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Find activities



18-19-20 September 2026

**Connect. Recharge.
Wellness is Energy.**

12.000
VENUES

190
COUNTRIES



COUNTRY UPDATES

August 2026

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10th World Wellness Weekend – AUGUST
PRESS RELEASE – wellmap.org

STRATEGIC PARTNERSHIPS 2026

World Wellness Weekend is proud to join forces with:

[Wellness in Travel & Tourism \(WITT\)](#) and the [Wellness Tourism Association \(WTA\)](#) uniting complementary strengths across wellness tourism, hospitality standards, and industry engagement, with a **shared goal of elevating awareness, participation, and access to wellness experiences worldwide.**

Through this partnership, WWW, WITT, and WTA collaborate to support greater industry engagement from hotels, resorts, wellness practitioners, and destinations, while promoting education, visibility, and participation in wellness-focused initiatives across the global travel ecosystem.

The partnership reflects a shared commitment to making wellness more accessible, experiential, and consistently integrated across travel and hospitality worldwide, while strengthening the credibility and reach of the global wellness movement.

Iconic [Spafinder](#) celebrated its **40th anniversary** during the August 3-4 **Live Love Spa** hosted Wellness Event in Los Angeles. This immersive experience brought together top spa brands, industry experts, and trend forecasters to explore the future of self-care. As a brand that has championed wellness for four decades, this milestone represents not only a celebration of Spafinder's legacy, but also an opportunity to bring together industry leaders, partners, and wellness enthusiasts to inspire connection, discovery, and the future of well-being.



[World Cleanup Day](#) (WCD) and WWW combine the collective power of their global networks ahead of 20 Sept, the UNITED NATIONS Calendar day for WCD! Uniting strengths creates unprecedented cooperation, when the people around the globe most need to protect our inner and outer environments. WCD has brought together **over 114 million people in 211 countries and territories** to tackle the waste crisis, and cleaned up **543,704 tons of waste**. This Sept 18-20, venues will clean up parks, beaches, river banks and neighborhoods, then will enjoy a [5-minute guided relaxation for an inner / mental cleanup by Sandie Ashing, Hypnotherapist!](#) #wellfluencer #cleanfluencer

[11th European Week of Sports](#) (23-30 Sept 2026) organized by the Directorate-General of Education, Youth, Sport and Culture of the European Commission to inspire people to be active, fit and well ; build community cohesion and grow social inclusion. World Wellness Weekend joined in 2019 and supports the common values of Inclusion, Wellbeing, Belonging and Sustainability in order to overcome social barriers and bring generations closer to each other. #BeActive

[Campaign Nonviolence Action Days](#) Founded in 1989 by the Franciscan Friars of California, Pace e Bene Nonviolence Service is now an independent, non-denominational 501(c)3 organization spreading the power of nonviolence, fostering justice, peace and the well-being of all through education, resources, and action for nonviolent change. WWW supports the Campaign Nonviolence Action Days **(Sept 21 – Oct 2, 2026)**.

[Mindvalley](#) offers 100 USD discount for a yearly membership with access to over 100 sessions to improve both Body and Mind. By joining forces, we support Wellness For All through the creation of healthy habits and routines. It's wellness o'clock! It's time to turbo charge your Wellness journey with the best experts of Mindvalley and World Wellness Weekend.

[Radioevo](#) organize their musical contest [“Soundtrack of Wellness”](#) again by inviting artists to submit an original musical composition pertaining to well-being. An online vote will be accessible to the public and the chosen song will be declared the Official Soundtrack of the World Wellness Weekend Spain 2026 and will be aired by Radioevo, Música para el Búnker, WWW channels, and event collaborators. The artist will be awarded an official digital recognition and will enjoy prominent visibility in the event's communications.

SPONSORS



"At **LEMI** we are aware that the route to well-being is a long and challenging process that is successful as long as it is pursued with reliability and tenacity, since 1989, at LEMI wellness has been the core of a process leading to a steady business growth, thus focusing on constant improvement for both its staff and the environment where they work. That's why we are very proud to support the World Wellness Weekend and spread wellness in everyday life. "

Matteo Busaferri – LEMI General Manager

"At **Agilysys**, we believe wellness is not just a service— it's a shared experience that begins with intention and is amplified by innovation. Supporting World Wellness Weekend reflects our dedication to elevating wellness across the hospitality industry and advancing technology that helps deliver personalized, restorative experiences at scale. "

Frank Pitsikalis- SVP, Product Strategy Agilysys

"I fully share all the values of the World Wellness Weekend and put forward the 5 pillars of wellness in all its projects. Personally, It is an honour and a pleasure to be alongside Jean-Guy de Gabriac and all the ambassadors for this fantastic global initiative for wellness. I am very proud to lead the team of Ambassadors for Italy. For me the World Wellness Weekend is the most representative synthesis of my last 30 years of work in the SPA & Wellness sector."

Regis Boudon-Doris, Co-Founder & CEO bbspa group

"It is an honor and a pleasure to lead this planetary wellness celebrations bringing together Ministers of Health, Tourism, Mayors, 60 international associations, hotel & fitness groups... Beyond design and marketing, what makes people want to return to a property dedicated to fitness, beauty and tourism is the talent of the teams, their expertise and their passion to care for people and deliver experiences rich in meaning and sensations, as transformative as possible."

Jean-Guy de Gabriac– Founder Tip Touch International

For **Vagheggi**, the concept of "wellness" represents the opportunity to rediscover a dimension of authentic well-being and to feel well all-round, through balance, serenity, movement, a connection with nature, and self-care. This vision is perfectly in tune with the principles of Vagheggi phytocosmetics and the concept of global beauty that the brand promotes daily.

Furthermore, during World Wellness Weekend, Vagheggi typically organizes activities for its corporate team aimed at reconnecting with a sense of serenity and well-being: such as yoga classes, nature walks, musical inspiration, and moments of relaxation.

Valeria Cavalcante - CEO Vagheggi



Europe

EUROPE

Belgium (8 venues)

Julie Wren, Ambassador for Global Projects, based in Belgium, announces the following collaborations with our key partners:

- World Wellness Weekend once again collaborates with **Pace e Bene's Campaign Nonviolence**. This year's banner "WE HAVE SOLUTIONS" encourages people to organize wellness events and community actions to **Reflect, Educate, and Act** to spread the word about nonviolent solutions. A joint campaign focusing on the 5 Pillars of Wellness will also be launched to highlight that wellness is more than self-care; it is a radical act of nonviolence. When we care for our own bodies, minds, and spirits, we help build the strength needed to care for our communities and our planet.
- The **Global Wellness Breathe Initiative** and World Wellness Weekend will host a webinar series on breath, respiration, and wellness, covering the topics of Breathing, Performance, Breathing and Pregnancy, Breathing and Anxiety, Breathing Habits and Optimizing Respiration. Sandy Abrams, Chair of the Initiative, will also offer 3 guided breathwork experiences, published on the [WWW WebTV](http://WWW.WebTV).
- **Health Coaches Academy from the UK** and WWW are working to encourage their Hub members from around the world to get involved by organizing events to showcase the benefits of health coaching.
- **World Cleanup Day** (recognized by the United Nations each 20th Sept) encourages people around the globe to combine wellness with cleanup actions, with a [5-minute guided relaxation by Sandie Ashing, Hypnotherapist](#)



Bosnia and Herzegovina (2 venues)

Miroslav Skoric, massage Champion and Country Ambassador working closely with **Dejean Tubic, Country Coordinator** announce that the **WWW receives the full support of the Head of the Department for Economy of the City of Banja Luka** and **full support of the city of Banja Luka**.

World Wellness Weekend will be promoted as part of WellFit 2026, a major sports, fitness and wellness event in Banja Luka. The official name event will be **WellFit 2026 powered by World Wellness Weekend**.

The **Mayor of Banja Luka, Mr. Draško Stanivuković**, recipient of a **Wellness Leadership Certificate**, will personally open the event.

Outside Banja Luka, several participants have confirmed their participation. The objective is to bring together as many massage therapists, wellness professionals, studios and organizations as possible from across Bosnia and Herzegovina.



