Spa, a Tuscan-inspired resort in OHIO, invites their guests to focus on self-care and rejuvenation with:

- Wellness Tuesdays: weekly opportunity to embrace wellbeing in a peaceful, luxurious setting
- Wellness Retreat: a complete mind-body reset with curated spa treatments, relaxation experiences, and moments of mindfulness

Skin Authority partners with **Donna Narbeth Esthetics** (Carlsbad), **Light Castle Beauty** (Long Beach), **Navaeh Med Spa** (San Antonio) to celebrate Wellness For All with:

- A complimentary skin health assessment to heighten community awareness of the importance of skin health to our overall well-being
- A mini chair treatment
- Happy hour beverages
- A chance to receive a year of skin care (giveaway)

Together with partner participants, they will be offering **complimentary Skin Scan™ skin health assessments nationwide.**

Gloria Treister, **City Ambassador in Cleveland** (OHIO) USA, in collaboration with Non-Profit organization **Food Strong**, are organizing the following event will provide the following community events:

- a plant identification walk and foraging activity followed by harvesting of the plants to make tea
- apple picking at the Food Strong Farm followed by a class on how to make apple sauce and apple cider vinegar at home
- a class teaching safety when preserving food along with two methods for canning food.

With her corporate client, **Hose Master LLC**, there will be exciting challenges held for their **500 employees** located in Cleveland, Atlanta, Reno, and Houston in the wellness areas of nutrition, hydration, movement, community, and sleep.

More news soon from: Hard Rock Hotels, The Hot Springs Association of America, Select Hilton properties...





América Latina Caribe

* Solo la información
relativa a los países de
habla hispana está
traducida al español.
El resto de información
está en inglés.

AMÉRICA LATINA

Argentina (parte 1)

¡La **Presidenta del Instituto de Turismo del Chaco** ha declarado la **9ª edición del World Wellness Weekend de Interés Turístico Provincial!**

La **Asociación Americana de Spa (AAS)** y la **American Wellness Association (AWA)** apoyan plenamente el World Wellness Weekend, celebrándolo a NIVEL NACIONAL con la destacada aportación de todo el equipo del WWW en Argentina: **Eduardo FINCI, Embajador Emérito en LATAM, Gabriela GERGIC, Embajadora del País, y: Rosana BABIKOW (Chaco), Sol VILLARREAL (Zona Norte, Pilar), Amanda Giselle MEDINA VENIALGO & Romina RODRÍGUEZ (La Plata), Ariana VEGA (Darregueira), Cristaldo DANIEL & Sonia VALUSSI (Resistencia), Karina KOHEN & Ezequiel MARÍN (Buenos Aires), Gabriela CIANNI (Tigre), y tantos otros Coordinadores:**

- Gran éxito del **7º Congreso Internacional de Profesionales de Spa y Bienestar** con la participación de los **Embajadores del WWW Eduardo Finci y Gabriela Gergic** (Argentina), **Jessy Heredia** (Chile), **Flavio Acuña** (República Dominicana) **Lorena Acuña** (Uruguay), **Fabiana Castañón** y **Romina Rodríguez** (Argentina), debatiendo sobre tendencias mundiales en turismo y medicina de bienestar, estudios de casos, espectáculo de masaje de tango, yoga ayurvédico... Más de 100 participantes del congreso realizaron una selfie preparándonos para la **9ª edición del World Wellness Weekend**.
- Córdoba Capital y Valle de Punilla:** "Salud y Bienestar" **reuniones masivas con yoga y mindfulness**, DJ sets conscientes, food trucks orgánicos y talleres sobre neurociencia y bienestar emocional. El Primer Congreso de Bienestar, Turismo y Sostenibilidad "Raíces del Futuro" se celebrará el 14 de septiembre con entrada gratuita en el marco del WWW. Una jornada de encuentro, reflexión y visión compartida para construir territorios conscientes, sostenibles e identitarios, priorizando el bienestar como eje transversal del desarrollo local. Participarán importantes autoridades provinciales, líderes locales, proveedores de servicios de turismo y bienestar, artistas, educadores, emprendedores y residentes comprometidos con el desarrollo de la zona.
- Secretaría de Acción Social, Deportes y Educación de la Municipalidad de Tigre** activarán sus centros deportivos con **actividades divertidas y saludables para la comunidad**.
- El Club CACYP:** Evento "El Bienestar late en Don Torcuato" por octavo año, involucrando a la comunidad a participar en actividades saludables.
- Iguazú:** los hoteles de bienestar ofrecerán experiencias sensoriales con sonidos de la selva y rituales de spa inspirados en culturas indígenas.
- Entre Ríos:** **ruta de Turismo Termal** en Gualaguaychú, Concordia y Guaychú.
- Reserva Ecológica Costanera Sur (CABA)** ofrecerá yoga, caminatas, meditaciones al aire libre.
- En **La Plata**, capital de la provincia de Buenos Aires, el domingo 21 de septiembre se realizará una **Expo de Emprendedores** en el Club Alberti, con actividades gratuitas y solidarias para el público.



AMÉRICA LATINA

Argentina (parte 2)

Este año, jóvenes, adultos y adultos mayores podrán disfrutar de diversas experiencias de bienestar, como zumba, meditación con cuencos tibetanos, danza, yoga y más.

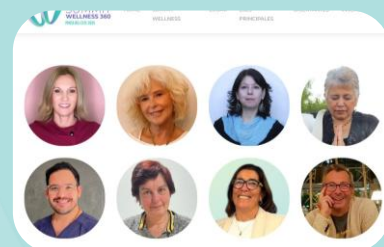
- **Campana, Dolores, Olavarría, Tandil, Las Heras, Darregueira:** caminatas conscientes, cuencos, aquagym y clases de yoga gratuitas.
- **Darregueira:** ferias locales, productos naturales, charlas sobre alimentación saludable, actividades al aire libre.
- **Dolores:** entrada gratuita para familias al Parque Termal Dolores con circuitos de relajación guiados a cargo de la Subsecretaría de Turismo
- **Resistencia (Chaco):** De mayo a septiembre: Clases semanales de ritmo caribeño y talleres de consciencia corporal. Talleres mensuales de meditación, reiki, mindfulness, danza y holísticos. El **Hotel Howard Johnson Plaza La Ribera** abre sus puertas para encuentros de diversión, gratitud, meditación activa, zumba y mucho más.
- **Tandil:** Cerro El Centinela organiza caminatas conscientes, meditación grupal de alimentación consciente.
- **Centros Vacacionales Piren (Iguazú, Cabalango y San Martín de los Andes):** programas exclusivos para huéspedes.
- **San Martín de los Andes,** senderismo, terapias de respiración consciente frente al lago Lácar.
- **Puerto Madryn, Provincia de Chubut:** Yoga de la risa en escuelas y residencias de ancianos, adaptación de flamenco para adultos mayores, actividades en empresa para el bienestar en el trabajo para fomentar vínculos positivos y una espalda sana, canto comunitario con ballenas, caminatas conscientes y meditación con ballenas.
- **El Hotel Cariló Hills, Municipio de Pinamar** se unen por primera vez con mucha alegría y energía de bienestar en una caminata y stretching en la playa.

