

Sommaire

3-60 MISES A JOURS PAR PAYS

- 3-26 Europe
- 27-32 Canada et États Unis d'Amérique
- 33-43 Amérique Latine et & Caraïbes
- 44-49 Afrique et Moyen-Orient
- 50-60 Asie, Inde et Océanie



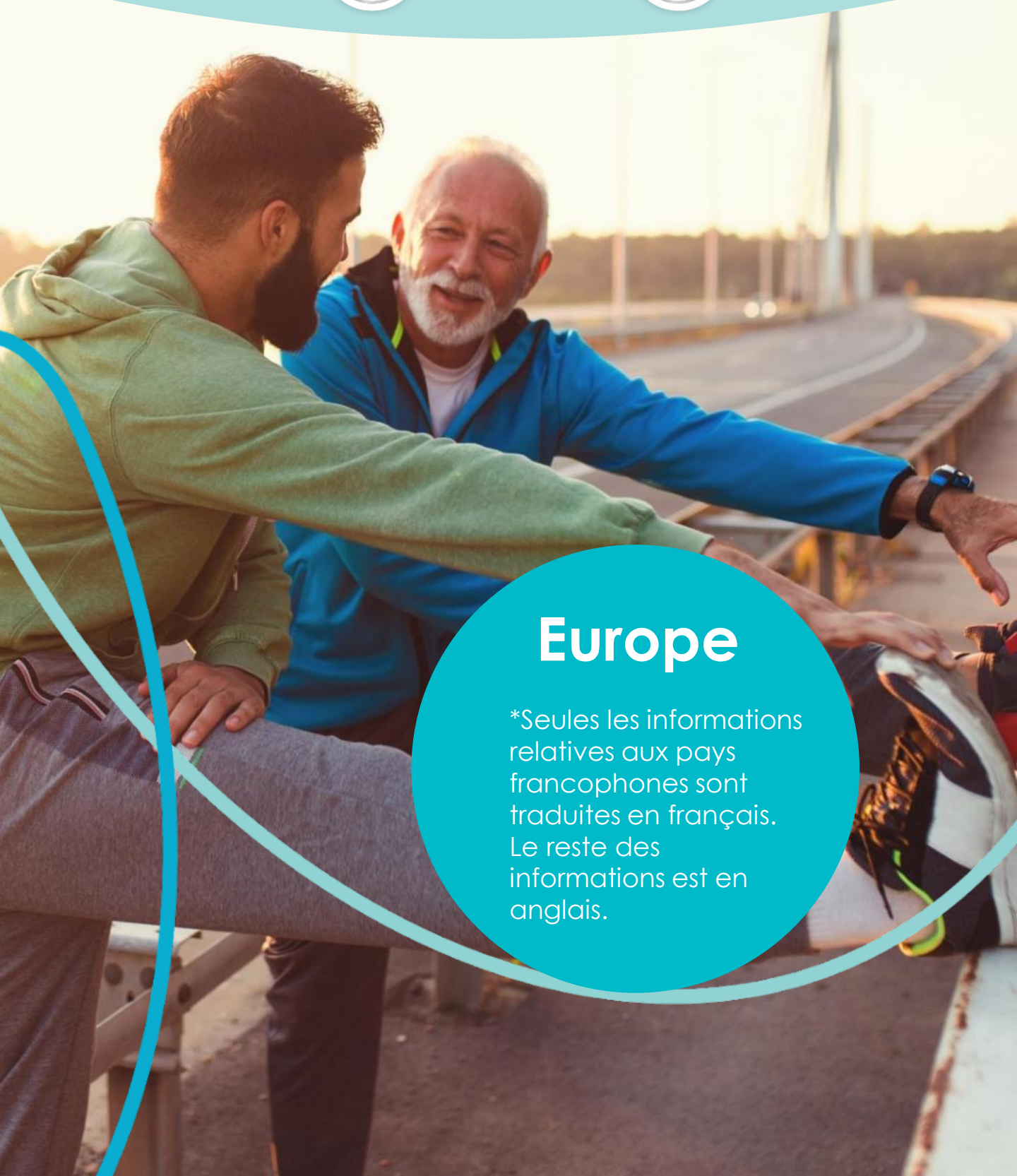
61-62 SPONSORS OFFICIELS DU BIEN-ÊTRE

Seules les informations relatives aux pays francophones sont traduites en français. Le reste des informations est en anglais.

Voici les pays pour lesquels les informations ont été traduites en français:

- Belgique
- France
- Canada (Québec)
- Bénin
- Île Maurice
- Maroc





Europe

*Seules les informations relatives aux pays francophones sont traduites en français. Le reste des informations est en anglais.

EUROPE

Belgium

Julie Wren, **Ambassadrice des Projets Mondiaux**, basée en Belgique, annonce une collaboration avec quatre Initiatives du **Global Wellness Institute** : **Africa Wellness Initiative**, **Breathe Initiative**, **Sleep Initiative**, **Wellness For Children Initiative**, afin de sensibiliser au GWI **Wellness Moonshot**, un monde sans maladies évitables.



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 (partie 1)

L'Association Spa-A (Association Française du Spa) soutient le Week-end Mondial du Bien-être / World Wellness Weekend et encourage ses membres à devenir des Champions Wellness.

David Grand, Ambassadeur du pays, champion de massage et fondateur de **DaviDgranDspa** annonce :

- **Nettoyage du barrage de Villeres** en partenariat avec la commune et l'association **AHE (Agir avec Humanisme Ensemble)**, dans le cadre de la World Cleanup Day (Journée mondiale de la propreté) (accompagné d'un apéritif offert pour les participants) ainsi qu'un atelier DO-IN avec l'équipe DaviDgranDspa, un atelier **massages des mains et des bras**, Atelier de Relaxation Coréenne; pour 10 €: **Atelier Yoga / Séance de respiration Bol Jacquier** avec Marie-Laure DELANEF et une **séance de Sonothérapie GÉANTE ouvert au public**.
- **La Ville de Niederbronn Les Bains** (Ville la plus active de France en 2020-2024) organise à nouveau un grand village Bien-être en plein air avec activités, démonstrations et produits sélectionnés : aqua'jogging, aqua'paddle, sophr'O (relaxation en milieu aquatique). Dans le cadre des Journées européennes du Patrimoine, une visite libre de la **Maison de l'Archéologie des Vosges du Nord** et de l'exposition « De la tablette à la tablette : 5 000 ans d'écriture » ; et des visites commentées de la **Maison de l'Archéologie**, musée de France présentant un panorama complet des recherches archéologiques dans le nord de l'Alsace, de la Préhistoire à l'ère industrielle.