EUROPE

Bulgaria (14 venues)

Dimitar Dimitrov, WWW City Ambassador in Varna, confirms the following participants and activities:

- **HVD Reina del Mar Spa & Wellness:**
 - Tibetan bowls sessions
 - Gua Sha sessions
 - Adults Yoga & Meditation
 - Yoga for Teens and Yoga for Kids
 - Forest bathing
 - Meditative walking on the beach
 - Healthy cooking classes
 - Fitness classes
 - Nutrition class
 - Aufguss sauna sessions
- **HVD RIVIERA HOLIDAY CLUB** offers Stretching and Bachata sessions
- **Etika Life:** In-person lecture + practical advice
- **Skeyndor Institute Bulgaria:** Skin diagnosis with a device that shows skin type, hydration, pores, impurities, aging processes and origin of blemishes.
- **Plamena Radkova:** Online practice of Shaping training
- **Casa di Fiore Medical and Spa Hotel:** Recovery gymnastics, and Individual training with physiotherapist.



Cyprus (7 venues)

Two outstanding WWW CHAMPIONS:

- **Sanctum Spa & Fitness at Limassol Marina:**
Fitness activities: High Intensity, Pilates & Stretching, Glutes & Legs, Abs, Body Pump, Zumba, Yoga
- **Sanctum Spa & Fitness at Sunset Gardens:**
Growing Strong, Mobility, Flexibility, Yoga



EUROPE

France (67 venues) (part 1)

[Les Cures Marines](#) | [The Purist Retreat & Spa](#) (Wellness HERO) offers a rich wellness program:

For guests: Marine immersion at sunrise, Beauty & Vitality Ritual, Longevity trail by the sea, Radiance & Vibration Ritual, Conference "Rediscovering Energy", Workshop on energetic nutrition, with mindful tasting of seafood and Norman products), Sunset Energy (Immersive experience blending fitness, music and historical heritage)

For Colleagues: Yoga flow and gentle postural work

For underserved local Community: Activities accessible to all, families, friends, children, young people, seniors, centered around fitness, well-being and group cohesion by the sea.

La Réserve Paris and La Réserve Ramatuelle: Nescens Spas are once again Wellness Heroes for offering activities:

for Clients: Yoga & Live Music, Aquagym, Stretching, Contrast Therapy, Nature walk...

for Colleagues: Outdoor bootcamp, fitness coaching

for Community: Coastal cleanup, and Tree planting for each participant joining on Sept 18-19-20.

Ecole Darfeuille in Roanne is the only Beauty School in France to participate and to access the Wellness Champion status by offering free workshops for the public, hosted by the students: Do-In (auto massage), Guided relaxation, and Sound healing

Ludovic Maire, multi-Massage Champion (France, Europe) runs a contest on his Instagram account for 16 people to be selected and learn massage techniques to take care of each other in Cagnes-sur-Mer. Donations will support a local association for kids with special needs.

Bastien Gonzalez and BGA teams (Wellness HERO) offer wellness activities:

For guests:

- Welcome Gesture: Foot First Check offered to every spa and hotel guest: mini-diagnosis, personalized tip, ritual card.
- Mindful Walking & Foot Mobility Lab: a collective guest session connecting movement, posture, and recovery through the feet.
- A **Feet'o'losophy Masterclass** led by Bastien's Manager (or by Bastien Gonzalez himself where present): the philosophy and craft of foot-first wellness, with live demonstration.

For Colleagues: a 20-minute back-of-house transmission of sense



EUROPE

France (67 venues) (part 2)

For the underserved Community: each studio will partner locally to offer a complimentary foot-care session to healthcare workers, elderly residents, or young hospitality trainees, depending on the city.

Molitor Paris MGallery (ACCOR) (Wellness HERO) participates with fitness and wellness activities:

- For **guests**: group classes in Pilates Reformer, cycling, aquatic class
- For **Colleagues**: dedicated fitness classes
- For the underserved **Community**: fitness class to people fighting cancer in partnership with French association CAMI.

FREE BODY in Challonges (Wellness Champion) offers free classes in Pilates, Stretching, Spiral Training, Feldenkrais.

Banya No.1 – Kupala (Paris): complimentary Banya Thermal Cycle Ritual.

Georgia (6 venues)

Banya No.1 – Tbilisi: enjoy their signature Parenie methods in a complimentary 90-minute session.

Germany (18 venues) (part 1)

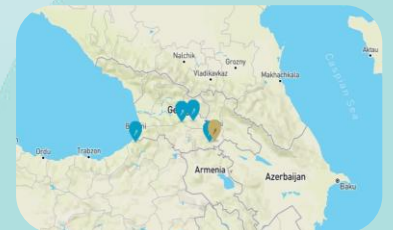
STEIGENBERGER participates with two hotels:

- **THE SPA Steigenberger ICON Frankfurter Hof**
- **THE VAULT Spa & Suites Steigenberger ICON Europäischer Hof Baden-Baden**

With the following activities:

For guests:

- MOVE & ENERGIZE “**Steigenberger Sunrise Wellness**”: sunrise movement session combining gentle yoga, mobility exercises, stretching and breathwork followed by a healthy breakfast or wellness refreshment.
- MIND & RESTORE “**60 Minutes to Reset**”: guided meditation, breathwork, sound relaxation and a short mindfulness ritual, followed by a period of deep relaxation in The Spa. Participants will be encouraged to leave their phones aside for the duration of the experience, creating a genuine digital detox.



EUROPE

Germany (18 venues) (part 2)

- BEAUTY & CONNECT **"The Art of Self-Care"**: simple rituals that can be integrated into everyday life, including facial massage, skincare techniques, breathing exercises and relaxation rituals. Practical tips that guests can continue using at home. Can be complemented by a small wellness tea or healthy refreshment ritual.

For the **Colleagues**: **"Wellness Behind the Scenes"**: stress relief, mobility and recovery for hotel employees.

For the local **Community**: **"Wellness for All"**: The Spa will partner with a local social organization or charitable institution to invite 10 people a day who would normally have limited access to premium wellness experiences and give them access to wellbeing practices, such as gentle movement, relaxation, breathing, self-care and healthy nutrition as well as simple tools they can use in their everyday lives.

In addition to their special World Wellness Weekend activities from September 18–20, The Spa at Steigenberger Icon Frankfurter Hof will offer exclusive spa experiences throughout the entire World Wellness Week, from September 14–20, 2026, with special prices.



Italy (644 venues) (part 1)

For the 3rd consecutive year, the **partnership between CIWAS, Fondazione Sport City and World Wellness Weekend continues.**

Sunday 20 September 2026 celebrates the **6th edition of Sport City Day**. A day dedicated to non-competitive sport, in open and accessible places, in the name of environmental sustainability where everyone can treat themselves to an intense day of outdoor sports and physical activities.

Andrea Pambianchi, WWW Fitness Ambassador for Lazio region, confirms that **over 420 Fitness Clubs of the CIWAS - FITNESS NETWORK ITALIA** club celebrate the 10th World Wellness Weekend and propose to take part in a fitness class free of charge by downloading a voucher available on wellmap.it



EUROPE

Italy (644 venues) (part 2)

In Florence:

- [LA SPA Helvetia & Bristol](#) organizes 3 days dedicated to discover Pilates, Aquaflow and skincare.
- The new [LA SPA Teatro](#) in Florence celebrates with 3 days of free sessions with a Naturopath, and a Masterclass for the perfect skincare.

In **Val di Fiemme**, the Wellness Community, host of the Winter Olympics this year, organizes a weekend dedicated to all-round wellbeing featuring walks, forest essences, floral aperitifs, sun salutations and music on the mountain peaks.

Simone Ciolli, WWW Ambassador Toscana and Emilia Romagna regions, announces the **proclamation from the new Mayor of Casciana Terme, Lari, in support of the World Wellness Weekend.**

The **2nd Wellness Festival returns to Casciana Terme Lari** from 18 to 20 Sept to coincide with World Wellness Weekend. Three days dedicated to holistic wellbeing, featuring immersive activities, talks and experiential programmes led by local professionals. The highlight will be the Casciana Thermal Baths and Acqua Mathelda, renowned for its therapeutic and regenerative properties.