El equipo del WWW en Argentina y Uruguay anuncian el **SUMMIT WELLNESS 360** en Punta del Este, Uruguay, los días **9, 10 y 11 de noviembre de 2025**, organizado por la American Wellness Association (AWA) y la **Asociación Americana de Spa (AAS)**. Para más información, consulten la sección de Uruguay.

Aruba

Hotel Riu Palace Antilla s- Renova Spa: Scalp Massage Workshop, Facial Cleansing Workshop, Hand Massage Workshop and Clay Wrap Workshop. These workshops will also be offered in **all their participating spas in 11 other locations**.

SubaCaribe in the above hotel will also offer: Scuba Diving Demo; Kayak Marathon; Discover Snorkelling.



LATIN AMERICA

Bahamas

Riu Palace Paradise Island - [Renova Spa](#): Scalp Massage Workshop, Facial Cleansing Workshop, Hand Massage Workshop and Clay Wrap Workshop. These workshops will also be offered in **all their participating spas in 11 other locations.**



Brazil

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 Spa](#), the largest Day Spa franchise in Brazil and LATAM with 125 day spas nationwide will organize ONLINE and in-person mindfulness sessions to touch the hearts & minds of millions of people and will launch a national campaign "Wellness Journey – WWW at Buddha Spa" as part of their national marketing calendar where all units will participate. Here are the activities they will offer:

- Guided meditation
- Self-massage class with a therapist
- Aromatherapy presentation with essential oils demo
- Group stretching session
- Yoga
- Wellness workshop (breathing, mindfulness, active meditation)
- Sensory tasting of natural foods and teas (Partnership with healthy food brands to offer gifts or in-store experiences)



Canouan Island, St Vincent & Grenadines

On Sept 20, **[Mandarin Oriental Canouan](#)** (Wellness Champion) celebrates Wellness For All (for guests and team) with a Morning hike on the highest peak, Mount Royal, then a Football game filled with laughter on the powdery white sands of Godahl Beach, closing with a Sunset hike on Mount Royal.



AMÉRICA LATINA

Chile

Jessica Heredia, Embajadora del WWW en Chile y directora de la revista Consciencia Wellness, y su Coordinadora, Evelyn Díaz, junto con **Mirta Paredes** y **Natalia Estroz,** Líder Corporativa y de Vinculación confirman la **participación estratégica de actores gubernamentales importantes:**

- **Ciudad de Quillota:** realización de un gran evento de bienestar en alianza con la Municipalidad de Quillota, la red de empresarios del bienestar, SERCOTEC (Ministerio de Economía) y World Wellness Weekend Chile. El evento está dirigido al sector corporativo y reunirá a líderes del sector wellness, emprendedores locales y referentes del ámbito corporativo. Contará con **actividades diseñadas para impulsar la economía del bienestar, fomentar alianzas público-privadas e inspirar a organizaciones privadas y gubernamentales a sumar el bienestar como eje estratégico e integrar el bienestar en su gestión interna, su cultura organizacional y su impacto comunitario.**

- **Municipalidad de Maipú:** **amplia oferta de actividades wellness abiertas a la comunidad,** junto con espacios de trabajo interno dirigidos a los colaboradores municipales, **integrando así el bienestar a nivel institucional.**

Varios participantes celebrarán el World Wellness Weekend, como:

- **Spa & Wellness Dr. Roy Sothers**
- **Mirta Paredes (Innovación y Aprendizaje)**
- **Humanizarte Consultores**
- **Olmué Natura Lodge & Spa**
- **Spa del Bosque**
- **Ale tu Coach**
- **Ikigai Centro Deportivo**
- **Consciencia Wellness**
- **Sadhana Core**
- **Tamara Abril (Hotel Alto Atacama)**
- **Mariopsi Espinoza (mariopsisolriendo) ...**

Juntos ofrecerán actividades como:

- Biodanza
- Yoga
- Masajes terapéuticos
- Outdoor
- Presentación de alimentación saludable (incluyendo gastronomía Mapuche)
- Ecstatic dance
- Sonoterapia
- Clases de meditación
- Musicoterapia
- Wellness en la gestión pública
- Talleres de autocuidado
- Clases de baile y más



AMÉRICA LATINA

Colombia

Erika Crosby, Fundadora de Skin Perfect Ltda y Embajadora del WWW en el País, confirma lo siguiente:

En **Bogotá:**

- **Festival del Bienestar** (nuevamente aliados con la **Fundación Cardio Infantil**): jornada de bienestar **para cuidar a los cuidadores** para todos sus colaboradores con una actividad de movimiento liderada por la Líder del WWW en Yoga **Amanda María Ceballos Villa**; OASIS SPA con una jornada de descansos activos con masaje corporal y spa de manos; varias marcas asociadas que traerán su oferta de servicios y productos de bienestar.

- **Bienestar Fundación Coalición Por La Vida:** un día en contacto con el Mindfulness y sueño y creatividad. **Olga Mayorga, Líder del WWW en Felicidad**, and y la participante **Yolanda Rivera** ofrecerán una jornada teórica y práctica para esta fundación Bogotana, donde se hará énfasis en la importancia del MINDFULNESS Y el buen habito del SUEÑO.

En **Cartagena:**

- **El Reto de los Ciudadanos de Hoy:** **Olga Mayorga, Líder del WWW en Felicidad**, junto con **Paola Gaviria, Coordinadora del WWW en Cartagena**, organizarán una charla presencial especial para brindar herramientas de bienestar a los cuidadores

- **ENCUENTRO FUTBOLÍSTICO “SOMOS PODEROSOS”:** **Paola Gaviria, Coordinadora del WWW en Cartagena**, con el apoyo de **Palmarito Beach Club** and **Estado Poderoso**, llevarán a cabo un encuentro futbolístico en PRO de la FUNDACION ESTADO PODEROSO, fundación que busca apoyar a los jóvenes y adolescentes y crear escenarios para el buen desarrollo intelectual, físico y emocional. Este espacio contará con una charla inicial de NUTRICIÓN E INMUNIDAD, además de la entrega de obsequios de la marca patrocinadora SKINPERFECT.

En **Barranquilla:** **EXPERIENCIA SPA** liderada por la participante **Hannia Moscote:** una actividad abierta a todos aquellos que quieran disfrutar de un momento de bienestar con un relajante masaje de manos y espalda, se abre al público una estación de bienestar en la PLAZA DE LA PAZ.

En **Tocancipa:** **DIA DE BIENESTAR FUNDACION PROYECTO UNION:** un día de bienestar liderado por **Olga Mayorga, Líder del WWW en Felicidad**, y una de las participantes más activas, **Yolanda Rivera** con el apoyo de la participante **Liseth Sanchez**. 5 estaciones de los Pilares del Bienestar dirigidas a Cuidadores y familias con niños con discapacidad cognitiva en uno de los parques más significativos de la sabana de Bogotá, el parque Jaime Duque.