SOFITEL et hôtels MGallery participera notamment:

- **The Purist Retreat & Spa, Cures Marines Hôtel & Spa Trouville MGallery Collection** (Champion Wellness)
- **Hotel Sofitel Quiberon**
- **Hotel Sofitel Golfe d'Ajaccio** avec Pilates, Travail de respiration et Boot Camp
- **EMERIA Dinard Hôtel Thalasso & Spa** (Champion Wellness): Initiation iMoove, Marche Nordique, Micro-Sieste, Réveil Musculaire, Renforcement Musculaire
- **Centre Accompagnement Intégratif** (Fleurance) –Champion Wellness spécialisé dans le travail avec les personnes autistes, cet établissement propose du Bien-être pour tous : Yoga Nidra du Sommeil Conscient, conférences sur le Haut Potentiel Intellectuel, le Microbiote Intestinal, la VRET (Thérapie d'Exposition à la Réalité Virtuelle), l'Hypnose Humaniste et Ericksonienne...
- **Iris & Willy Spas**: 4 spas franchisés spécialisés en soins pré et post-natals, spa bébé ou massages de 1 à 18 mois proposeront dès le 21 septembre des **ateliers massage bébé** de 1 à 9 mois, **soin visage enfant** dès 7 ans et initiation à la **sophrologie**. (Champion Wellness)



EUROPE

France (partie 2)

- **Spa Nescens** – La Réserve Paris et Ramatuelle brillent en tant que Héros Wellness 2025 avec des activités pour leurs Clients, leur Personnel et leur Communauté Locale avec un Nettoyage.
- **SNOW GROUP** ([Algotharm](#), [Cinq Mondes](#), [Deep Nature](#)) participent au WWW (Groupe le plus actif en France 2023)
- Plus de 15 Spas du **SNOW GROUP** ([Algotharm](#), [Cinq Mondes](#), [Deep Nature](#)) participent (Groupe le plus actif en France 2023)
- **L'Ecole Darfeuille** esthétique & coiffure (Roanne) proposera 3 activités bien-être gratuites en tant que Champion Wellness.
- **Andrei Fomin** – Ambassadeur Mondial de Banya et **Natalie Bren**, Coordinatrice de Banya confirment que le **Banya No.1 – Paris** organisera une Master Class GRATUITE de 90 minutes sur le Cercle Chaud-Froid-Repos.
- **The Purist Retreat & Spa – Cures Marines Trouville (ACCOR group)** will offer: Fitness face à la mer; Masterclass : "Le bien-être & vous au quotidien"; Rituel du Bain sonore; Initiation aux Respirations soncientes; Yoga Lumière du matin.

Bientôt plus d'actualités [de toutes les destinations Thalazur](#), quatre Champions du Massage : **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.



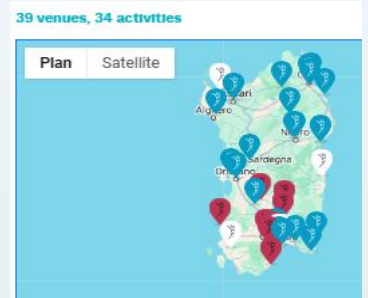
EUROPE

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 Aymagh, 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 Aymagh, 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 002540092 - C.F. 0301370091 - Tel. 0922 96201 - Fax 0922 96979 - info@comune.laconi.it - info@provincia.oristano.it - info@regione.sardegna.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, Pompeo, 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:

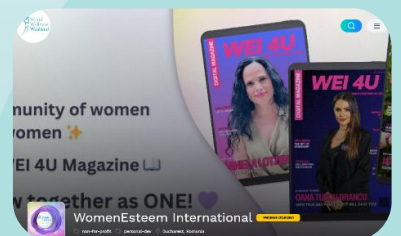
- Pilgrims' Steps: Walking the Future Camino de România Trail
- Discovering Cultural and Spiritual Treasures Along the Camino de România Trail
- Q&A session – Sharing Impressions of Experienced Romanian Pilgrims with Future Romanian Pilgrims on El Camino

- [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 Ratitovec (Hike, Wellness exercise for Seniors, Hebralamulets for children)
- Lagma Wellness Studio (Hiking to Sv. Miklavž).



Spain (part 1)

Lucía Romero de Ávila, Country Ambassador, and WWW – Wonder Woman of Wellness was interviewed on TV Marbella to present the **AMAZING 2025 program of World Wellness Weekend in Spain** :

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



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

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



EUROPE

Spain (part 2)

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

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

Big neWWWs: Andalucía TV Digital will record all the activities of the Marbella program, and interview the participants.

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

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

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

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



EUROPE

Spain (part 3)

From Aug 1-10, [Humilladero](#), together with local cultural and sports associations, celebrated its traditional **Emigrant Fair** with a varied cultural, sports and recreational program for all ages that includes the following activities:

- Scape Rooms
- Basketball
- Excursion to Alfaratejo: Gazpacho Festival
- Rock Festival
- XXI Pedal Day
- White Night: Take culture to the streets
- Paddle surfing, kayaking, and beach games
- Board game night
- Night bike ride
- Colors party and Gymkhana
- Theater Night (Play: 'Grandpa Curro')
- XXXIX Flamenco Festival of the Emigrant
- Yoga in the pool
- Night of Magic (Magician: Pablo D'Magic)
- Chess exhibition and workshop
- Performance by the winning chirigota of the 2025 COAC
- Healthy breakfast tasting by Norma Velazquez (**Natural Vitality Healing**)

The [Fuente de Piedra City Council](#) has organized the **Youth Week 2025 (Aug 16-23)** with several activities:

- Inauguration and Monologue by Christian García
- Trivial game
- Gymkhana for children
- GAMER DAY: FIFA 25 TOURNAMENT for both adults and children
- Beach day
- NIGHT HIKING ROUTE
- GRAND PRIX
- Performance by the La Rabia and Ramoned troupe

[Anaida González](#), Coordinator in Malaga, will offer the following wellness activities in her venue [Soy Escuela de Evolución Consciente](#):

- Womb Memories Workshop
- Somatic Workshop
- Men's Circle
- Medicine Music Circle
- Astrogenealogy as a Healing Tool
- Systemic Movement
- Tarot Archetypes Workshop, a Path to Self-Knowledge
- Workshop: Origins of Desire, Eroticism, Love, and Mythology: The Alchemy of Your Divine Essence
- Conscious Divorce and Separation Workshop
- Mirror Effect Workshop
- The Art of Runes Workshop
- Meditation
- Parenting Workshop: Conscious Families
- "Emotion Management, Social Skills, and Conflict Resolution" Workshop, and more...