- **Hotel Milano Alpen Resort & SPA** in Bergamo proposes tasting of treatments to relax and find harmony.
- **Hotel Donatello & Oroquofidiano SPA** in Imola: free session of Ondamatrix infrared therapy, an effective way to relax the muscles, stimulate circulation and support physical and mental recovery.
- [Esperienza SPA](#) in Casumaro : Alongside the medicinal herb garden, people will enjoy a space dedicated to the body, breath and presence.
- [My Studio](#) in San Lazzaro di Savena offers Pilates, strength training and gymnastics classes.

IHC Group (Italian Hospitality Collection) also participates with the following properties:

- **Chia Laguna Resort (Sardinia):** Yoga and meditation by the pool; Tibetan sound relaxation ritual on the panoramic terrace; Sardinian sound relaxation ritual.
- **Fonteverde Thermal Spa Resort (Tuscany):** Outdoor stretching; Thermal Aquafitness; Meet our nutritionist and cosmetologist.



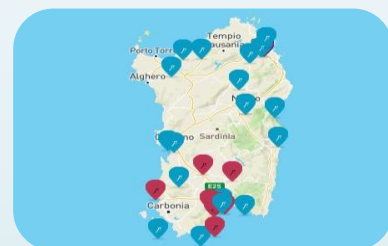
EUROPE

Italy (644 venues) (part 3)

- **Grotta Giusti Thermal Spa Resort (Tuscany):** Beauty masterclass; Fitness walk in the park with trainer; **Piloga** Session In The Park (Pilates And Yoga);
- **Bagni di Pisa Palace & Thermal Spa (Tuscany):** Fitness walk with trainer; Meet the dietitian and medical doctor; Meditation session with music therapy immersed in Tuscan nature.

Giovanna Lorrà, Ambassador in Sardegna, confirms that the regional programme is coordinated by **InEvoSpa** with several venues, among which:

- **Immagine e Salute - La Maddalena** in the La Maddalena Archipelago Wellness CHAMPION with a 3 day-program and 7 activities, including postural gymnastics, Kobido, Yin Yoga, Yoga Nidra, Didgeridoo massage...
- **Spazio Ilisso - Nuoro:** The first museum in Sardinia recognised as a Climate Shelter presents a cultural wellness journey through artworks, nature and guided breathing.
- **Tarthesh Hotel - Guspini, Costa Verde** (Wellness CHAMPION/ led by Martina Pusceddu, certified Odaka Yoga teacher:
 - sun salutation among centuries-old olive trees, in a playful version where **children practise alongside their parents**, with no experience required
 - a Yoga practice at sunset by the pool
 - Sunday morning waking yoga to open the day and close the weekend
- **Pellhermosa - Santa Maria Coghinas:** Francesca, founder of Pellhermosa offers an Open Day dedicated to natural skincare and one-to-one consultations.
- **Parco Littu - Santa Maria Coghinas:** Hiking guide Cusugiu leads participants on a mindful forest walk, inviting them to slow down.
- **Hotel Blumarea - Castelsardo** hosts an outdoor fitness session, followed by a healthy brunch created with the support of a nutritionist.
- **S'Ortixeddu - Telti:** Silvia and Carmen guides participants through a day devoted to nature, mindful eating and herbal slow cosmetics. An experience that begins with the soil and the plants to learn by doing, with your hands.
- **In Our Garden - Flumini di Quartu Sant'Elena** presents a programme across all three days :
 - A wellness walk among vineyards, olive trees and wild herbs led by **Ramona Bavassano**
 - A Hanas massage workshop conducted by **Romina Spiga**
 - Nutrition for the autumn equinox session presented by nutritionist biologist **Simona Magagnin**



EUROPE

Italy (644 venues) (part 4)

- **Rifugio di Mare - Punta Giglio, Porto Conte Regional Nature Park (Alghero)** and **Alghero Resort Country Hotel - Alghero** will soon announce their activities.

Vagheggi Cosmetics, Bronze sponsor: During the 3 days of World Wellness Weekend, Vagheggi' centres throughout Italy will offer wellness treatments at special rates.

bbspa_Group, Bronze sponsor: On 18-19 Sept, the team of bbspa_Group joins the 69th National Congress and International Session of the **Italian Association of Thermal Medicine, Thalassotherapy and Physiotherapy (AMIITTF)** in Chianciano Terme (Siena) to promote the Pillars of the World Wellness Weekend.

Being a very active country within the WWW, Italy will gather many other participants, including:

- **Tartheshotel** (WWW CHAMPION):
 - Sun salutation among the olive trees
 - Odaka Yoga at Sunset
 - Yoga of Awakening
- **STUDIOMASSAGGI ILENIA** (WWW CHAMPION):
 - Massages of the World Workshop
 - 10,000 Steps Walk with **Cristina**, professional mountain guide
 - Guided Mindfulness Session with **Ilenia**



EUROPE

Latvia (12 venues)

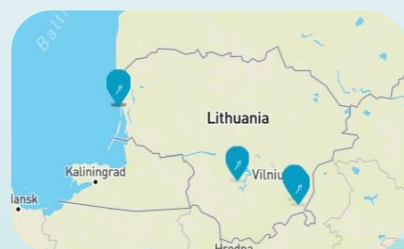
Rūta Grunte, City Ambassador in Riga, announces the following participants and activities:

- **WINGS RG/ RŪTA GRUNTE**: seminar & demo about world of massage; a seminar to learn different ways to take care of the body; and a seminar & demo about facial massage.
- **Ineta Pētersone** (WWW CHAMPION): **Painting with coffee workshop: Autumn flower painting**; Stencil your own T-shirt.
- **Kush.pilates.sigulda** (WWW CHAMPION): Kush Morning Routine & flowing Pilates; Kush Evening small ball challenge (Power Pilates); Kush Morning Routine & Strength Mix (morning wake-up routine with a solid strength workout) with option to win PADEL TENNIS 1hour gift card for four participants.



Lithuania (9 venues)

Lietuviška Arido Pirtis: Discover authentic Baltic pirtis traditions during a complimentary two-hour educational session with sauna masters.



Portugal (66 venues) (part 1)

Vânia Sousa, WWW Country Co-Ambassador, announces that WWW received MASSIVE support from:

- **Turismo de Portugal**,
- **Porto and Northern Portugal Regional Tourism Board**,
- **Central Portugal Regional Tourism Board**,
- **Algarve Regional Tourism Board**,
- **the Portuguese Thermal Spa Association**,
- **Turismo de Portugal's Hospitality and Tourism Schools**,
- **and the Porto Hospitality and Tourism School.**

Some of Portugal's leading hotels and spas are joining World Wellness Weekend, including:

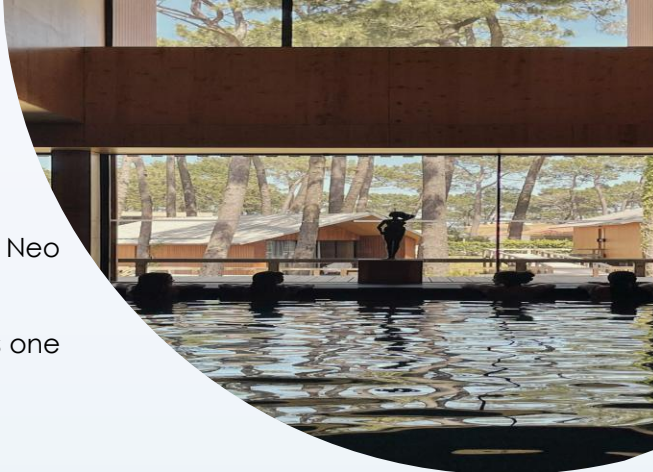
- **The Yeatman Wine Spa**,
- **Tivoli Spa Marina Vilamoura**,
- **Wellness Club @ Vilalara Grand Hotel Algarve**,
- **Sisley Paris Spa**
- **SPA FeelViana Hotel.**
- **And several Satsanga Spa – Hotel Vila Gale.**



EUROPE

Portugal (66 venues) (part 2)