AMÉRICA LATINA

Costa Rica

Hotel Riu Guanacaste - [Renova Spa](#): Taller de masaje capilar, taller de limpieza facial, taller de masaje de manos y taller de envoltura en barro. Estos talleres también se ofrecerán en **todos los spas participantes en otras 11 ubicaciones.**

En este mismo hotel, [ScubaCaribe](#) también ofrecerá Demostración de Buceo; Maratón de Kayak; Descubra el Snorkel.

Dominican Republic

Flavio Acuña. Embajador Emérito del Caribe, y Anice Prieto, Embajadora del WWW en el país, anuncian los siguientes participantes en 2025:

- **Asonahores, Asociación Nacional de Hoteles y Turismo & Restaurantes**
- [Rotary Club Rd](#) (69 clubes)
- **Rotaract Club Rd** (45 clubes)
- **Club Body Shop** (6 sucursales del país)
- **Hoteles Excelente** (3 hoteles)
- **Hoteles Iberostar** (TODOS los hoteles)
- **Aqua Life**
- **Bahia Príncipe**
- **Catalonia Edén Rock**
- **Hotel Riu Palace Punta Cana**
- **Hotel Riu Palace Macao**
- **Hotel Riu República**
- **Isla Catalina Diving**
- **Majestad**
- **Hoteles Marriott**
- **Hoteles Melià**
- **Paladium**
- **Prices**
- **Cadena de Spas Renova Spa y las Acuáticas**
- **Santuary**
- **Serenade**
- **Sirenis**
- Propiedades de [ScubaCaribe](#) ofrecerán Demostración de Buceo; Maratón de Kayak; Descubra el Snorkel.

Y también **Cadenas de Hoteles en Santo Domingo y Hoteles en Punta Cana.**

Propiedades de [Renova Spa](#) ofrecerán Taller de masaje capilar, taller de limpieza facial, taller de masaje de manos y taller de envoltura en barro. Estos talleres también se ofrecerán en **todos los spas participantes en otras 11 ubicaciones.**



LATIN AMERICA

Jamaica

Following [Renova Spa](#) properties:

- **Riu Montego Bay - Renova Spa**
- **Riu Reggae - Renova Spa**
- **Riu Aquarelle - Renova Spa**
- **Riu Ocho Rios - Renova Spa**
- **Club Riu Negril - Renova Spa**

will all offer: Scalp Massage Workshop, Facial Cleansing Workshop, Hand Massage Workshop and Clay Wrap Workshop. These workshops will also be offered in **all their participating spas in 11 other locations**.

[ScubaCaribe](#) will offer Scuba Diving Demo; Kayak Marathon; Discover Snorkeling in the following properties:

- **Riu Montego Bay**
- **Riu Aquarelle**
- **Riu Ocho Rios**
- **Moon Palace Jamaica**
- **Sunset At the Palms**



ÚNETE A LA CELEBRACIÓN DEL
9º FIN DE SEMANA MUNDIAL DEL BIENESTAR

DÍA	HORA	ACTIVIDAD
Viernes 19	10:00 - 11:00	Demo de buceo
Sábado 20	10:00 - 11:00	Taller de masaje craneal
	11:00 - 12:00	Maratón de kayaks
	17:00 - 18:00	Taller de limpieza facial
Domingo 21	10:00 - 11:00	Taller de masaje de manos
	11:00 - 12:00	Demo de snorkel
	17:00 - 18:00	Taller de envoltura en barro



www.scubacaribe.com
+1 800 438 0000



AMÉRICA LATINA

México

Four Seasons Resort and Residences Cabo San Lucas en Cabo Del Sol, para celebrar el World Wellness Weekend (del 19 al 21 de septiembre de 2025), ofrece a sus huéspedes experiencias de bienestar gratuitas, como sanación con sonido en el agua, yoga en la playa y una selección de alimentos y bebidas con nutrientes. Además, el resort estrenará un nuevo menú de la Colección de Bienestar con tratamientos cuidadosamente seleccionados para mejorar el bienestar holístico.



Los siguientes **Renova Spa** ofrecerán Taller de masaje capilar, taller de limpieza facial, taller de masaje de manos y taller de envoltura en barro. Estos talleres también se ofrecerán en **todos los spas participantes en otras 11 ubicaciones**.



- En Cancún: **Hotel Riu Caribe; Hotel Riu Palace Las Americas; Hotel Riu Cancun; Hotel Riu Palace Península; Hotel Riu Kukulcan; Hotel Riu Dunamar; Hotel Riu Palace Costa Mujeres; Hotel Riu Latino**
- En Cabo San Lucas: **Hotel Riu Palace Cabo San Lucas; Hotel Riu Santa Fe; Hotel Riu Palace Baja California**
- En Nuevo Vallarta: **Riu Palace Pacífico; Riu Vallarta**
- En Mazatlán: **Riu Emerald Bay**
- En Playa del Carmen: **Riu Yucatán; Riu Palace Riviera Maya; Riu Playacar; Riu Palace Mexico**



Los siguientes centros de **ScubaCaribe** ofrecerán Demostración de Buceo; Maratón de Kayak; Descubra el Snorkel.

- En Cancún: **Hotel Riu Caribe; Hotel Riu Cancun; Hotel Riu Dunamar; Hotel Riu Latino**
- En Playa del Carmen: **Riu Tequila; Riu Palace Riviera Maya; Riu Playacar; Riu Palace Mexico; Riu Yucatán**
- En Cabo San Lucas: **Hotel Riu Palace Cabo San Lucas; Hotel Riu Palace Baja California**
- En Nuevo Vallarta: **Riu Palace Pacífico**



AMÉRICA LATINA

Panamá

Hotel Riu Playa Blanca– ScubaCaribe ofrecerá Demostración de Buceo; Maratón de Kayak; Descubra el Snorkel.



Uruguay (parte 1)

Lorena Acuña, Embajadora del WWW en el país, Alejandro Barreto, Coordinador del WWW en el país, Fabiana Toranzo, Coordinadora del WWW en la Ciudad de Maldonado, Yohana Ferreira, Coordinadora del WWW en la ciudad de Montevideo, y Natalia Figueroa, Coordinadora del WWW en Ciudad de la Costa, anuncian **grandes noticias:** El Ministro de Turismo ha renovado su declaración de que el World Wellness Weekend es un evento de Interés Nacional para promover el Turismo de Bienestar en Uruguay.

Uruguay celebra el bienestar con más de 300 actividades gratuitas en todo el país.