EUROPE

Spain (part 4)

- Workshop "From Special Relationship to Holy Relationship"
- Connect with your Spirit Guides - Learn to Channel from the Higher Planes
- Vinyasa Yoga with Liza

Cristian Moreno Ríos, Coordinator in Costa del Sol and President of the association Alianza Holística, and **Fátima Benítez Peláez** and **Francisca Ríos Guzmán**, Coordinators in Costa del Sol and members of the association Alianza Holística, will organize with their members several activities in Marbella, Malaga, Mijas-Fuengirola and Coin:

- in **Marbella**: "Comprehensive Well-being: Give your mind, body, and emotions a break" series of activities by [Cristian Moreno](#), [Francisca Ríos](#), and [Tere Vega](#);
- in **Malaga**: at The Human Room Soho center, owner [Sandra Garal](#) will offer a dynamic approach to body coaching, art, and live music. [Cristian Moreno](#) will participate with an activity on managing daily stress and difficult situations. At **Herboristería Buenavida**, **Fátima Benítez** will offer an activity to relieve mental tension.
- in **Fuengirola** and **Mijas**: Cristian Moreno will bring us "Moon, Emotions, and Well-being"; [Fátima Benítez](#) will bring us an activity on emotional rebalancing and one on body reconnection.
- in **Coin**: in the Shiva Shakti Room, [Cris González](#) will lead a White Tantra activity focused on emotional well-being, and **Francisca Ríos** and **Tere Vega** will lead the "Playing, We Connect" series of activities. In AFA COAL, they will also lead the "Stories, Colors, and Memories" series, aimed at people with Alzheimer's.

Lina Baddouca, City Ambassador in [Fuengirola](#) and Mijas, with her two Administrative Coordinators **Paula Lissandrello** (Fuengirola) and **Silvia Mengibar Bayon** (Mijas) confirm that the **school Andalucía** in Fuengirola will bring its students to connect to wellness. Several hotels will also participate in the area. Collaboration with women association **Casa Luna** to have a charity market as well as with the community of leaders **Cuspide Fenix** that helps grow the visibility of the World Wellness Weekend and with the company **Pura Alegría** that will sponsor the prints for the World Wellness Weekend Fuengirola and Mijas t-shirts.

Álvaro Velazquez and **Manuel de la Garza**, Co-City Ambassadors in **Barcelona**, with Coordinator **Clara Berni**, and the Country Coordinator in Barcelona, **Carmen Coroian** (founder of [AnteTodo Magazine](#)), as well as the City Coordinators in Barcelona, **Francina Bastardes**, **Tony Avilés** and **Leticia Rufin**, confirm the participation of several venues with Yoga, Tai Chi, Dance, Pilates, Wellness talks and workshops, activities for children, Craft workshops, Information stands, Food and drink tasting, Sustainable activity with **World Cleanup Day** group (September 20):



EUROPE

Spain (part 5)

- **Carmen Coroian**, publisher of (**ANTETODO Magazine**) confirms: "Voces que Transforman" (Voices that Transform); Life and Wellbeing Stories Contest; Extraordinary recap edition of World Wellness Weekend 2025; Live interviews with WWW Ambassadors, Coordinators and Leaders; Live reports. **María Gabriela Bermúdez** will host three activities: Online networking in the key of poetry; experiential workshop "There is poetry in the landscape"; masterclass "I want to publish my book".

And ONLINE sessions: **Azoika, Mar Riguero** with "The spell of fear and how to break it"; two online workshops "Express NLP for your daily life" and "Creativity to transform emotions"; and ONLINE workshops with **Ángeles Arjona, Co-Educada-Mente** (Master your time, free your mind; Enjoy your Agenda and Smile; Time in your hands: 5 keys to planning your day-to-day life); online mindfulness workshop by **Inma Romero** and online workshop by **Julia Pérez de Vargas** "Discover the power of Reiki: energy and healing", ONLINE workshops: "A Path to Inner Peace and Emotional Well-being"; and "Discover the Power of Reiki: Energy and Healing"; **Penélope Corso** will host her online workshop "Get out of the loop and break the stagnation".

- **Álvaro Velázquez**, through his company **Sanity Protection**: Presentation of sustainable clothing, Workshop on how to recycle and get the most out of your old clothes.

- **Lorena Caraballo, Flamenco School**: **Emotional Flamenco Workshop and Flamenco Dance Workshops**; **A healing workshop to reach the deepest wound of your being through flamenco.**

- **Beatriz Sánchez**: Talk-workshop to get a healthy back quickly; learn how to relieve back and neck pain with your own hands with easy and effective techniques.

- **Merche Saamadora**: Veturian Arana Quantum Technique; Tameana Zoom session; Pleyadiana Technique; Zoom session on Kundalini activation, energetic transmission to connect with your essence, empower yourself (Ksisters school).

- **Francina Bastardes**: Grow healthy habits; Open House: O2 Under Pressure; Hyperbaric Therapy. Interview and Book Presentation of "CUIDATE" with Author Dr. Agustí Molins; Workshop: Health Habits during Menopause; Conference: The 5 essentials in FOOD.

- **Leticia Ruffín** will present her event Sustainable Fashion Fest

- **Teté García Belleza 360°**: Aphrodite Facial Yoga online workshop



EUROPE

Spain (part 6)

- **Estel la Bosch @Esteladellum:** Ceremony of Reconciliation with the Wounds of Life; ONLINE Introduction to Chöd, a Tibetan healing technique.
- **Eva Lleonart – Palabras Cómplices:** experiential workshop "Empower your inner dialogue using therapeutic puzzles"
- **Estibaliz Fernández:** Hug therapy; Inspirational messages in the form of medicine; Laughter yoga workshop
- **O!Sapiens – Science-Based mental Resilience System** will also participate.

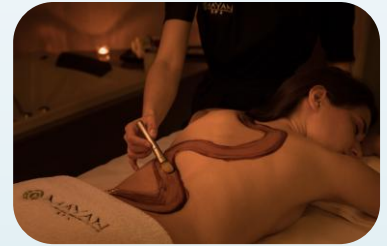
Manuel de la Garza will also offer wellness activities at the **Spa Academy by Manuel de la Garza** and **Mayan Luxury Spa**.

In **Madrid**, **Isabel Pérez Broncano**, **Wellness Leader in Reflexology** and founder of **Ranvvai**, has recently been **interviewed alongside Lucía Romero de Ávila on Capital Sénior (Capital Radio)** and have managed to get the director of Vivero de Empresas at **Madrid City Council** to lend three super spaces on September the 19th.