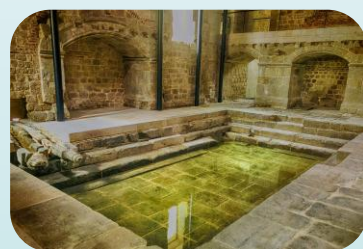
- **The Yeatman Wine Spa:** Flow Together; Pulsation – Neo Bioenergy, and Tibetan Singing Bowls Concert.
- **Tivoli Spa Marina Vilamoura** (WWW CHAMPION) offers one of the most extensive programs, including:
 - Rejuvenating Beach Yoga
 - Vinyāsa Yoga & Ice Tub Experience
 - Sunday Morning Soft Run
 - **Yoga Nidra & Sound Healing under the Stars**
 - special access to spa treatments and the renovated Thermal Oasis.
- **Wellness Club @ Vilalara Grand Hotel Algarve** celebrates WWW with wellness activities exclusively for its guests.
- **Sisley Paris Spa** offers a complimentary 10-minute Quick Massage and A Touch of Tranquility, an additional 10-minute head massage offered after spa treatments.
- **SPA FeelViana Hotel** organizes an Outdoor Yoga Session.
- **Satsanga SPA - Hotel Vila Galé Sintra** (WWW CHAMPION):
 - Guided 2.5 km walk through the pine forest and breathing exercise
 - Therapeutic Qigong Class – Beginner Level
 - Pilates Class – Fundamentals and PostureAs well as a "Tourism for All" Session with CERCITOP: Informal conversation at the Spa about inclusive tourism and activities adapted for people with special needs.
- **Satsanga Spa & Wellness Tomar – Vila Galé Collection Tomar:**
 - Nutrition Workshop
 - 15-minute Relaxing Massage
 - 15-minute Oriental Head Massage, combining education, relaxation and traditional wellbeing practices
- **Satsanga Spa Tavira – Vila Galé Tavira** brings wellbeing outdoors with an Outdoor Stretching and Cervical Decompression, combining upper- and lower-body stretches designed to release accumulated tension.
- **Satsanga Spa Douro – Vila Galé Collection Douro** will host:
 - a 15-minute Couples Massage Workshop
 - Baco Massage, a 70-minute treatment inspired by the Douro wine tradition with grape-seed oil and red wine with a complimentary facial hydration add-on.
- **Vidago Palace Thermal Spa:**
 - Tai Chi focused on restorative sleep
 - Tai Chi session for energy and balance



EUROPE

Portugal (66 venues) (part 3)

- Talk and tasting dedicated to medicinal plants and therapeutic tea
- Integrative Tai Chi and guided meditation practice.
- [Termas de São Pedro do Sul](#) offers “Caminhada da Serenidade”, inviting participants to slow down, breathe and reconnect with nature, and the Yoga Session “Conectar Corpo e Mente” to promote flexibility, focus and emotional wellbeing.
- **H2OTEL – Aquadome / Termas de Unhais da Serra:**
 - Barefoot, a natural reflexology trail using different textures and materials
 - Yoga in Nature and Hydro-gymnastics in a Thermal Pool
- [Termas de Caldelas](#) (WWW CHAMPION) hosts a Nutrition and Immunity Talk, an online Sleep and Creativity Workshop, and an Outdoor Pilates Session.
- At [Malcata Eco Experience](#), discover Forest Bathing (Shinrin-yoku).
- [Municipality of Pombal](#) (WWW CHAMPION): was hit hard by a storm but comes back with **Pombal Wellness Weekend**, a community-driven program **coordinated by the Municipality of Pombal**, as part of the Portuguese Network of Healthy Municipalities:
 - Pilates
 - Yoga and Yoga Dance
 - Tai Chi
 - Zumba
 - Guided meditation
 - Open days and community cultural initiatives
 - Women's health and conscious fertility
 - Gut health
 - Therapeutic exercise for pain relief
 - Facial and body care workshops
 - Reflexology
 - Massage and natural health experiences
 - Activities focused on skin health and ethical beauty
 - Lymphatic drainage
 - Access Bars...
- **Arcavitae – Wellness & Beauty:**
 - Nature FLOW | Walk to the Moinhos de Ul
 - Touch FLOW | Garden Massage
 - Mind FLOW | Community Meditation
 - Vital FLOW | Qi Gong for the Senior University
 - FLOW | Do-In Arcavitae
- [SantBodyWork – Adson Santana](#) (WWW CHAMPION) offers a Quick Massage Ocean View, a Conscious Walking Tour between Matosinhos Beach and Foz do Douro, and Conscious Dance on Matosinhos Beach.
- [Escola da Cor](#) will offer “Color as a Driver of Wellbeing” to explore the use of color as a tool to support wellbeing.



EUROPE

Portugal (66 venues) (part 4)

- **Vânia Sousa - Health & Wellness Tourism | Strategic Communication** offers a Wellbeing, Purpose & Brand Storytelling Consultancy.
- **Quinta da Comporta - Wellness Boutique Resort** (WWW CHAMPION):
 - Embrace Nature and Wellness - Rice Fields Run
 - Harmony and Inner Peace - Yoga at the Shala
 - Empower Your WellBeing - Self-Massage Workshop
 - Quick Bliss - Chair Massage Escape
- **Wellness Club @ Vilalara Grand Hotel Algarve** offers a guided walk along the Algarve cliffs, combining gentle exercise with exploration of the region's coastal wildlife and landscapes, as well as activities and offers with a fee.
- **Termas das Caldas da Rainha** (WWW CHAMPION): **Laughter Yoga; Serenity Regatta; Pets & Family Walk.**
- **Sisley Paris SPA - Vinha Boutique Hotel:**
 - Stretching in the garden
 - Beauty talksAs well as Wellness at the terrace (free massages)
 - **Care for caregivers (free massages for fire department)**
 - Restore and Renew / **complimentary quick massage for employees)**

More wellness experiences are on the way from **Tivoli Spa Kopke, Grand Bleu Spa by The One Monumental Palace, Verdelago, Hyperbaric Spa Faro, Hyperbaric Spa Albufeira**, and **additional Satsanga Spas by Vila Galé** across Portugal will join the WWW.



Spain (609 venues) (part 1)

Lucía Romero de Ávila, Country Ambassador, and **Sandra Villarejo, Country Coordinator**, and **Rosangel Aguirre, Coordinator**, announce that the **Cities of Marbella** and **San Pedro de Alcántara** are preparing outstanding activities to become international benchmarks for wellness.

The **10th edition of World Wellness Weekend** will start in Marbella on **Thursday 17 until Sunday 20 September 2026** making it **the longest celebration of the global activation!!!**



EUROPE

Spain (609 venues) (part 2)

In **Marbella and San Pedro de Alcántara**, **Wellness for All** will be accessible at emblematic locations, such as the **Mediterranean Park**, the **Alameda Park** and the **seafront promenade**, bringing together wellness professionals, local associations, partner companies, athletes, families and tourists. This initiative will be led by **Inés Castellanos**, **WWW City Ambassador in Marbella**, with the support and commitment of **Juan Carlos Berenguer**, **WWW City Coordinator in Marbella**, and **Luciano Dante**, **new Coordinator**.

The program will include:

- Yoga
- Pilates
- Tai chi
- Meditation
- Functional training
- Wellness workshops
- Children's activities
- School participation
- Charity markets
- Musical and cultural offerings
- Chess championship open to participants of different ages
- Artisanal workshops...

In addition, the event will feature a charity walk and various fundraising activities in support of the **CADI Association**.

Hard Rock Hotel will host wellness activities and experiences.