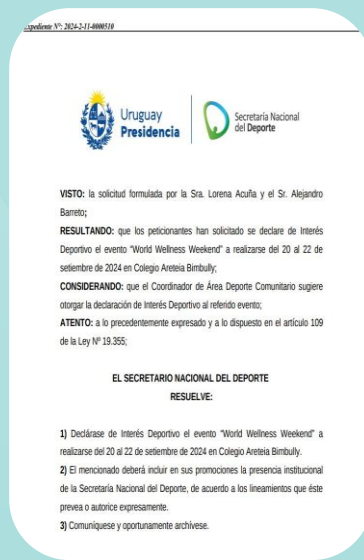
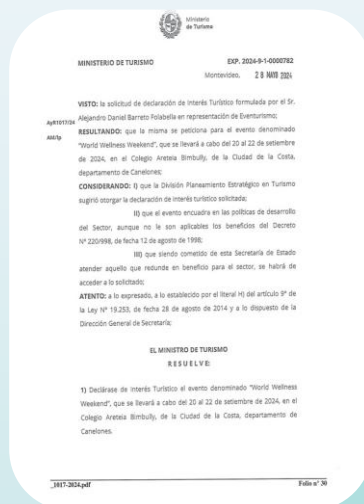
El **Colegio Areteia Bimbully** reabre sus puertas para ofrecer sus instalaciones al WWW y se convierte en la sede principal por segundo año consecutivo con más de **30 actividades gratuitas dirigidas tanto a la comunidad como a sus empleados.** Las actividades están organizadas y coordinadas por Lorena Acuña, Embajadora de País, garantizando una oferta variada que incluirá charlas sobre salud mental, zumba, diferentes estilos de yoga, exhibiciones sobre discapacidad, arteterapia, juegos de mesa, deportes, baños de gong, taichí y mucho más.

• **Congreso GHTW (Gastronomía, Hostelería, Turismo y Wellness)** que se celebra en el país desde hace + de 20 años incluirá una agenda especialmente enfocada en el bienestar, en alianza con el WWW.

• **Terra Santa**, además de participar en la 5K social en Paysandú, sumará cuatro actividades adicionales para la comunidad, el público general y sus propios trabajadores.

• Numerosos centros participarán a nivel nacional para celebrar el #wellnessforall: Yoga, Yoga de la risa, Tai Chi, Zumba, fútbol inclusivo, talleres de cocina saludable, constelaciones familiares, sesiones de hipnosis consciente colectiva, charlas de teatro y coaching inclusivos, espacios de formación, retiros, experiencias virtuales.

- **Florida:** con el **apoyo de la Directora de Turismo**, se realizarán acciones en una de las plazas principales.
- **Paysandú:** gran movida social con la 5K y actividades de **Terra Santa**
- **Maldonado:** propuestas en **Espacio Cairu**



AMÉRICA LATINA

Uruguay (parte 2)

- **Canelones:** actividades en **Multiespacio Berkana**
- **Montevideo:** actividades en **Espacio Guidai**
- **José Ignacio:** experiencias en [Pure Wellness](#)

Los equipos del **World Wellness Weekend en Argentina y Uruguay** anuncian el [SUMMIT WELLNESS 360](#) que se realizará en **Punta del Este, Uruguay**, los días **9, 10 y 11 de noviembre de 2025**, organizado por la **American Wellness Association (AWA)** y la **American Spa Association (AAS)**. Este nuevo encuentro internacional reunirá a líderes del bienestar, spas médicos, hospitalidad, turismo de salud y terapias integrativas durante tres días de capacitación, inspiración y networking, convirtiéndose en un espacio clave para construir el futuro de la industria en la región. Con el apoyo del **World Wellness Weekend**, contará con la participación de destacados Embajadores, Coordinadores, Héroes, Campeones, Líderes y representantes de eventos de toda Sudamérica.





Africa

Middle East

AFRICA

Benin

Marina Dannon, 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.

Ezéchiél Bossikponon, Coordinator in Benin mobilizes Civil Society Organizations (CSOs) with activities on Nutrition, wellbeing and Health of the elderly, women, children.



Cabo Verde

- **Hotel Riu Palace Santa María - Renova Spa**
- **Hotel Riu Karamboa - Renova Spa**
- **Hotel Riu Touareg - Renova Spa**
- **Hotel Riu Palace Boavista - Renova Spa**

All above **Renova Spa** properties will offer: Scalp Massage Workshop, Facial Cleansing Workshop, Hand Massage Workshop and Clay Wrap Workshop. These workshops will also be offered in **all their participating spas in 11 other locations.**

All the above hotels as well as Hotel Riu Cabo Verde – ScubaCaribe will offer Scuba Diving Demo; Kayak Marathon; Discover Snorkelling,

Ghana

Yoga Experiences Africa expects 10 of their instructors to participate and will hold a Yoga session at **Accra Shala Yoga.**

AFRICA

Mauritius

Mauritius will shine again as a Wellness destination with activities organized by legendary properties: **Anantara Iko Mauritius Resort & Villas, Four Seasons Mauritius, Hilton Mauritius Resort & Spa, Lux* Le Morne, Riu Le Morn, ScubaCaribe, [So Sofitel Mauritius](#), Sofitel Mauritius L'Impérial Resort & Spa.**

[ScubaCaribe](#) will offer Scuba Diving Demo; Kayak Marathon; Discover Snorkeling.



Morocco

Soumia Hite, Ambassador Emeritus and **Loubna Laasairi, City Coordinator in Marrakech** confirm the participation of iconic properties:

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



Sri Lanka

Hotel RIU Sri Lanka- [Renova Spa](#): Scalp Massage Workshop, Facial Cleansing Workshop, Hand Massage Workshop and Clay Wrap Workshop. These workshops will also be offered in **all their participating spas in 11 other locations.**



South Africa

SA-SA South African Spa Association supports World Wellness Weekend.

[All 13 Camelot Spas](#) in South Africa are participating Yoga Experiences Africa expects 10 of their instructors to participate and will hold an event in South Africa on the 20th at Clifton 4th Beach.

Debbie Amos, from Yoga Experiences Africa, will organize a mass cold plunge and link it to a charity pertaining to the ocean.



AFRICA

Tanzania

In Zanzibar, the following [Renova Spa](#) properties will offer Scalp Massage Workshop, Facial Cleansing Workshop, Hand Massage Workshop and Clay Wrap Workshop. These workshops will also be offered in **all their participating spas in 11 other locations.**

- **Hotel Riu Palace Zanzibar**
- **Hotel Riu Palace Jambo**

[ScubaCaribe](#) in **Hotel Riu Palace** Zanzibar will offer Scuba Diving Demo; Kayak Marathon; Discover Snorkelling.



MIDDLE EAST

Bahrain

Jumeirah Gulf of Bahrain (Wellness Champion) will host the following activities focusing on each of the wellness pillars:

- Sleep & Restoration: lavender back massage; Healing singing bowl session
- Nutrition and Immunity: granola bar; healthy seeds bar; smoothies
- Movement and Vitality: Aqua sport; Kayaking
- Mindfulness and Vitality: Sunset yoga
- Purpose and Solidarity: Evening gathering - intention-setting and gratitude circle.



Kuwait

Jumeirah Messilah Beach (Wellness Champion) will offer the following wellness activities: Yoga \ Mat Pilates \ Mobility; Sound Healing; Spinning; Circuit Training; Nutrition Discussion



Oman

[The award-winning Chedi Muscat](#) (Wellness Champion 2025) joins for the first year, and offers a free experience each day: Sensory Connection in Nature at The Chedi Lawn, Rhythm of The Sea Yoga at The Chedi Beach, and Stillness Meditation at The Chedi Lawn.