Isabel will host the following activities:

- Healthy catering by Y Lucientes Restaurant
- Healthy pastries by Coco y Limón/Y Lucientes Restaurant
- Reflexology Days: 6 Reflexology Activities
- Event Opening: Active Meditation + Show + Healing Music and Singing
- Event Closing: Active Meditation + Show + Healing Music and Singing
- Find Your Footprints (a sensory experience using clay and brown paper that reflects participants' footprints, and people discovering their own footprints will be awarded with prizes)
- The Feet Reflection of the Soul (where photographs will be taken and Psychological Readings will be done through the feet)
- Psycho-Emotional Sensitive Experience with Essential Oils: (olfactory-sensitive experience)
- Mindfulness and Empowerment
- Bach Flowers as a complement to Reflexology
- Coaching and Tarot

Canary Islands: Big neWWWs: the regional magazine **ECOS** has announced **Carla Galíndez**, Ambassador in the archipelago and founder of the magazine **Destinos y Negocios** (WWW media partner), has been interviewed on two radio programs: **Con Y de Actoryno (Radio Las Palmas)** and **Lucero matutino (Radio Moya, Moya, Gran Canaria)** and has organized an outstanding wellness program with many venues and activities:



EUROPE

Spain (part 7)

In Gran Canaria:

- **Yoga Maspalomas:** Introduction to the technique of Aeroyoga; Kundalini Rising; What is Aqua Tao; "Wellbeing in communication between parents and children"; Self-love and Crystal Therapy, ...
- **Lavandería el Romeral:** "Comprehensive Wellbeing and Conscious Leadership"; "Wellbeing through communication and sustainability"; "From tiredness to brilliance: How to regain your vitality without losing yourself"; "The importance of hydration 365 days a year", ...
- **Raquel Quintana Estética:** "A Superpower Called High Sensitivity"; "Acupuncture Lifting Integrative"; "The color of confidence and calm. Your image as an anchor of wellbeing",...
- **Moom Coaching:** "Work-related stress and anxiety"; "Calm Motherhood"; "Food devours me" workshop; "Forest Bathing Guide", ...
- **Bambú Suites Vegueta:** Mindfulness program "MBSR" (Mindfulness-Based Stress Reduction), ...
- **Finca las Orillas:** Workshop "Connect with your purpose"; Organic Yoga; Breath Work + Kundalini activation, ...
- **Centro Enervida:** Energy Bioresonance; Biodance
- **Biocentro Hlo Calle Cantonera:** Biodance; Guided meditation; Therapeutic theatre; Meditación and Chikung, ...

In Santa Cruz de Tenerife:

- **Centro de formación ETM Carmen Infante:** Foot autoreflexology workshop; Yoga Nidra and Gong bath, ...
- **Danza en Verde:** Biodance; Oriental Creative Dance; Indian Clothes Solidarity Sale...

ONLINE sessions: Nonverbal communication of your image; "If you feel like you need a real change...this could be your awakening"; "Lettering Emotions"

Click [here](#) to see all the WWW program in the Canary Islands.

María Elisa Jiménez Álvarez, Coordinator in Tenerife and founder of [Casa La Manzaniilla](#) (2024 Wellness HERO) will participate again with a program that will focus on the house's regular collaborators.

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



The background of the page is a photograph of a woman with curly hair, smiling and looking off to the side. She is wearing a dark jacket and has a backpack on. The background shows a hilly, wooded landscape under bright sunlight. A large, semi-transparent teal circle is overlaid on the right side of the image, containing the text.

Canada États-Unis

*Seules les informations
relatives aux pays
francophones sont
traduites en français.
Le reste des
informations est en
anglais.

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.



AMÉRIQUE DU NORD

Canada (partie 2) (Québec)

L'AQS – Association Québécoise des Spas soutient officiellement le Week-end Mondial du Bien-être et encourage ses membres à y participer.

Katja Prpic, Ambassadrice du WWW du Québec confirme:

- **Rosette Pipar, Ambassadrice des Mots et du Bonheur**, présentera une performance de poésie sensorielle et émotionnelle dans les Laurentides sur 12 artistes danseurs unissant le corps et l'esprit, avec la danse comme vecteur de solidarité et de bien-être.
- **Le GUEPE (Groupe uni des éducateurs naturalistes et professionnels de l'environnement)**: guided hike "Between Marsh and Forest" in Montreal's parks to raise awareness on rich urban biodiversity, and walking for physical and mental renewal; randonnée guidée « Entre marais et forêt » dans les parcs de Montréal pour sensibiliser à la riche biodiversité urbaine et à la marche pour le ressourcement physique et mental; Exposition à ciel ouvert: focus sur les oiseaux (exposition pour toute la famille qui permet d'explorer la faune aviaire de l'est de Montréal)
- **Spa Eastman –Champion Wellness 2025**: 7 essentiels pour rajeunir votre mémoire de 20 ans, Prana Flow Run et Choisir d'être bien.
- **MKS à Trois-Rivières** organisera une loterie pour un massage gratuit de 60 minutes (clients); un traitement de 90 minutes à leur nutritionniste (personnel); ciblera 3 organismes de leur région (Mauricie) et leur offrira des soins gratuits sur une demi-journée afin de prendre soin des personnes dans le besoin (communauté)
- **Spa Le Baluchon**: Ressourcement équestre alliant bien-être, développement personnel et contact avec les chevaux ; Yoga en nature; Techniques de respiration; Tonus musculaire et équilibre; Pratiques de postures dynamiques et statiques.
- **Nordik Spa Village Chelsea** organisera une séance de yoga et des activités surprises pour les clients et pour le personnel.



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).

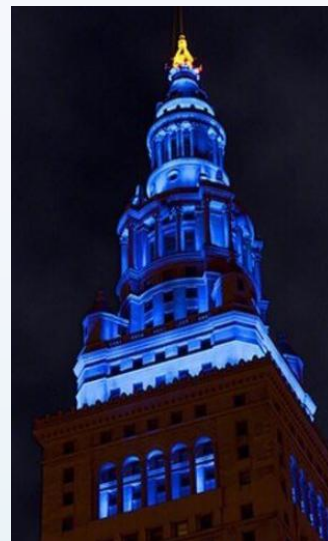
Hyatt venues nationwide invite the public to enjoy wellness activities and bespoke Hyatt Experiences:

- [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...