Fuengirola joins again the WWW in Marbella with **Lina Gueniari Baddouca**, as **WWW City Ambassador in Fuengirola and Mijas**:

In **Malaga**, new **WWW Coordinator, Kharla Barreto**, presents a complete day of wellness on Saturday 19 Sept:

- Yoga
- Conscious eating and cosmetics
- Fitboxing
- Meditation
- Sound
- Coaching and mindfulness
- Mindfulness and guided meditation workshop led by Kharlacoaching

• **REAL CLUB EL CANDADO** (WWW CHAMPION):

- Introduction to Padel
- Functional training
- Aquagym
- Oriental facial self-massage workshop
- Personal growth workshop
- Emotional and energetic balance workshop
- Transcendental Meditation workshop
- Reiki workshop



EUROPE

Spain (609 venues) (part 3)

• TRAINING AND RESULTS FITNESS ROOM (CLUB DE TENIS Y PADEL ESTEPONA) (WWW CHAMPION):

- Tennis for children and for adults
- Clay Court Tennis Games & Competitions
- Pickleball
- **Padel for Dummies**
- **Calisthenics**
- Argentine dances, tango, malambo fantasy, drum routine, ponchos and boleadoras
- Running for everyone
- Practical Workshop: Hypopressive Exercises with Román Javier García Sánchez
- Theoretical-Practical Workshop: Get started in nature activities (hiking, climbing and rappelling) with Leonardo Alarcón
- K.i.k.o. Yoga ch an do
- Workshop: Your Pharmacy At Home: Plants That Help You Fight Common Ailments
- Training with Jaime Castillo
- Workshop about good nutritional hygiene and getting a good night's sleep with Jaime Castillo
- Reiki
- Kinesiology workshop...



Benalmadena joins WWW with a special space, **El Rincón de Reme**, where local wellness professionals join to share knowledge, and experiences.

Norma Velázquez, WWW Ambassador in **Antequera**, announces the **support**:

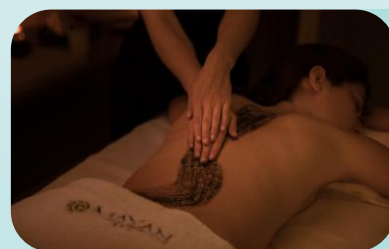
- **the City Council of Humilladero**
- **the City Council of Fuente de Piedra**
- **the City Council of Alameda.**

Heavily supported by Mayor and Tourism Councilor of Fuente de Piedra, Siro Pachón, who provides key institutional spaces and official endorsement, the town promotes the tourist route "**Pa Flamenco mi Pueblo**" to connect local women's associations for active longevity through a massive Intermunicipal Hiking Route. This cultural program is accompanied by a **regional Healthy Tapas Route** and a **Sunday Healthy Market** with a Charity Raffle for the Girasol Association, all set around the landscape of the Laguna de Fuente de Piedra.

Antequera joins again the WWW with a broad regional program that unites **Antequera, Alameda, Fuente de Piedra and Mollina**, with the support and collaboration of their respective City Councils.

During the WWW, participants can enjoy:

- Wellness and mindfulness workshops
- Family activities
- Hiking
- Cultural routes



EUROPE

Spain (609 venues) (part 3)

- Conscious breathing
- Sports
- Healthy gastronomic experiences

There will be an institutional opening ceremony and a press conference.

- [Alameda, el norte del Paraíso](#) offers a Hiking activity to the Mirador de la Sierra de la Camorra with a guided tour beforehand of the mausoleum courtyard of José María El Tempranillo and the church of the Immaculate Conception; Visit to the archaeological site of the Roman baths; Guided tour of the Museo del Campo Andaluz.

Thanks to [Norma Velázquez](#), **WWW regional Ambassador in Antequera**, a strategic agreement has been made with [Nicolás Guerrero](#), the CEO in charge of the management of three shopping centers in Andalusia: Malaga, Antequera and Granada, that are joining the World Wellness Weekend 2026 to bring well-being closer to more people.

The shopping center in Antequera has officially joined the program and has given the WWW complete openness and visibility for the WWW promotion. On Sunday the 20th, it will organize a Clean Day (environmental care). The team in Spain is working on the program in the two other shopping centers, in Malaga and Granada.

Additionally, **Natural Vitality Healing** will enrich the weekend with holistic rural experiences, including the "Sunset Experience Luz & Agua", Chi-Kung sessions, sound journeys, and family horse-assisted activities to promote sustainable wellness tourism.

In Barcelona, [Manuel De la Garza](#), **WWW City Ambassador in Barcelona**, and [Clara Berni](#), **WWW Coordinator** announce that they work with:

- the **Gremi d'Hotels de Barcelona** (Barcelona Hotel Association)
- and **Barcelona Tourism** to promote the industry and attract new partners.

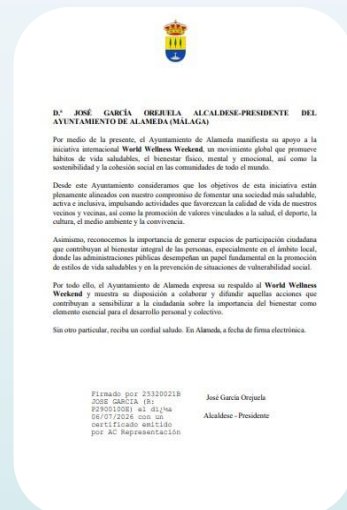
Mayan Luxury Group organizes:

- Sept 15th **The Palace Barcelona 5*GL | Gran Via Hall**: Free Pilates classes in collaboration with **ReformU** and **Mayan Spas**, with an open call + a selected call for wellness profiles, content creators, influencers and KOLs.

- Week of Sept 14th-17th – **The Palace Barcelona 5*GL | Topaz Room**: an activation with **SookSkincare** and free SKINTECH Masterclass or Pilates + facial technology experience

- Sept 19th [Mayan Secret Spa](#), **Hotel Claris 5*GL**: open day for free facials with **Anne Semonin** (by appointment and limited places).

September 19 – **Mayan Spa (Mayan Luxury Spa – Mayan Secret Spa)**: Open day of free massages.



EUROPE

Spain (609 venues) (part 4)

- [SPA InterContinental Barcelona](#) (WWW CHAMPION) will offer:

- Sound healing and meditation experience
- Physioyoga
- Guided walk around Montjuïc followed by a gentle stretching session

- [Bali Spirit Luxury Art Spa](#) will offer:

- Balinese self-massage workshop
- Masterclass: Reduce stress in 10 minutes

As well as a free 15-minutes massage with personalized recommendations to relieve everyday stress

- [Signature Spa](#) offers and aromatherapy workshop and guided meditation at a spa

Venues and collaborators currently confirmed as participants:

- **El Palace Barcelona 5*GL**
- **Hotel Miramar Barcelona 5*GL**
- **Torre Melina Gran Meliá**
- **Gran Hotel La Havana**
- **Bali Spirit Spa**
- **Slow Bali Spa**
- **Ocean Spa**
- **Morjana**
- **ReformU**
- **Anne Semonin Paris**
- **SookSkincare**

[Francina Bastardes](#), **WWW City Coordinator in Barcelona**, informs about the **Clínica Dr. Molins** with:

- Chi Kung, Reiki, Massages,
- Workshop: The 5 Essentials for a Healthy Diet (by Francina Bastardes) and an
- Experiential workshop "The experience of conscious flavor" by [Carmen Coroian](#) from [AnteTodo Magazine](#), WWW media partner
- Book presentation: "Cuidate. Tu salud, tu patrimonio, tu responsabilidad" by Dr. Agutí Molins

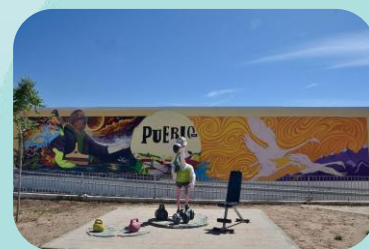
A space for dialogue between Jean-Guy de Gabriac (founder of WWW), the press, and wellness professionals has also been organized.

[FRANCINA BASTARDES - Hábitos de Salud:](#)

- Online presentation of the Holistic Habits Program to gain health at your own pace
- Workshop: The 5 Essentials for a Healthy Diet
- Open day at the hyperbaric oxygen therapy center to learn about and experience the benefits of this treatment.