More news soon from **Al Baleed Resort Salalah by Anantara, Sumor Spa by Mandara, Anantara Al Jabal Al Akhdar Resort**

MIDDLE EAST

United Arab Emirates (part 1)

Aheem Siddique, Country Ambassador 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 **Dubai Fitness Challenge 30x30** (Nov 1-30, 2025) **initiated by the royal vision 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.

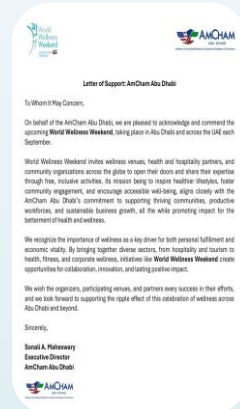
Maja Corridon, City Ambassador of Abu Dhabi confirms that the American Chamber of Commerce **AmCham Abu Dhabi** supports World Wellness Weekend, encouraging all of its members to participate.

Conrad Abu Dhabi Etihad Towers - Abu Dhabi is a Wellness Hero with 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.

W Abu Dhabi - Abu Dhabi (Wellness Hero) 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.

Sofitel Al Hamra Beach Resort – 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.



MIDDLE EAST

United Arab Emirates (part 2)

Jumeirah Emirates Tower will host: Yoga Evening Beneath the Future; HIIT Workout Class and Zumba Morning

Hotel Riu Dubai - [Renova Spa](#): Scalp Massage Workshop, Facial Cleansing Workshop, Hand Massage Workshop and Clay Wrap Workshop. These workshops will also be offered in **all their participating spas in 11 other locations**.

In this same hotel, [ScubaCaribe](#) will offer Scuba Diving Demo; Kayak Marathon; Discover Snorkelling

Andrei Fomin - Global Banya Ambassador, and **Natalie Bren**, Banya Coordinator confirm [Banya Forest](#) – Dubai will offer a session on how to Banya.

[Sofitel Dubai The Palm](#) organizes a Morning Jog, free Kayaking & Paddle activities, and a Wellness Spa experience.

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...**





Asia
India
Oceania

OCEANIA

Australia

[Peninsula Hot Springs](#) celebrates 20 years with a deeply restorative Sound Bath in the Glasshouse space with Tania de Jong, Award-winning social entrepreneur, acclaimed soprano, inspirational speaker and storyteller; and sound healer Dan Byrne.



New Zealand

Tui Milner, Tui Milner of Te kura Atuatiratanga (the school of the gods) participated with founder Marie Stewart and team of Te kura Atuatiratanga at the World Massage Championship in Copenhagen, is gathering 12 locations from North to South of the country to show the healing properties of the traditional Māori massage



ASIA

Cambodia (part 1)

+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.



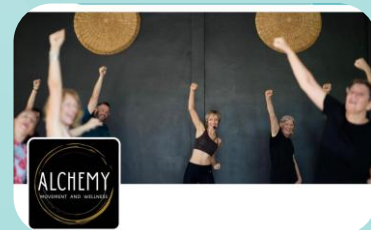
+10 new venues in Kep and Kampot:

- including schools, yoga studios, such as **Akasha Villa**, **Kamùpot Villa**, **Lana Yoga**, **Monkey Republic Yoga Studio**, **Nibi Spa**, **Peppercorns School**, **Sabay Beach**, and **Zenhouse 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...)
- **Kep West Wellness Center** invites the community and staff members to: Sunset Restorative yoga & equinox kirtan, Sunrise biking by the sea, Morning yoga & pranayama, Tibetan bowl sound healing & meditation.



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 \(Sept 21\)](#).



ASIA

Cambodia (part 2)

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).

Kactus Your Island Sanctuary (Koh Takiev) Wellness Hero joins for the first time with Hatha Monring Yoga, Meditation Walk, Beach Clean Up, Pilates and a teambuilding for the staff. Truly Wellness For All

India (part 1)

Reena Sheth, Region Ambassador in India & APAC, alongside the WWW team in India, **Shweta Parekh** and **Jo Gaglani, 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 Fund** uniting over 150 hair & beauty salons in India
- **Malaysia Association Of Wellness Trainers** (MAWT)
- **Beauty & Wellness Sector Skill Council** (B&WSSC)
- **Madhavbagh**, which has transformed the landscape of non-invasive cardiac care in India
- **Dr. D. Y. Patil University** (DYPU), Navi Mumbai, NAAC-accredited institution offering 90+ educational programs in engineering, medicine, management, biotechnology, hospitality, law, and architecture.

Across India, a constellation of healing destinations, legacy hotel groups, and purpose-led organizations are coming together to spark a movement.

- **The J Wellness Circle** will again organize a "Wellness Festival" across the 80+ properties (**Taj Hotels, SeleQtions, Vivanta**) offering +200 hours of immersive wellness experiences rooted in the ancient wisdom of Ayurveda and Yoga for Guests, associates, corporate clients, and local communities. Some properties are Wellness Heroes, and many achieving the Wellness Champion status.



ASIA

India (part 2)

News soon from **J.W Marriott, Ritz-Carlton, St Regis, Westin, Fairfield**; and from Tattva Wellness properties across the country as well as from **Fairmont Hotels (Mumbai, Jaipur, Udaipur), The Leela Palaces, Hotels and Resorts, ITC Hotels & Kaya Kalp – The Royal Spa, Club Mahindra Holidays, Oberoi Group, Hilton Hotels India, Radisson Hotels (India), Ananda in the Himalayas, SwaSwara & Kalari Kovilakom (CGH Earth Wellness Portfolio), The Lodhi, Delhi, Vana (Integrative wellness & inner ecology), Susan Salon, Mumbai, Bonde Salon, Mumbai, AOI Ayurvedic Network, Forest Essentials Spa Locations, Soho House Mumbai, DLF Wellness, Hilton Shillim, Lonavala.**

Several activities will be offered, such as:

- Silent sunrise yoga + sound baths
- Longevity-led epigenetic diagnostics
- Spa rituals for cancer care (Hair for Healing)
- Nutrition and wellness coaching corners
- Youth wellness clubs & intergenerational activation
- Inclusive wellness for elders & caregivers & much more!
- Salon activations
- Corporate Wellness activations

The WWW welcomes **new media partners** in India: **Style Speak**, **Professional Beauty India**, **Times Of India**, **Global Spa Magazine**.

Dr. Rekha Chaudhari, Wellness Ambassador, will host **online panels** during World Wellness Weekend with **Ms. Jyotiee Balani** on the **World Digital Detox Day** social platforms as well as her personal channels:

- Is Wellness Really Understood? Beyond Buzzwords to Everyday Practice
- Are We Healing or Just Hustling? The Real Meaning of Wellness in a Burnout Generation
- Wellness Beyond Screens: How Nature, Rituals, and Human Connection

Dr. Rekha will also lead **on-ground celebrations through the ZEP Foundation in partnership with two schools** that are currently implementing our year-long WDDD curriculum, engaging over 3,000 children in activities promoting digital wellness and analog living.