Latin America Caribbean

LATIN AMERICA

Argentina (part 1)

The **President of the Chaco Tourism Institute** declares the 9th edition of World Wellness Weekend **of provincial touristic interest!**

The **Asociación Americana de Spa (AAS)** and **American Wellness Association (AWA)** fully support World Wellness Weekend, celebrating NATIONWIDE with the outstanding contribution of the entire WWW team in Argentina: **Eduardo FINCI, Ambassador Emeritus LATAM, Gabriela GERIC Country Ambassador and: 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), and so many Coordinators!**

- Great success of the **7° Congreso Internacional de Profesionales de Spa y Bienestar** with the participation of **WWW Ambassadors, Eduardo Finci and Gaby Gergic** (Argentina), **Jessy Heredia** (Chile), **Flavio Acuña** (Dominican Republic), **Lorena Acuña** (Uruguay), **Fabiana Castañón** and **Romina Rodríguez** (Argentina) discussing world trends on wellness tourism and medicine, case studies, massage tango show, ayurvedic yoga... More than 100 conference participants joined on a Welfie in preparation for the 9th World Wellness Weekend.
- Córdoba Capital and Valle de Punilla:** "Health and Wellbeing" **mass gatherings with yoga and mindfulness, conscious DJ sets, organic food trucks, and workshops on neuroscience and emotional wellbeing.** The First Congress on Well-being, Tourism and Sustainability "Roots of the Future" will take place on September the 14th: free admission within the framework of WWW. A day of encounter, reflection, and shared vision to build conscious, sustainable, and identity-driven territories, highlighting well-being as a cross-cutting axis of local development. Important provincial authorities, local leaders, tourism and wellness service providers, artists, educators, entrepreneurs, and residents committed to the development of the area will participate.
- Secretaría de acción Social, Deportes y Educación de la Municipalidad de Tigre** will **activate its sports centers with fun and healthy activities for the community.**
- The CACYP Club:** Event "Well-being beats in Don Torcuato" for the 8th year, engaging the community to participate in healthy activities.
- Iguazú:** wellness hotels will offer sensory experiences with jungle sounds and spa rituals inspired by indigenous cultures.
- Entre Ríos:** **Thermal Tourism Route** in Gualeguaychú, Concordia, and Guaychú.
- Reserva Ecológica Costanera Sur (CABA)** will offer yoga, walks, outdoor meditations.
- Campana, Dolores, Olavarría, Tandil, Las Heras, Darregueira:** mindful walks, aqua gym, yoga, singing bowls.



LATIN AMERICA

Argentina (part 2)

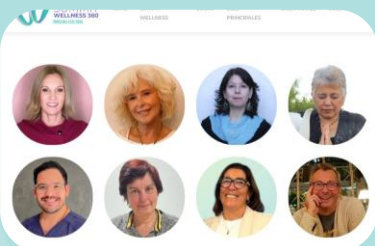
- In **La Plata**, capital of the province of Buenos Aires, Sunday, Sept 21, **an Entrepreneur Expo** will take place at the Alberti Club, featuring free, charitable activities for the general public. This year, youth, adults, and seniors alike will be able to enjoy a variety of wellness experiences such as Zumba, Tibetan singing bowl meditation, dance, yoga, and more.
- **Darregueira**: local fairs, natural products, talks on healthy eating, outdoor activities.
- **Dolores**: free admission for families at the Thermal Park with guided relaxation circuits in charge of the Undersecretary of Tourism.
- **Resistencia (Chaco)**: May to Sept: weekly Caribbean rhythm classes & body awareness workshops. Monthly meditation, reiki, mindfulness, dance, holistic workshops. The **Howard Johnson Plaza La Ribera Hotel** opens its doors for fun gatherings, gratitude, active meditation, Zumba...
- **Tandil**: Cerro El Centinela organizes mindful walks, mindful eating group meditation.
- **Centros Vacacionales Piren (Iguazú, Cabalango y San Martín de los Andes)**: exclusive programs for guests.
- **San Martín de los Andes**, hiking, conscious breathing therapies in front of Lake Lácar.
- **Puerto Madryn, Chubut Province**: laughter yoga in schools and senior residences, flamenco adaptations for seniors, company activities for workplace well-being to foster positive relationships and a healthy back, community singing with whales, mindful walks, and meditation with whales.
- **The Cariló Hills Hotel, Municipality of Pinamar** joins forces for the first time with a joyful and energetic wellness walk and stretch on the beach

The WWW team in Argentina and Uruguay announce the **SUMMIT WELLNESS 360** In Punta del Este, Uruguay – **November 9th, 10th, and 11th 2025**, organized by the **American Wellness Association (AWA)** and the **American Spa Association (AAS)**. For more information on this, please check the Uruguay section.

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.



LATIN AMERICA

Chile

Jessica Heredia, [WWW Ambassador in Chile and director of the magazine Consciencia Wellness](#), along with **Mirta Paredes** and **Natalia Estroz**, Corporate and Engagement Leaders confirm the **strategic participation of government stakeholders**:

- **City of Quillota:** A major wellness event will be held in partnership with the Municipality of Quillota, the network of wellness entrepreneurs, SERCOTEC (Ministry of Economy) and World Wellness Weekend Chile. The event aims at the corporate sector, to bring together wellness leaders, local entrepreneurs, and corporate leaders, with activities designed to boost the wellness economy, foster public-private partnerships, and inspire private and government organizations to incorporate wellness as a strategic focus and integrate wellness into their internal management, organizational culture, and community impact.
- **Municipality of Maipú:** wide range of wellness activities open to the community, along with internal work spaces for municipal employees, thus integrating wellbeing at the institutional level.

Several participants will celebrate World Wellness Weekend, such as:

- **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) ...**

Together, they will be offering activities such as:

- Biodanza
- Yoga
- Therapeutic massages
- Outdoor experiences
- Healthy eating presentations (including Mapuche cuisine)
- Ecstatic dance
- Sound therapy
- Meditation classes
- Music therapy
- Wellness in public administration
- Self-care workshops
- Dance classes and more...



LATIN AMERICA

Colombia

Erika Crosby, Founder of Skin Perfect Ltda and Country Ambassador, confirms the following:

In **Bogotá**:

- **Wellness Festival** (once again allied with the **Cardio Infantil Foundation**): wellness day to **take care of caregivers** for all its collaborators with a movement activity led by the WWW Yoga Leader **Amanda María Ceballos Villa**; OASIS SPA with a day of active breaks with body massage and hand spa; several associated brands that will bring their offer of wellness services and products.
- **WellBeing Fundación Coalición Por La Vida**: a day in contact with Mindfulness, sleep and creativity. **Olga Mayorga** the **Wellness Leader in Happiness**, and participant **Yolanda Rivera** will offer a theoretical and practical day for this Bogotá foundation, where emphasis will be placed on the importance of MINDFULNESS and the good habit of SLEEP.

In **Cartagena**:

- **The Challenge for Today's Caregivers**: **Olga Mayorga** the **Wellness Leader in Happiness** along with **Paola Gaviria**, the **City Coordinator in Cartagena**, will organize a special in-person talk to provide wellness tools for caregivers
- **"WE ARE POWERFUL" FOOTBALL MEETING**: **Paola Gaviria**, the **City Coordinator in Cartagena**, with the support of **Palmarito Beach Club** and **Estado Poderoso**, will hold a football meeting in favor of the Estado Poderoso Foundation, a foundation that seeks to support young people and adolescents and create scenarios for good intellectual, physical and emotional development. This space will feature an initial talk on NUTRITION AND IMMUNITY, in addition to the delivery of gifts from the sponsoring brand SKINPERFECT.