[2nd INTERNATIONAL AESTHETICS FESTIVAL](#)

[BARCELONA](#) organized by **Yana Herzog** and the **International Association of Facial Massage and Wellness** on 19–20 Sept, will offer a spectacular celebration of beauty, massage, music, and positive energy at the **Olivia Balmes Hotel** in Barcelona:



EUROPE

Spain (609 venues) (part 4)

- **Sept 19 INTERNATIONAL BEAUTY & WELLNESS FORUM** with Education • Innovation • Live Demonstrations • Professional Networking
- **Sept 20 THE ART OF TOUCH AWARDS** Face & Body Massage Categories

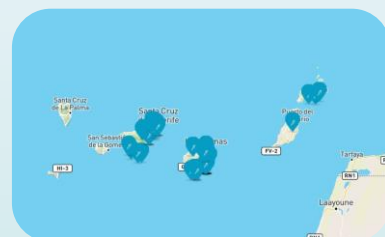
In Madrid, **Carmen Fernández Vargas, City Ambassador in Madrid**, is organizing a wellness program in collaboration with **Yog-IN platform**.

- **Luci Paglietta - Ser Luz** (WWW CHAMPION):
 - How To Navigate Our Emotions workshop to pause and observe what is happening within us
 - Yoga and Sensory Experience
 - Returning to Your Center: Systemic Dynamics and Sound Healing
 - **Loto Candle Store | Aromas y Bienestar** (WWW CHAMPION):
 - A pause between colors and aromas – Mandala
 - Create your own calming ritual - WELLNESS RITUALS
 - The power of aromas: A PAUSE TO RETURN TO YOURSELF
 - **El JardinSito** (WWW CHAMPION):
 - Hatha Yoga
 - Aerial Yoga
 - Static Dance / Contact
 - Health and Humor (Laughter Therapy)
- As well as Values-Based Coaching; Discover your Gifts and Talents, GeniusType World; Connect with your Inner Child and observe its state in a Creative way

In Tenerife, **Carla Galíndez, Ambassador in the Canary Islands, Elia Ramalio and Dácil Afonso, Coordinators in Tenerife**, confirm a complete wellness program with:

- 4th Solidarity Massage Marathon
 - Sound and vibration workshops
 - Meditation and conscious movement
 - Spaces for reflection on consciousness
 - Emotional eating
 - Self-care and reconnection with the body and personal history
- **KAIZEN Salud Integral. Cuerpo y Mente en equilibrio** (WWW CHAMPION):
 - Hypopressive Abdominal Gymnastics
 - Kaizen Experience: Body, Calm and Energy (Conscious Functional Training with Hypopressives where movement, breathing and well-being come together)
 - Facial Self-Care
- As well as a massage on the spine with voluntary contribution.

- **CASA LA MANZANILLA** (WWW CHAMPION):
 - The Importance Of Physical Health After Age 45 with **Alejandro Fernández**
 - Taichi and Chikung with **Francisco Peña**
 - Nordic Walking Workshop with **Michel G. Cedrés**
 - The Bio Of The Dance with **Helena Lorenzo**
 - Forest Bathing with **José – Baños de Bosque Canarias**
 - Healthy Eating To Feel Better with **Araceli Gutiérrez and Amara Gastrobar**



EUROPE

Spain (609 venues) (part 5)

- Gestalt Art Therapy Workshop with **Tarha Erena Sarmiento López**
- Music, Medicine and Sound Exploration with **alaelv (Santi Alameda) & Jony Away**

As well as other workshops and experiences.

- **ETM CARMEN INFANTE** (WWW CHAMPION):
- Practical workshop: conscious movement, breathing, gentle isometrics, and body awareness to reorganize patterns to regain a greater sense of balance, mobility, and well-being; led by **Elia Ramallo**
- Sound and vibration for your daily life by **Dácil Afonso**
- Yoga Nidra and Gong Bath by **Mar Chávez**

As well as other workshops and experiences.

RIU RENOVA SPA will participate with 35+ properties (hotels + RIULand and Only Adults) with fun wellness activities: Aquagym, Aqua Relax, Aquafit, Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons, including:

- **Riu Chiclana**
- **Riu Costa del Sol**
- **Riu Gran Canaria**
- **Riu Vistamar**
- **Riu Papayas**
- **Riu Paraiso Lanzarote**
- **Riu Buenavista**

Sept 26th, **Bsport and The Wellbeing Company (UK)** are co-hosting a charity event "Stretch & Connect" (The Lewis Foundation) for studio owners and future studio owners from Spain and across Europe: Pilates class, breathwork session, workshops and networking (€25 donation).

Ukraine (2 venues) (part 1)

BIG neWWWs: **Ukrainian is the 18th language** on [wellmap.org](https://www.wellmap.org)
Anna Seleznyova, Country Coordinator, and **Andriy Bulay, Coordinator in Ukraine**, confirm the participation of **Maharaja Yoga & Spa** (Wellness HERO)

Throughout the year, Maharaja Yoga & Spa offers Yoga Nidra with singing bowls, trauma-sensitive practices, individual and group yoga classes, and deeply restorative spa programs that help release tension, reduce anxiety and bring the body back to a state of relaxation and safety.

During World Wellness Weekend 2026, Maharaja will **focus primarily on supporting Ukrainians and the community of Kharkiv**. In a frontline yet unbreakable city, wellness becomes a way to come together, breathe deeper and remind ourselves that life goes on:



EUROPE

Ukraine (2 venues) (part 2)

- Morning and evening Hatha yoga sessions
- Trauma-sensitive practices with singing bowls for deep rest and emotional reset
- Breathing practices to support nervous-system recovery
- Sunrise and sunset flow practices to gently awaken the body and release tension at the end of the day
- Short Yoga Nidra sessions specially designed for veterans and people directly affected by the war
- Workshops on creating natural spa products, scrubs and oils.
- Gatherings and mini-talks on healthy lifestyle, self-care and daily wellness rituals for Ukrainian families

Maharaja invites residents of Kharkiv and guests from other cities of Ukraine and the world to join and experience how "**wellness without borders**" is born here in Kharkiv, where caring for oneself becomes a shared space of peace, solidarity and hope.



United Kingdom (151 venues) (part 1)

Katie Byrne Plowman, Country Ambassador, announces that the **UK Spa Association** and major groups are supporting nationwide.

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

AIRE Ancient Baths, awarded Most Active Thermal Group in 2023 and 2024 will be organizing a complimentary soundhealing session with complimentary juice, on the 19th of September to celebrate WWW. The locations will include: **New York, Chicago, Toronto, London, Copenhagen, Barcelona, Sevilla.**

Aqua Sana Forest Spas – UK & Ireland: All six Aqua Sana Forest Spas across the UK and Ireland (**Aqua Sana Forest Spa Longleat Forest**; **Aqua Sana Forest Spa Elveden Forest**; **Aqua Sana Forest Spa Woburn Forest**; **Aqua Sana Forest Spa Sherwood Forest**; **Aqua Sana Forest Spa Whinfell Forest**) will host a trio of immersive wellness sessions from 18-20 Sept to calm, connect, and inspire:

- Sound bathing
- Sleep sessions
- Discovery sessions to



EUROPE

United Kingdom (151 venues) (part 2)

PURE Spa & Wellness: guests are invited to enjoy complimentary 10-minute wellness taster sessions to experience relaxation and recovery, such as **infrared sauna, LED light therapy, dry floatation...**

An exclusive 20% discount on core treatments is available throughout the weekend, alongside guidance on building sustainable self-care habits and everyday wellbeing routines.

Daniel Thwaites Hotels & Spas offers a selection of wellness sessions including guided meditation and sound meditation sessions that include a complimentary detox tea - across 7 venues: **Cottons Hotel & Spa, Solent Hotel & Spa, Kettering Hotel & Spa, Thorpe Park Hotel & Spa.**

The Midland Hotel, Manchester: a 'wellness hour' inside their relax lounge (Sept 18th), mindfulness meditation and breathwork to calm, regulate and recharge.

Bethan Dando, Ambassador South Wales, confirms:

- **Pilates Class UK & The Wellbeing Company** hosts **'this is who we are', a complimentary session for Pilates teachers for instructors to recharge, connect, and prioritise their own wellbeing.**
- **The Wellbeing Company** once again supports **The Lewis Foundation** to raise funds and awareness through movement and connection. On Sept 26th, The studio community will gather on **bsport's Barcelona rooftop** for an afternoon of connection, workshops, Pilates and breathwork. All funds raised will go directly to The Lewis Foundation.