Other confirmed participants: **Four Seasons Hotels (Mumbai, Bengaluru), CGH Earth Hotels, Marriott International – India, Hyatt Hotels India, The Machan (Luxury eco-retreat), Meghavi Wellness, Beautiful Hearts Fund Spaces - Toni&Guy Salons, Looks salons etc.), The Jump (Bio hacking studio), Bombay Gymkhana, Birla Wellness, Jump Wellness Lounges (India), Tre Wellness, Hyderabad**



ASIA

Indonesia

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, Ambassador Emeritus in Indonesia introduces **Mrs. Dwi Santini**, Ambassador in Bali; and in Jakarta, **Mrs. Wulan Maharani Tilaar** with the participation of:

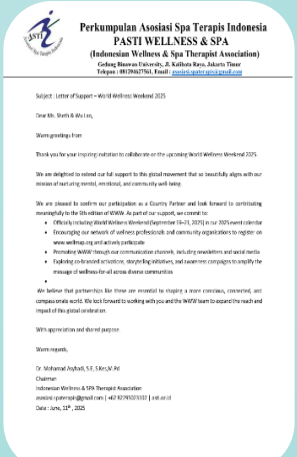
- **Bali Hotel Association**
- **Anantara**
- **Conrad**
- **Courtyard**
- **Fivelements Retreat Bali** (Wellness Hero 2025)
- **Hard Rock Hotel**
- **Hilton Bali Resort**
- **Hotel Indigo**
- **Kempinski**
- **Manaka by Ovolo**
- **The Meru Sanur**
- **Ritz-Carlton**
- **Six Senses Uluwatu**
- **Westin**

Mrs. Wulan Maharani Tilaar, City Ambassador in Jakarta and Director of **Martha Tilaar SPA**, has gathered a number of hotels, spas, yoga communities, and health industry players in Jakarta to join the movement.

Martha Tilaar SPA will organize a series of special activities during WWW 2025 to support physical, mental, and spiritual well-being: serving herbal drinks simultaneously across 40 outlets both in Indonesia and abroad ; signature traditional Martha Tilaar SPA movement therapy (Mayonggo Seto) ; community wellness programs such as blood sugar and cholesterol checks.

Dwi Santini, City Ambassador in Bali, announces a **Global Meditation** Gathering for World Peace at **Singaraja Hall, Nusa Dua Convention Center** with:

- Sound Healing & Relaxation
- Yoga stretching
- Messages of Peace & Unity
- Guided Meditation by Buddhist monk
- Candle Lighting with 2,000+ people for world peace
- Loving-Kindness Meditation



ASIA

Japan

Tomoe Kaneko, Tomoko Iwai, Tomoko Koduma, Country Ambassadors in Japan, and Kanako Nakai, Kumiko Nagai, 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 & 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**.

BIG GROUP participation:

- **Sports Club Renaissance** - more than 100 fitness clubs
- **MIZUNO Sports Service** - more than 100 fitness & sports facilities
- **TIPNESS** - around 100 fitness clubs

Local Authorities Initiatives:

- **Shizuoka prefecture** - Wellness with Mt.Fuji & Japanese Tea Field
- **Karatsu city, Saga prefecture** - Karatsu Yoga Festival with the support from the city
- **Yamato city, Kanagawa prefecture** - Wellness Festival at the town hall
- **Chiba city, Chiba prefecture** - World Wellness Weekend in Chiba
- **Minato-ku, Tokyo** - WWW Minato-ku event
- **Chuo-ku, Tokyo** - Disaster Prevention Lantern Yoga

Featured event: Sumida Wellness Weekend at Honjo Regional Plaza BIG SHIP will offer:

A gathering for body and soul

- First Mat Pilates
- Myofascial Release Mini Trial Class
- Parent and child mindfulness experience
- First Mindfulness Lecture
- Myofascial Release Mini Trial Class
- Fun for kids and adults. Building a bird mobile
- Spinning and chirping!
- Kids Science Show "Kuuki no Fushigi"
- Healing Hawaiian Hula
- Bali traditional dance Bali dance
- Flamenco Dance with a heartbeat



ASIA

Kanako Nakai, Coordinator in Japan, announces the **Sumida-ku event** that will offer:

- Pilates, mindfulness workshops, ...
- Myofascial Release Mini Trial
- Parent and child mindfulness experience
- Fun for kids and adults: building a bird mobile
- Healing Hawaiian Hula
- Bali traditional dance
- Flamenco Dance with a heartbeat

among other activities. Click [here](#) to check the full program.

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

Malaysia

Reena Sheth, 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) organized the **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...**

Maldives

- **All Mandara Spas (part of OneSpaWorld)** will participate again with inclusive wellness activities: stretching, breathing, Zumba, Mini massages, meditation, Yoga, Pilates...
- The Maldives Hideaway Resort Run 2025 at the luxurious **Hideaway Beach Resort & Spa** (organised in collaboration with race partner Total Fitness Group (TfG):
 - competitive early morning run
 - relaxed, scenic route for social runners
 - cheerful morning race for young participants
 - sunset and Sunrise Yoga under golden skies
 - sound Healing Therapy
 - Fitness Classes and Group Classes by TfG
 - Evening: live music & themed beachside dining

Hotel Riu Palace Maldives- Renova Spa: Scalp Massage Workshop, Facial Cleansing Workshop, Hand Massage Workshop and Clay Wrap Workshop. These workshops will also be offered in **all their participating spas in 11 other locations**.

Hotel Riu Atoll – ScubaCaribe will offer Scuba Diving Demo; Kayak Marathon; Discover Snorkelling.

Jumeirah Maldives will offer two journeys focused on two wellness pillars **“Movemenet & Vitality Journey”** and **“Mindfulness & Vitality Journey”** with: Power Yoga; Step Aerobics; Prana & Mindful Meditation; Vinyasa & Pranayama; HIIT; Trataka meditation; Restorative Yoga; Tibetan Sound Healing; Mat Pilates



Malaysia Association of Wellness Trainers
(MAWT) PMA 022-24 1422018
No. 11, Jalan Tun Dr Ismail,
11050 Bayan Lepas, Penang
malaysiaawt@gmail.com

SUBJECT: LETTER OF SUPPORT - WORLD WELNESS WEEKEND 2025

Dear Mr. Sheth,

Warm greetings from Malaysia Association of Wellness Trainers (MAWT).

Thank you for your inspiring invitation to collaborate on this upcoming World Wellness Weekend 2025. We are delighted to extend our full support to this global movement that we believe aligns with our mission of nurturing mental, emotional, and community well-being.

We are pleased to confirm our participation as a Country Partner and look forward to contributing meaningfully to the 9th edition of MAWT. As part of our support, we commit to:

• Actively including World Wellness Weekend (September 19-21, 2025) in our 2025 event calendar.

• Encouraging our network of wellness professionals and community organizations to register on www.wellnessweekend.org and actively participate.