In **Barranquilla**: **SPA EXPERIENCE** led by participant **Hannia Moscote**: an activity open to everyone wanting to enjoy a moment of wellbeing with a relaxing hand and back massage, a wellness station opens to the public in PLAZA DE LA PAZ.

In **Tocancipa**: **UNION PROJECT FOUNDATION WELLNESS DAY**: a wellness day led by **Olga Mayorga** the **Wellness Leader in Happiness** and one of the most active participants **Yolanda Rivero** with the support of participant **Liseth Sanchez**. 5 stations of the Pillars of Wellness aimed at Caregivers and families with children with cognitive disabilities in one of the most significant parks in the Bogotá savannah, the Jaime Duque park.



LATIN AMERICA

Costa Rica

Hotel Riu Guanacaste - [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 also offer Scuba Diving Demo; Kayak Marathon; Discover Snorkelling.

Dominican Republic

Flavio Acuña, **Ambassador Emeritus for the Caribbean**, and **Anice Prieto**, **Country Ambassador** announce the following participants in 2025:

- **Asonahores National Association of Hotels & Restaurants**
- [Rotary Club Rd](#) (69 clubs)
- **Rotaract Club Rd** (45 clubs)
- **Club Body Shop** (6 venues)
- **Excelente Hotels** (3 hotels)
- **Iberostar Hotels** (ALL hotels)
- **Aqua Life**
- **Bahia Príncipe**
- **Catalonia Edén Rock**
- **Hotel Riu Palace Punta Cana**
- **Hotel Riu Palace Macao**
- **Hotel Riu República**
- **Isla Catalina Diving**
- **Majestad**
- **Marriott Hotels**
- **Melià Hotels**
- **Paladium**
- **Prices**
- **Renova Spa Chain and Aquatic Spas**
- **Sanctuary**
- **Serenade**
- **Sirenis**
- [ScubaCaribe](#) properties will offer Scuba Diving Demo; Kayak Marathon; Discover Snorkelling.

As well as **Hotel Chains in Santo Domingo** and **Hotels in Punta Cana**.

[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**:



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



LATIN AMERICA

Mexico

Four Seasons Resort and Residences Cabo San Lucas at Cabo Del Sol in celebration of World Wellness Weekend (September 19–21, 2025), guests can participate in complimentary wellness experiences, including Sound Healing in the Water, Beach Yoga, and nutrient-focused food and beverage offerings. Additionally, the resort is set to debut a new Wellness Collection menu featuring thoughtfully curated treatments designed to enhance holistic wellbeing.

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.**

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

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

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



LATIN AMERICA

Panama

Hotel Riu Playa Blanca– [ScubaCaribe](#) will offer Scuba Diving Demo; Kayak Marathon; Discover Snorkelling.



Uruguay (part 1)

Lorena Acuña, Country Ambassador, Alejandro Barreto, Country Coordinator, Fabiana Toranzo, City Coordinator in Maldonado, Yohana Ferreira City Coordinator in Montevideo and Natalia Figueroa, City Coordinator in Ciudad de la Costa announce big neWWWs: The Minister of Tourism has renewed his declaration that World Wellness Weekend is an event of National Interest to promote Wellness Tourism in Uruguay. Uruguay celebrates wellness with +300 free activities across the country.

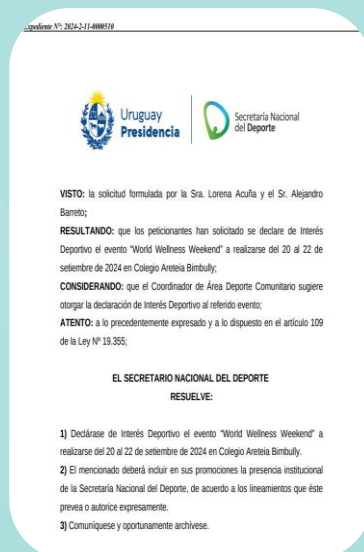
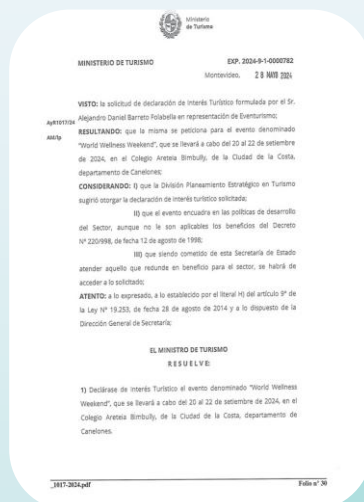
- **[Colegio Areteia Bimbully](#)** reopens its doors to offer their facilities for the WWW and becomes the main headquarters for the second time in a row with More than **30 free activities aimed at both the community and its employees**. The activities are organized and coordinated by Lorena Acuña, Country Ambassador, guaranteeing a varied offering that will include talks on mental health, Zumba, different styles of yoga, exhibitions on disability, art therapy, board games, sports, gong baths, tai chi, and much more.

- **[GHTW Congress \(Gastronomy, Hospitality, Tourism and Wellness\)](#)** celebrated in the country for + 20 years will include an agenda especially focusing on wellness, in partnership with WWW.

- **Terra Santa**, in addition to participating in the social 5K in Paysandú, will also add four additional activities for the community, the general public, and its own employees.

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

- **Florida:** with the **support of the Director of Tourism**, actions will be carried out in one of the main squares
- **Paysandú:** Great social event with the 5K and **Terra Santa** activities
- **Maldonado:** activities at **Espacio Cairu**
- **Canelones:** activities at **Multiespacio Berkana**
- **Montevideo:** activities at **Espacio Guidai**.
- **José Ignacio:** experiences at **[Pure Wellness](#)**



LATIN AMERICA

Uruguay (part 2)

The WWC team in Argentina and Uruguay announce the [SUMMIT WELLNESS 360](#) In Punta del Este, Uruguay – **November 9, 10, and 11 2025**, organized by the **American Wellness Association** (AWA) and the **Asociacion Americana de Spa** (AAS), the new international gathering that brings together leading figures in wellness, medical spas, hospitality, health tourism, and integrative therapies for three days of training, inspiration, and networking and is a key space for building the future of the industry in the region. Supported by the World Wellness Weekend, it will feature prominent Ambassadors, Coordinators, Heroes, Champions, Leaders, and event participants from South America.





Afrique Moyen-Orient

*Seules les informations
relatives aux pays
francophones sont
traduites en français.
Le reste des
informations est en
anglais.

