



wellmap.org

@worldwellnessweekend

#worldwellnessweekend

#wellnessforall

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UNITE FOR WELLNESS

19-20-21
September 2025

Find activities near you

10.000
VENUES

190
COUNTRIES



LET'S UNITE FOR WELLNESS!

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

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

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

19-20-21 Sept 2025, [World Wellness Weekend](#) returns for its **9th** edition aiming for 190 countries. **10,000+ venues** will open their door and inspire millions of people to try and experience new fun and inclusive fitness classes, yoga sessions with friends, family, and colleagues.

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

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

[Pure Fiji cosmetics](#), [Navutu Stars Resort](#), [Six Senses Fiji](#) will kick off the celebrations in Fiji at sunrise (Sept 19), as well as [Te kura Atuatiratanga](#) in South Island (New Zealand) with a Wellness Blessing in Maori.

[Anara Spa at Grand Hyatt Kauai](#) (2025 Wellness HERO) will officially close the planet-wide event at sunset (Sept 21) with "Street Wellness: Strategies For Wellness In A Wacky World" and free activities for clients, colleagues and underserved communities.

SEPTEMBER IS THE NEW JANUARY

With holidays behind, it's time to get back to work, back to school, and hopefully back in shape at a fitness club, yoga studio or spa near you, to look and feel as great as possible before the change of season.

World Wellness Weekend has upgraded [wellmap.org](#) with a **geolocator** in 17 languages to help people find **free and exciting** group sessions **INDOORS**, and recreational activities **OUTDOORS** offered by fitness clubs, yoga studios, spas, salons, hot springs, hotels, resorts and wellness centers.

ONLINE wellness sessions will be available with [World Wellness WebTV](#), including training sessions, inspiring talks, webinars with holistic practitioners and workshops with massage champions, to empower people at **home**, and **on the go**.

WELLNESS STARTS WITH « WE »

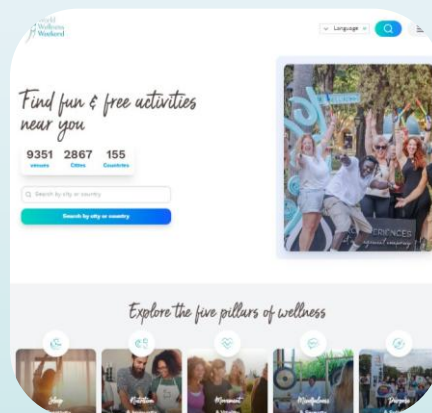
World Wellness Weekend is an **International Non-Profit Association**, launched in 2017 to support the **UNITED NATIONS'** objective of "Good Health and Wellbeing for ALL" and the [Global Wellness Institute's Wellness Moonshot](#), a world free of preventable diseases.

This event of general interest grows exponentially each year, with the support of **50+ Mayors and Secretaries** (Tourism / Health), **60+ international federations**, and **200+ volunteers around the globe**.

MEDIA CONTACT: Christina Ioannou christina@ccicomms.com



[WATCH the 2025 TEASER VIDEO](#)



"Wellness is **ESSENTIAL**, especially when shared".

Jean-Guy de Gabriac, Founder World Wellness Weekend

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