• Showcasing MAWT through our communication channels, including newsletters and social media.

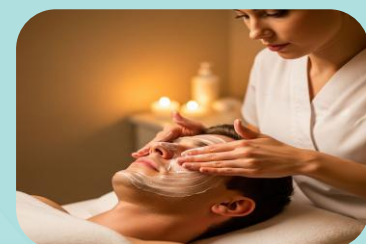
• Highlighting co-branded activities, storytelling initiatives, and awareness campaigns to amplify the message of wellness for all across diverse communities.

We believe that partnerships like these are essential to shaping a more conscious, connected, and compassionate world. We look forward to working with you and the MAWT team to expand the reach and impact of this global endeavor.

With appreciation and shared purpose,



Hana Halim
President
Malaysia Association of Wellness Trainers (MAWT)
malaysiaawt@gmail.com | +603 18313171
Date: 1 June 2025



ASIA

Philippines (part 1)

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

- the Department of Tourism
- Department of Health
- and Wellness Travel Association of The Philippines:
- **Araw Hospitality Group:** **Nawa Wellness**, **Bacau Bay Resort**, **Lihim Resorts**, **Unwnd Boutique Hotel**, **Calatagan**, **Batangas**, **Coron**, **Palawan**, **El Nido**, **Palawan**, ...with a flagship event in the Philippines. The main celebration event of World Wellness Weekend will happen at Resorts, El Nido Palawan as the official WWW venue along with all participating companies nationwide

Alliance Française de Manille confirmed that they will do another **Music Heals** together with **Aruga Collective** in collaboration with World Wellness Weekend.

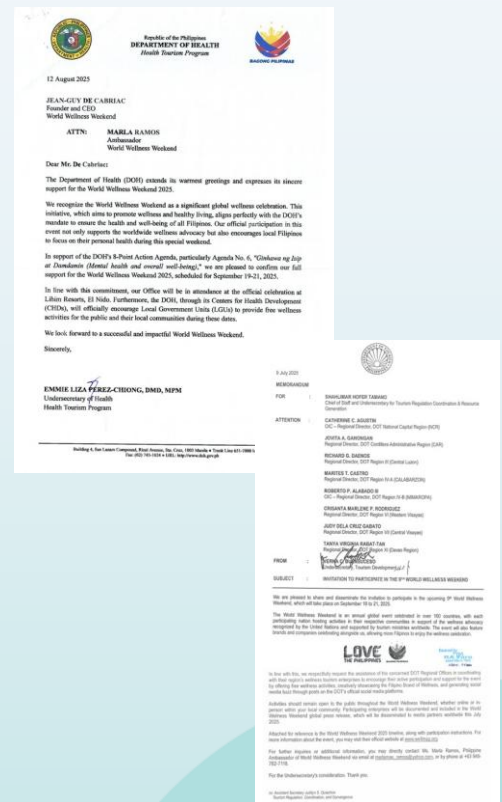
In **Quezon City**, the group of malls **Araneta City** will have a fun run on Sunday and movement activities on the 3rd day of the World Wellness Weekend.

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 Marriott 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**...
- Hospitals: **Manila Doctors Hospital**, **Chinese Medical Center**, **Dr. Jose Fabella Memorial Hospital**
- Brands & Communities: **Alliance France De Manille**, **Pinay Girl Boss**, **Nomads in Paradise** (A Nomad Festival in Siargao Sept. 14-21, 2025), **Simula Wellness Retreats**, **Kindred Health**
- **Nurture Wellness Village**, **Las Caidas Wellness Resort**, **Okada Manila**, **Luljetta's Hanging Gardens & Spa**, **Health & Wellness Conference Philippines** by **Wellness Confex**, **Gassho Center**, **Shinagawa Philippines**.

World Wellness Weekend is building partnerships in the Philippines to inspire millions of people:

- **PHILSTAR** with the **Joyful Wellness Journal** so that Philipinos start their Journey to Wellness



JOYFUL WELLNESS
Together for Better Health

ASIA

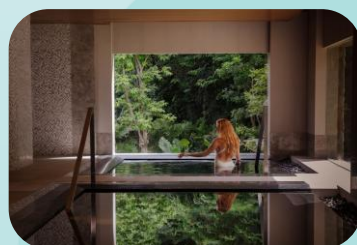
Philippines (part 2)

- [NET 25](#) Radio stations will announce the 2025 celebration
- [HWONFEX](#) wellness trade show in Manila (Sept 5th-7th) will present the WWW video on stage. The WWW team in the Philippines attended the media launch Aug 6th.

Thailand

Hayden Rhodes, City Ambassador in Phuket, confirms a variety of free activities on the **island of Phuket** including breathwork classes, sound healing, Pilates workshops, nature hikes, sunset yoga and fitness experiences and beach clean ups:

- [Life Balance Phuket](#): Sound Healing, Stress Release Sauna
- [Layan Life by Anantara](#): Traditional Thai Medicine and Herbal Workshop
- [Pilates Atelier Phuket](#): Pilates Reformer and Chair Classes
- [Atmanjai Wellness Spa](#): Breathwork Stress Release Class
- [Seara Sports](#): Balanced Body Pilates Classes
- [Rebecca Lek](#): Soul Healing Jungle Walk
- [Alpha Health Club](#): Dance Classes or Circuit Training
- [Moksha Wellness](#): Breathwork, Meditation & Yoga Dance Flow
- **The Western Siray Bay Resort & Spa Phuket**: Sunrise Yoga, Sound Therapy, Beach Thai Boxing Class



ASIA

Vietnam (part 1)

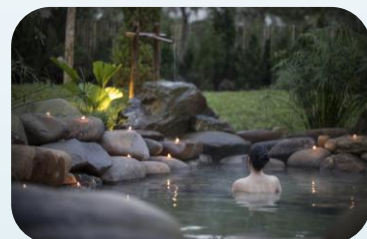
Hylton Lipkin, Country Ambassador and General Manager Bhaya Cruise Company, and Nyoman Yastama, Country Coordinator and Wellness Director Alba Wellness Valley by Fusion, along with City Coordinators across Vietnam: [Tran Tu Anh](#) and [Pham Hoang Thanh Thai](#) (Ho Chi Minh City); [Vishnu Harshan](#) 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, Meditation, 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.

The WWW team in Vietnam is thrilled to announce that **Fusion Hotel Group**, **FLC Hotels**, and **Vinpearl Hotels & Resorts** will once again be active participants, organizing exciting and meaningful activities.

This year, the World Wellness Weekend is also welcoming **Bhaya Cruise Company**, which will be hosting sunrise wellness sessions in the breathtaking **Ha Long Bay**, a UNESCO World Heritage Site.