Tara Moore, City Ambassador Ballymena / Belfast - Northern Ireland, and **Kerriane Williamson, Coordinator** confirm:

- **Galgorm:** yoga session
- **The Rabbit Hotel & Retreat:** morning yoga experience and light refreshments
- **The Old Inn:** yoga session plus wellness treats and feel-good goodies to take home
- **Roe Valley Resort** (WWW CHAMPION):
 - **Wellness Circle: Support & Serenity for Parents and Carers (in partnership with Autism NI),** an Autism NI talk for Parents & Carers followed by a yoga session focused on relaxation, mindful breathing, and unwinding both body and mind
 - Little Wellness Adventures at Roe Valley: Fun & Football, a joyful programme especially designed for little ones, including a mini soccer session in partnership with with Limavady Football Club.



EUROPE

United Kingdom (151 venues) (part 3)

Andrei Fomin, Banya Ambassador, and **Natalie Bren, Banya Coordinator**, at **Banya No1** present their Banya Programme:

- **Banya No.1 - Hoxton (London, UK)**: from 18-20 Sept: complimentary **90-minute Parenie masterclass**. Steam Masters will introduce signature techniques, including dynamic 4-handed Parenie, hot-and-cold Swing Parenie, and refreshing Artesian Parenie using mineral water.
- **Banya No.1 - Chiswick (London, UK)**: a complimentary 90-minute De-Stress Ritual designed to reset the nervous system. The session blends traditional aromatic Parenie with guided breathwork, contrast therapy, ambient sound relaxation, and a soothing herbal tea ritual.

Following these two examples, renowned Banyas will participate such as

- **World Spa NYC**,
- **Forrest Banya Dubai**,
- **Woloshin Banya**,
- and **Hot Stone Club (Bali)**.

Involvement from **new destinations including Armenia, Azerbaijan, Dubai, Lithuania, Bali, and Kazakhstan** is also anticipated.

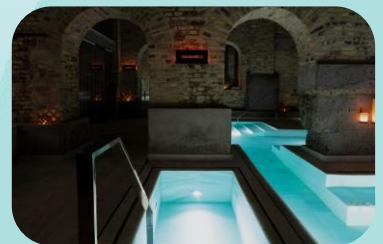
David Lloyd Clubs, most Active Fitness group in the UK 2022, 2023 & 2024, prepares an OUTSTANDING activation and will deliver a programme of SPIRIT-themed activities across their 100 UK clubs and 50 across Europe.

Gym@21 London focuses on employee wellbeing: complimentary taster sessions for Yoga, Stretch & meditation and fitness challenges, all whilst raising money for 'magic breakfast' charity!

SKY Active Spaces London and Scotland also focuses on employee wellbeing: complimentary taster sessions for Yoga, Stretch & meditation sessions, The power of breathwork workshops, outdoor movement, ergonomic support sessions and Stem cell registration stations.

Sea Containers Hotel & Spa also prepares wellness activities.

Westfield Health encourages clients to drive employee wellbeing through movement and mindfulness activations and social wellbeing initiatives.



EUROPE

United Kingdom (151 venues) (part 4)

Aromatherapy Associates (AA) supports World Wellness Weekend for the first year encouraging their partner spas to curate a 2-day immersive programme built around AA signature essential oil blends and ritual led treatments: Morning Aroma Awakening Rituals, Aromatherapy Discovery Journeys, and Wellness Immersion Spaces.

For **Clients**:

- Aromatherapy Consultation & Ritual: Tailored essential oil blending session and treatment recommendation
- Guided Sensory Wellness Journey: Multi-step spa experience focused on emotional reset through scent
- Home Ritual Integration Challenge: Daily aromatherapy practice (sleep, stress, energy or focus support)
- Signature Aromatherapy Transformation Ritual: Extended multi-sensory treatment combining bodywork, inhalation, and guided breath
- Community Wellness Leadership Experience: co-host a guided aromatherapy session (e.g. group relaxation or stress relief ritual)
- Personal Wellness Story Capture: Documented transformation journey for brand storytelling

For **Colleagues**:

- Aromatherapy Associates staff wellbeing immersion day
- Training in advanced essential oil application and emotional wellbeing support techniques

For the local **Community**:

- Donation-led or free community aromatherapy sessions for underserved groups (carers, mental health charities, elderly communities)
- Partnerships with local wellbeing or healthcare organisations

Champneys celebrates 101 and will announce soon their activities.

JERSEY (UK): Jersey Wellness Gathering at Hotel de France on Sunday 20 Sept, with **Rashmi** leading breath and movement and Kirtan Collective closing the day in song

- [Hogs Back Leisure Club and Spa](#) (WWW CHAMPION):
- Templespa S-party: guidance on general skincare with the chance to try some of the products
- Aqua Aerobics
- Dance Fitness
- Spin class
- Circuits: high energy and fast-paced class which involves working your way around different exercise stations



The background of the page is a photograph of a smiling woman with curly hair, wearing a backpack and holding hands with another person. They are in a hilly, outdoor setting. A large cyan circle is overlaid on the image, containing the text "Canada" and "USA".

Canada

USA

NORTH AMERICA

Canada (60 venues) (part 1)

Nathalie Roy, Country Ambassador and Katja Prpic, Province Ambassador in Quebec, confirm massive support from:

- **AQS** (Quebec Spa Association),
- **AQTN** (Quebec Association of Natural Therapists),
- **Leading Spas of Canada**,
- and **RITMA Group** (Association of practitioners in alternative medicine) and iconic properties:
- **Groupe Strøm**: a major player in wellness in Quebec, now comprising 10 venues under **five brands: Strøm Nordic Spa, AWÛ Urban Sanctuary, Förena Thermal City, Sibéria Spa and Spa Nordic Station** participates with a synergy of the senses workshop, sound therapy sessions, yoga classes
- **Spa Eastman**:
 - Yoga flow & affirmations
 - From fatigue to vitality: breathe better to reignite your energy
 - Energizing Cuisine Demystified: Why it's Good for Us... and How to Incorporate It into Your Daily Life
- **MKS in Trois-Rivières** holds a lottery for a free 60-minute massage (clients); a 90-minute treatment for its team; **Free online adapted chair exercise session for members of the Mauricie et Centre du Québec fibromyalgia association.**
- **Spa Le Baluchon**:
 - **personal development & contact with horses**
 - Yoga in nature
 - Breathing techniques
 - Muscle tone & balance
 - Dynamic and static posture practices
- **Nordik Spa Village Chelsea**: wellness activities for clients and team, including **a "cell phone-free day"**.
- **L'Éternel Spa**: Your boreal reconnection at the heart of Monts-Valin organizes wellness activities for guests and its team.
- **Monastère des Augustines**: Yoga classes in the Monastery gardens
- **Le Spa Manoir Hovey**: Outdoor Yoga by the Lake
- **École Cadence** (school of 900 + dancers) will offer a dance class for the whole family, all ages.
- **Nath Roy**: SUP Fitness, workout on your paddle board on the river, in the middle of the city.
- **The Melt Method** with **Sonia Léveillé**: Neurofascial technique using balls and a foam roller to rehydrate the fascia.



NORTH AMERICA

Canada (60 venues) (part 2)

- **Nancy Letendre:** Danse Swing Lindy Hop
- **The GUEPE - Montréal** (United Group of Naturalist Educators and Environmental Professionals): Sept 22nd, guided hike "Between Marsh and Forest" in Montreal's parks to raise awareness on rich urban biodiversity, and walking for physical and mental wellbeing.
- **The GUEPE-Charlevoix:** Exhibition "The Middle Estuary" from the River to the Ocean, along the trails of the Quai woods, to experience nature!
- **Rosette Pipar, Ambassador of Words and Happiness**, offers free 60-minute creative talks, "Words That Feel Good" - poetry for everyone - during trips to Sicily and Sardinia on Sept 18-20, for groups of travellers.
- **AWŪ:** sustainable transformation with various activities in different venues across Quebec.