AFRIQUE

Bénin

Marina Dannon, Ambassador in Cotonou, Benin, confirme:

- **Gogotinkpon:** coutumes africaines traditionnelles, bains d'argile thérapeutiques tobò, atelier de nutrition, yoga avec musique acoustique live en plein air... Webinaires et conférences en partenariat avec des offices de tourisme, des hôtels, des salons de beauté, des spas, des centres de fitness, des ateliers, des forums, des salons professionnels, et atelier d'initiation au massage pour bébé.
- **Juba Wellness Benin:** soins particuliers pour les soignants (médecins, infirmières) avec des salons de beauté, de fitness, des activités de nutrition.
- **Les Spa Beauty Clinic, Jardin d'Aphrodite, Spa d'Ebène, Sofitel Spa Cotonou** ouvriront leurs portes pendant deux jours pour offrir un diagnostic de peau, des conseils et des techniques qui améliorent la confiance et l'estime de soi.

Ezéchiél Bossikponon, Coordinateur du WWW au Bénin, mobilise les Organisations de la Société Civile (OSC) avec des activités sur la nutrition, le bien-être et la santé des personnes âgées, des femmes et des enfants.



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**.

AFRIQUE

Maurice

L'île Maurice brillera à nouveau comme destination bien-être grâce à des activités organisées par des établissements légendaires : **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 proposera des démonstrations de plongée sous-marine, un marathon de kayak et un baptême de snorkeling.

Maroc

Soumia Hite, Ambassadrice Emérite et **Loubna Laasairi, Coordinatrice du WWW dans la ville de Marrakech** confirment la participation de propriétés emblématiques :

- **Royal Mansour Marrakech**
- **Oberoi Hôtel Marrakech**
- **Movenpick Marrakech**
- **Fairmont Hotel Tanger**
- et plus encore à annoncer bientôt...

Sri Lanka

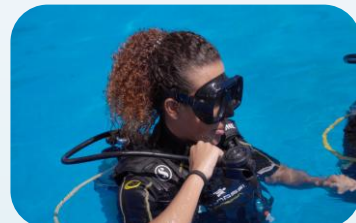
Hotel RIU Sri Lanka- Renova Spa: Scalp Massage Workshop, Facial Cleansing Workshop, Hand Massage Workshop and Clay Wrap Workshop. These workshops will also be offered in **all their participating spas in 11 other locations.**

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.

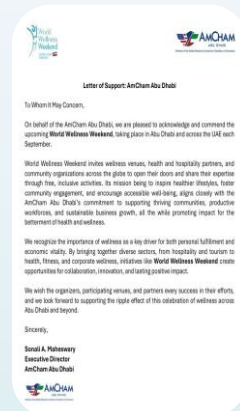
Maja Corridon, City Ambassador of Abu Dhabi confirms that the American Chamber of Commerce **AmCham Abu Dhabi** supports World Wellness Weekend, encouraging all of its members to participate.

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.



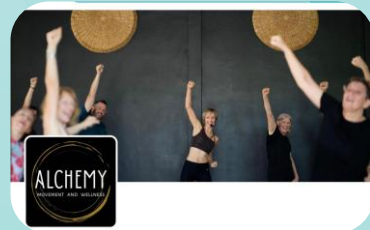
+10 new venues in Kep and Kampot:

- 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, Bodhi 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)**
- **Madhavgadh**, 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 of its portfolio of hotel brands (**Taj**, SeleQtions, Vivanta) with some properties being Wellness Heroes, and many achieving the Wellness Champion status.

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**



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.



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:

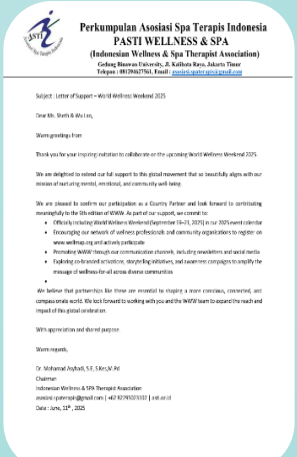
- **Bali Hotel Association**
- **Anantara**
- **Conrad**
- **Courtyard**
- **Fivelements Retreat Bali** (Wellness Hero 2025)
- **Hard Rock Hotel**
- **Hilton Bali Resort**
- **Hotel Indigo**
- **Kempinski**
- **Manaka by Ovolo**
- **The Meru Sanur**
- **Ritz-Carlton**
- **Six Senses Uluwatu**
- **Westin**

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



MAWT
Malaysia Association of Wellness Trainers
(MAWT) PMA 022-24 1422018
PMA 11 Jalan Tanjong Pagar,
11200 Bayan Lepas, Penang
malaysiaawt@gmail.com

SUBJECT: LETTER OF SUPPORT - WORLD WELNESS WEEKEND 2025

Dear Ms. Sheth,

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

Thank you for your inspiring invitation to collaborate on the 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 sector 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 241422018
Date: 1 June 2025



ASIA

Philippines (part 1)

Marla Mae Ramos and Cybille 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.

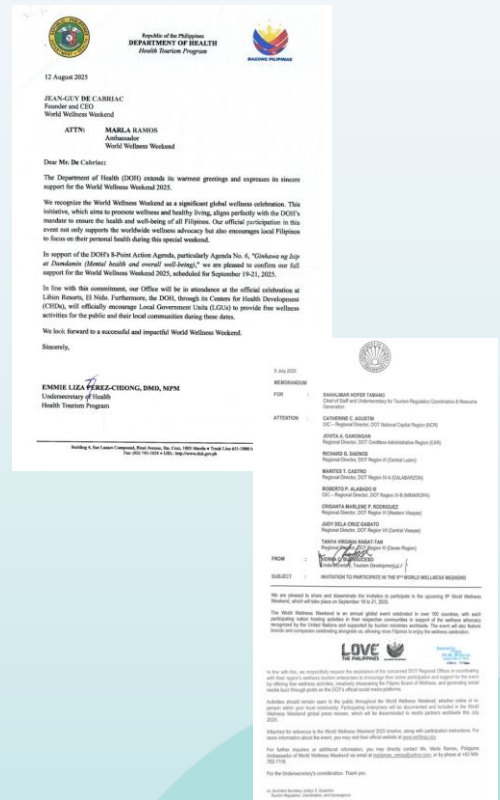
In **Quezon City**, the group of malls **Araneta City** will have a fun run on Sunday and movement activities on the 3rd day of the World Wellness Weekend.