With **149 venues** and **238 activities** confirmed, below is a list of some of the 2025 participants:

- [A La Carte Halong Bay Hotel & Residence](#)
- [Intercontinental Group Vietnam](#)
- **Active Hub**
- [California Fitness & Yoga](#)
- [Aeris Hill Tu Le](#)
- [Akoya Spa](#)
- [Alba Wellness Valley by Fusion](#) (2025 Wellness HERO)
- [Thanh Tan Hotsprings by Fusion](#)
- [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](#)
- [Diamond Westlake Suites](#)
- [Diviners Movement](#)
- [Hoi An Pilates](#)
- [Four Points by Sheraton Da Nang](#)
- [FURAMA RESORT DANANG](#)
- [JW Marriott Phu Quoc](#)
- [Lumina Wellbeing](#)
- [Mandala Wellness](#)
- [Mercure Vung Tau](#)
- [Mövenpick Resort Phan Thiet](#)
- [Namia River Retreat](#)



ASIA

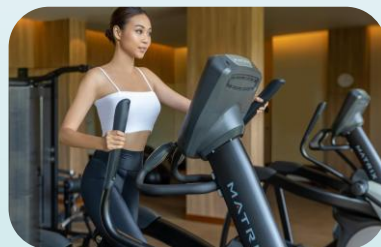
Vietnam (part 2)

- [Omandala Vietnam](#)
- [Regent Phu Quoc](#)
- [Saigon Healthy Lifestyle](#)
- [Sailing Club Signature Resort Phu Quoc](#)
- [Salinda Resort Phu Quoc Island](#)
- [Senna Wellness Retreat](#)
- [Sheraton Vietnam](#)
- [Six Senses](#)
- [TIA Wellness Resort](#)

[Meliá Ho Tram Beach Resort](#) will host complimentary wellness activities at Lake Island:

- Yoga & Forest Bathing by the Lake: yoga and wellness pathway
- Balance in Nature: Tai Chi and wellness pathway
- Breathe & Be: meditation and wellness pathway
- Green Day with Meliá to clean up the beach and surrounding areas
- Healthy staff meal day

Click [here](#) to check their full program



Patrocinadores

World Wellness Weekend 2025

Lemi
ITALIAN WELLNESS EQUIPMENT



"En LEMI somos conscientes de que el camino hacia el bienestar es un proceso largo y desafiante que tiene éxito siempre que se persiga con confiabilidad y tenacidad. Desde 1989, en LEMI, el bienestar ha sido el núcleo de un proceso que conduce a un constante crecimiento empresarial, enfocándose así en la mejora constante tanto para su personal como para el entorno en el que trabajan. Por ello, estamos muy orgullosos de dar apoyo al **World Wellness Weekend** y difundir el bienestar en la vida cotidiana.."

Matteo Busaferri – Gerente General de LEMI

MATRIX



"Es para mí y para todo el equipo de Matrix France un honor y un gran placer poder apoyar al World Wellness Weekend en Francia y en muchos países. Desde hace 20 años, nuestro deseo es brindar placer y bienestar a cada practicante y usuario de nuestros productos, pero también a todos los empleados de nuestra empresa. Por lo tanto, era lógico que estuviéramos presentes junto a Jean-Guy de Gabriac en el **World Wellness Weekend**."

Matrix-Strong-Smart-Beautiful

Denis Daon – CEO de Matrix Fitness France / Johnson Health Tech

agilysys



"En Agilysys, creemos que el bienestar no es solo un servicio, sino una experiencia compartida que nace de la intención y se potencia con la innovación. Apoyar el World Wellness Weekend refleja nuestra dedicación a impulsar el bienestar en el sector hotelero y a impulsar la tecnología que ayuda a ofrecer experiencias personalizadas y restauradoras a gran escala."

Frank Pitsikalis - vicepresidente sénior , Estrategia de Producto

SPA ACADEMY

— by Manuel De la Garza —



"El **World Wellness Weekend** une a la gente en nombre del autocuidado, y como Embajadores y Patrocinadores, Spa Academy by Manuel De la Garza se enorgullece de ampliar esta misión. Creemos que el bienestar comienza con la educación, motivo por el cual capacitamos a profesionales para brindar experiencias transformadoras. Nos enorgullece difundir el poder del contacto consciente por todo el mundo participando en este maravilloso evento porque cuando las personas prosperan, las comunidades florecen. Este septiembre, ¡junémonos, inspiremos y celebremos el bienestar cada rincón del mundo!"

Manuel de la Garza – CEO & Founder Spa Academy

Patrocinadores del World Wellness Weekend 2025



“Altearah se enorgullece de apoyar el **World Wellness Weekend** porque creemos que el verdadero bienestar debe ser accesible para todos. Durante 25 años, nos hemos comprometido a democratizar un enfoque sensorial y emocional del bienestar, uno que respete tanto a las personas como al planeta. Para nosotros, no hay mejor manera de celebrar nuestro 25.º aniversario que uniéndonos para apoyar un movimiento global que comparte nuestros valores y visión. Junto con el World Wellness Weekend, nos enorgullece defender la industria del bienestar y elevar a todos aquellos que, como nosotros, están trabajando para construir un cambio de estilo de vida transformador a través del bienestar. Juntos, continuamos compartiendo el mensaje del bienestar con el mundo.”

Aheem Siddique, codirectora general



“Comparto plenamente todos los valores del **World Wellness Weekend** y pongo por delante los 5 pilares del bienestar en todos sus proyectos. Personalmente, es un honor y un placer estar junto a Jean-Guy de Gabriac y todos los Embajadores de esta fantástica iniciativa global para el bienestar. Estoy muy orgulloso de liderar el equipo de Embajadores de Italia. Para mí el World Wellness Weekend es la síntesis más representativa de mis últimos 30 años de trabajo en el sector del SPA y el Bienestar.”

Regis Boudon-Doris, cofundador & CEO del grupo bbspa



“Nos enorgullece apoyar el **World Wellness Weekend**, una iniciativa global que celebra el bienestar en todas sus formas. En Starpool, creemos en un bienestar auténtico y cada vez más accesible, y en la importancia de la creación de redes para promover un estilo de vida saludable y consciente. Con esta colaboración, queremos reforzar nuestro compromiso con la promoción de una cultura de bienestar que priorice a la persona y su salud mental y física”

Ricardo Turri – CEO Starpool



“Es un honor y un placer liderar estas celebraciones de bienestar mundial que reúne a Ministros de Salud, Turismo, Alcaldes, 60 asociaciones internacionales, grupos hoteleros y de fitness... Más allá del diseño y el marketing, lo que hace que la gente quiera volver a una propiedad dedicada al fitness, la belleza y el turismo es el talento de los equipos, su experiencia y su pasión por cuidar a las personas y ofrecer experiencias ricas en significado y sensaciones, lo más transformadoras posible.”

Jean-Guy de Gabriac – Fundador de Tip Touch International



“Estamos muy contentos de apoyar al **World Wellness Weekend**, un gran proyecto internacional, que casa con nuestra filosofía y nuestro concepto de belleza, siempre en nombre del respeto por el mundo natural y el delicado equilibrio de nuestro cuerpo. Una iniciativa que esperamos que difunda cada vez más, en Italia y en el mundo, su idea positiva de bienestar”.

Valeria Cavalcante – CEO de Vagheggi