ACTIVITY IDEAS
Catch media attention & Attract visitors

18, 19, 20 September 2026

10th World Wellness Weekend

10th edition

190 countries

wellmap.org

How to Use This Guide

10th World Wellness Weekend

You are a Hotel, Resort, Fitness club, Yoga / Pilates studio, Spa, Beauty institute, Hair Salon, Wellness center, Dance school, Martial art dojo, Run club, Sport association.

This document suggests **free, fun, meaningful activity ideas** you can host during **18–20 September**.

Ideas are grouped under **the 5 pillars of wellness**, so you can choose what fits your venue, team, and community.

Pillar 1: Sleep & Creativity

This pillar **supports rest, recovery, and creative reset**.

Choose calm activities that help people slow down and recharge.

Activity examples

- **Guided relaxation session** *(breathing + body scan)*
- **Yoga Nidra or deep rest session**
- **Vibrational session** *(singing bowls / gong / soft instruments)*
- **"Better sleep habits" talk** *(easy routines for deep regenerative sleep)*
- **Evening wind-down stretch class**
- **Gratitude or journaling workshop**
- **"Quiet hour"** *(phone-free, calm setting)*
- **Guided nap / rest session** *(Power Nap, or "Napuccino")*
- **Creative circle**: *music, poetry, or storytelling (short, structured)*
- **Creative workshop**: *drawing, painting, collage, crafting (beginner-friendly)*
- **Live-stream workshop** *(optional & accessible on **World Wellness WebTV**)*

Pillar 2: Nutrition & Immunity

This pillar supports **everyday food habits** and practical nutrition learning.

Keep it simple: education, demos, and easy actions that people can repeat at home and share with family and friends to become a **#wellfluencer**, someone with a positive influence on wellness.

Activity examples

- **Healthy cooking demo** *(simple, affordable ingredients)*
- **"Healthy plate" workshop** *(portion basics, balanced meals)*
- **Label reading session** *(how to spot good and bad ingredients)*
- **Gut-friendly foods talk** *(better understanding the microbiome with simple terms)*
- **Healthy snack workshop** *for families / kids*
- **"10-minute meal" session** *(good food fast, not fast food)*
- **Live-stream workshop** *(optional & accessible on **World Wellness WebTV**)*

Pillar 3: Movement & Vitality

This pillar supports **physical activity**, **energy, and mobility**.

Offer options for different levels, to attract beginners, and to surprise advanced practitioners with original or Signature classes

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Activity examples

- **Discover the best Yoga style for you** (Hatha, Vinyasa, Ashtanga, Accro, Aerial, Laughter, Duo, Hot, Nidra, Zoo for kids, Chair for Golden Ladies...)
- **Pilates** (Mat, Reformer, or Cadillac)
- **Fitness, Zumba, Cross Fit...**
- **Walk group** *(30–60 minutes)*
- **Run / jog group** *(beginner pace option)*
- **Outdoor hike or nature walk**
- **Dance class** *(simple steps, open level)*
- **Functional training session**
- **Chair-based movement for Seniors**
- **Classes for Golden Ladies (70+)**
- **Fun family movement session** *(Wellness Treasure Hunt, games...)*
- **Live-stream fitness or yoga session** *(optional & accessible on **World Wellness WebTV**)*

Pillar 4: Mindfulness & Serenity

This pillar supports **mental calm, focus, and stress management**.

Keep sessions structured and easy to follow.

Activity examples

- **Guided relaxation / meditation** *(simple techniques to repeat at home)*
- **Breathwork** *(101 or advanced)*
- **Stress management talk** *(practical coping tools)*
- **Sound therapy session** *(bowls, gong, drums, soft music)*
- **Mindful walking session** *(slow, silent, guided)*
- **"Digital detox" session** (
- **Gratitude practice circle** *(short prompts, guided)*
- **Session for students and on the workplace** *(focus & memory)*
- **Live-stream meditation** *(optional & accessible on **World Wellness WebTV**)*

Pillar 5: Purpose & Solidarity

This pillar supports **community connection, sustainability** and practical contribution.

Activities can be small. What matters is clear purpose and participation.

Activity examples

- **Community clean-up** *(park / beach / street with [World Cleanup Day](#))*
- **Community activity or picnic** *(with [Pace & Bene Campaign Nonviolence](#))*
- **Walk or run for a local cause**
- **Partner with a local association** *(invite them to speak briefly)*
- **Donation** *(non-perishable food, supplies, clothing, blood)*
- **Workplace wellbeing** *(instill a culture of workplace wellness with the [Global Wellness Institute – Workplace Wellbeing Initiative](#))*
- **Recycle / reuse initiative** *(clear instructions, safe collection)*
- **Small fundraising option to NGOs** *(only if allowed locally; keep it transparent)*

Use your page on wellmap.org

10th World Wellness Weekend

Your page on Wellmap.org is your reference point for the weekend.

Use it as the single place to inform people for details.

What to do

- **Publish clear** activity titles, dates, and times
- **Add 2–3 photos** of your venue, team, equipment, or activities
- **Share your Wellmap listing** on social media and with your client list, as an "event page" to share with friends and family
- **Display your badge at reception** as Official Participant, Wellness Champion or Wellness Hero
- **Invite attendees to follow** your venue for your future events

What this can lead to

- **More walk-ins** during the weekend, from online to on-site
- **More first-time visitors** who find you through wellmap.org and mentions in local media, and social media
- **Repeat visits** after a memorable on-site experience
- **More bookings** with your irresistible offers, "Buy One Get One", extended services on slow days & times, Bundles (treatment + product included)...