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

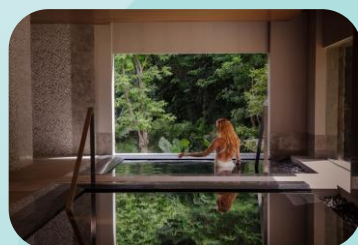
Philippines (part 2)

- [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)

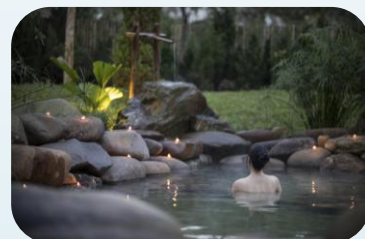
Hylton Lipkin, Country Ambassador and General Manager Bhaya Cruise Company, and Nyoman Yastama, Country Coordinator and Wellness Director Alba Wellness Valley by Fusion, along with City Coordinators across Vietnam: [Tran Tu Anh](#) and [Pham Hoang Thanh Thai](#) (Ho Chi Minh City); [Vishnu Harshan](#)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

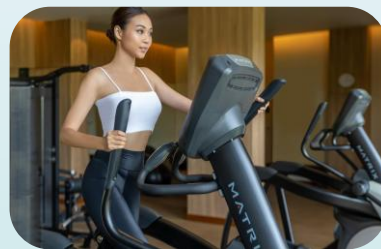
Vietnam (part 2)

- [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



Sponsors

World Wellness Weekend 2025



« Chez LEMI, nous sommes conscients que le chemin vers le bien-être est un processus long et difficile qui est couronné de succès tant qu'il est poursuivi avec fiabilité et ténacité. Depuis 1989, chez LEMI, le bien-être est au cœur d'un processus menant à une croissance constante de l'entreprise, se concentrant ainsi sur une amélioration constante à la fois pour son personnel et l'environnement dans lequel il travaille chaque jour. C'est pourquoi nous sommes très fiers de soutenir le **World Wellness Weekend** et de diffuser le bien-être dans la vie de tous les jours. »

Matteo Busaferri – Directeur Général de LEMI



« C'est pour moi et pour toute l'équipe de Matrix France un honneur et un grand plaisir de pouvoir soutenir le World Wellness Weekend à travers la France et de nombreux pays. Depuis 20 ans, notre volonté est d'apporter du plaisir et du bien-être à chaque praticien et utilisateur de nos produits, mais aussi à l'ensemble de nos employés au sein de notre entreprise. Il était donc logique que nous soyons présents aux côtés de Jean-Guy de Gabriac pour le **World Wellness Weekend**. »

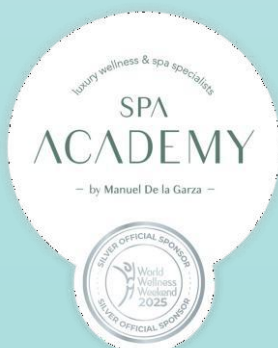
Matrix-Strong-Smart-Beautiful

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



« Chez Agilysys, nous pensons que le bien-être n'est pas seulement un service : c'est une expérience partagée qui commence par une intention et est amplifiée par l'innovation. Soutenir le **World Wellness Weekend** témoigne de notre engagement à promouvoir le bien-être dans le secteur de l'hôtellerie et à faire progresser les technologies qui permettent d'offrir des expériences personnalisées et réparatrices à grande échelle. »

Frank Pitsikalis - Vice-président principal, Stratégie produit



« Le **World Wellness Weekend** rassemble des personnes au nom du soin de soi-même. En tant qu'Ambassadeur et Sponsor, la Spa Academy by Manuel De la Garza est fière d'amplifier cette mission. Nous sommes convaincus que le bien-être commence par l'éducation, c'est pourquoi nous formons des professionnels pour qu'ils puissent le dispenser des expériences transformatrices. Nous sommes fiers de partager le pouvoir du toucher conscient à travers le monde en participant à ce formidable événement, car quand les personnes prospèrent, les communautés s'épanouissent. En septembre, unissons-nous, inspirons-nous et célébrons le bien-être aux quatre coins du monde ! »

Manuel de la Garza – PDG et fondateur de Spa Academy

Sponsors BRONZE du World Wellness Weekend 2025



« Altearah est fière de soutenir le **Weekend Mondial du Bien-être**, car nous pensons que le véritable bien-être doit être accessible à tous. Depuis 25 ans, nous nous engageons à démocratiser une approche sensorielle et émotionnelle du bien-être, respectueuse des personnes et de la planète. Pour nous, il n'y a pas de meilleure façon de célébrer notre 25e anniversaire qu'en nous joignant à ce mouvement mondial qui partage nos valeurs et notre vision. Parallèlement au World Wellness Weekend, nous sommes fiers de défendre l'industrie du bien-être et de soutenir tous ceux qui, comme nous, œuvrent à un changement de mode de vie transformateur grâce au bien-être. Ensemble, nous continuons à partager le message du bien-être avec le monde. »

Aheem Siddique, codirectrice général



« Je partage pleinement toutes les valeurs du **World Wellness Weekend** et mets en avant les 5 piliers du bien-être dans tous ses projets. Personnellement, c'est un honneur et un plaisir d'être aux côtés de Jean-Guy de Gabriac et de tous les ambassadeurs de cette fantastique initiative mondiale en faveur du bien-être. Je suis très fier de diriger l'équipe des ambassadeurs pour l'Italie. Pour moi, le World Wellness Weekend est la synthèse la plus représentative de mes 30 dernières années de travail dans le secteur du SPA & Wellness. »

Régis Boudon-Doris, co-fondateur et PDG du groupe bbspa



« Nous sommes fiers de soutenir le **World Wellness Weekend**, une initiative mondiale qui célèbre le bien-être sous toutes ses formes. Chez Starpool, nous croyons en un bien-être authentique et de plus en plus accessible, et en l'importance du réseautage pour promouvoir un mode de vie sain et conscient. Avec ce partenariat, nous souhaitons renforcer notre engagement en faveur d'une culture du bien-être qui place l'individu et sa santé mentale et physique au cœur de nos préoccupations. »

Ricardo Turri – PDG Starpool



« C'est un honneur et un plaisir de diriger cette célébration planétaire qui réunit des Ministres de la Santé et du Tourisme, des Maires, 60 associations internationales, des groupes hôteliers et de fitness. Au-delà du design et du marketing, ce qui donne envie de revenir dans une propriété dédiée au fitness, à la beauté et au tourisme, c'est le talent des équipes, leur expertise et leur passion pour prendre soin des gens et leur faire vivre des expériences riches de sens et de sensations, les plus transformatrices possibles. »

Jean-Guy de Gabriac – Fondateur de Tip Touch International



« Nous sommes très heureux de soutenir le **World Wellness Weekend**, un projet international d'envergure, cohérent avec notre philosophie et notre concept de beauté, toujours au nom du respect du monde naturel et de l'équilibre délicat de notre corps. Une initiative qui, nous l'espérons, diffusera de plus en plus, en Italie et dans le monde, son idée positive du bien-être. »

Valeria Cavalcante – PDG Vagheggi