AWU Sanctuaire Urbain (WWW CHAMPION):

For the colleagues: Yoga Flow

For the guests:

- Yoga Flow, Gentle Yoga
 - Sound baths and guided meditation in the sauna
- As well as An afternoon set to the rhythm of music (DJ), and Event: Sound Portraits and Ecstatic Dance starting.

- **Förena Thermal City** and **Spa Nordic Station** also offers wellness activities.

- **Sibéria** will offer free sound therapy and yoga nidra sessions.

• **White Oaks Resort & Spa** (WWW CHAMPION):

- Mat Pilates Class with **Allison**; Reformer Pilates Class with **Kelsey**
- Spin Class with **Susan**
- "Pro-Aging 101" session with **Natalie Graham**
- Yoga Class with **Cindy**
- "Detoxification 101" session with **Dr Jenna Greco**

As well as open doors to know their facilities, complimentary mocktails and mini spa services, and a "Physiology 101" session with **Marc Lebert**.

- **The St. Regis Toronto** offers three complimentary experiences and one paid experience.



NORTH AMERICA

United States (278 venues) (part 1)

Continued support from:

- **Spa Finder** celebrating 40 years,
- **ISPA - International Spa Association**
- **Spa Industry Association**
- **Pacific Spa Alliance**
- **SoCal Spa Wellness Collective**
- **Florida Spa Association**
- **Wellness Tourism Association**
- **Wellness in Travel and Tourism**
- **Health & Fitness Association**
- **West Hollywood Mind+Body Month**
- **Calistoga Wellness Association**

Iconic hospitality operators are participating:

- **Marriott International** (Most Active Hotel group in 2025 with 187 properties participating) with **JW Marriott Star Pass Resort & Spa**, **St Regis Bal Harbour Resorts**, **Away Spa – W Philadelphia...**

Sawgrass Spa located at Sawgrass Marriott Golf Resort & Spa (FLORIDA) will offer Hi/Low Cardio Disco and day spa amenity usage after

- Wellness CHAMPIONS: **Carillon Wellness Resort Miami**, **North River Ranch in Florida**, **Harman's Log Cabin**, **Azure Palm Springs Resort & Day Spa Oasis...**
- and properties from **Hard Rock Hotels**, **Rosewood Hotels**, **Mandarin Oriental**, **Sofitel**, **MGallery Kohler Wisconsin**, **AIRE Ancient Baths (Chicago, New York)...**

- **[The St. Regis Bal Harbour Resort](#)** (WWW CHAMPION):

- Stretching sessions
- Family Yoga
- Family Mat Pilates
- HIIT

As well as free Healing Massage and Facial treatments (for Resort Guests), and healthy lunch and beverages.

- **[AWAY Spa W Philadelphia](#)** (WWW CHAMPION):

- Pilates Class, and Pilates Barre Fusion
- Cardio Sculpt Class
- Yoga class

- **[Carillon Wellness Resort](#)** (WWW CHAMPION):

- Quantum Dance Hypnosis Best Life-ing
- Warm-Up & Mobility Activation followed by a Community Walk, Jog, or Run, and a Post-Run Recovery Yoga Flow sesión
- Quantum Peak Workshop & Hypnotic Sound Journey Best-Life-ing

As well as paying treatments and services.



NORTH AMERICA

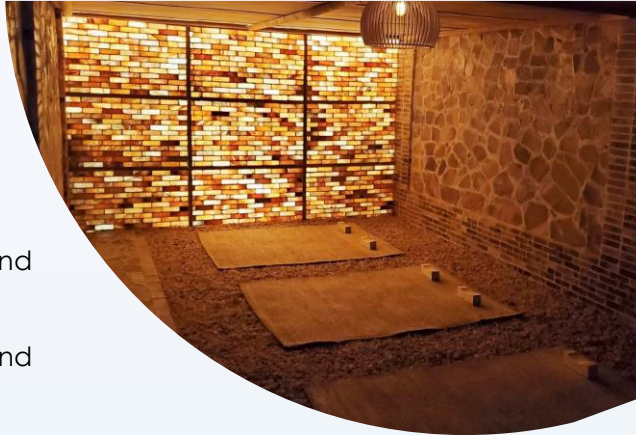
United States (278 venues) (part 2)

- [Harman's Log Cabins Resort](#) (WWW CHAMPION):
 - Gentle Yoga (all levels); Sunrise Yoga at Dolly Sods, and Morning Vinyasa Yoga
 - Guided Hike to Dolly Sods, and Top of the Rocks Hike
 - Cooking demo for food sensitivities, allergies, and gluten-free choices
 - Guided Mountain Meditation & Sound BathAs well as Fly Fishing Experience, Music + S'mores Under the Stars, Free Individual Mini-Stretch Sessions, and Light Appetizers.

- [Azure Palm Hot Springs Resort & Day Spa Oasis](#) (WWW CHAMPION): Yoga, Integral Yoga, and Mat Pilates Flow.
- [Hashani Spa @ JW Marriott Starr Pass Resort & Spa](#) (WWW CHAMPION):
 - Yoga, Family Yoga, and Aqua Yoga
 - Guided Meditation
- [Stillwell Spa at Snowpine Lodge](#) (WWW CHAMPION):
 - Yoga and movement experiences
 - Sound bath and journaling
 - Seminars led by Local wellness professionals to cover the many ways we can care for ourselves, inside and out

Ohana Growth Partners, owner and operator of [98 Planet Fitness locations](#) (all **WWW CHAMPION**), open its doors to the community in support of **World Wellness Weekend** by offering complimentary three-day passes from Friday through Sunday for local residents to experience the **Judgement Free Zone**. Throughout the event, participants will have access to the club and a welcoming fitness environment, with additional support from certified trainers available during regularly scheduled hours on Friday to help guide workouts and promote overall wellness. Assistants will be able to enjoy: Wide variety of small group training sessions; Boost recovery and utilize the HydroMassage; Access to our Massage Chairs to Prioritize your mental health.

Brick Bodies open their doors to the community to offer a weekend of wellness activities across **3 locations in the Baltimore, Maryland area**, featuring cycling, dance fitness, Les Mills BODY BALANCE, and meditation and breathwork, all combined with [a fundraiser to support ovarian cancer research, in loving memory of Vicki Brick-Zupancic](#).



NORTH AMERICA

United States (278 venues) (part 2)

GOCO HOSPITALITY once again participates with [Glen Ivy Hot Springs](#) (Wellness CHAMPION): Guided Hot and Cold Pool Experience, Aqua Fit, Aqua Tone, Yoga Flow & Sound Bath, Sound Bath Meditation, and live music.

Karen Ballou, City Ambassador in New York City, and Founder of [Immunocologie Skincare](#) unites Wellness Clinics, Practitioners, Therapists, and Health Leaders across New York City for a citywide celebration of wellness to inspire conversations around health, wellbeing, prevention, microbiome, and longevity. Participating organizations will showcase a variety of wellness disciplines, including: Longevity and preventative health, Skin health and healthy aging, Nutrition and gut health, Stress management and mindfulness, Fitness and movement, Integrative and holistic wellness, Sleep optimization, Mental well-being, Recovery and resilience practices, Healthy lifestyle education.

Dayleann Vallejo, State Ambassador, South Carolina, presents the South Carolina Wellness Weekend, which will take place at the historic **Francis Marion Hotel in Charleston** in supports the broader development of the **South Carolina Wellness Organization**. Hosted by The Spa of Charleston (located within the hotel), the event will take place September 18–19, 2026, and will bring together wellness professionals, local businesses, health experts, fitness leaders, beauty brands, educators, and community organizations for two days of programming.

Arch Amenities Group, Most Active Spa operator in the USA in 2025, is actively engaging properties, alongside **The Spa at the West Hollywood EDITION**, **Sea Spa at Loews Coronado Bay Resort**, **Tommy Bahama Miramonte Resort and Spa...**

Celeste Hilling, CEO & Founder of **Skin Authority**, offers free skin health assessment at 15+ partnering spas to share personalized insights on skin health for our overall well-being. This complimentary service uses Skin Scan™ imaging, the latest advancement in generative AI, image analysis, and deep learning to accurately scan and interpret skin conditions, predict and prevent potential skin issues, and provide data-driven insights for personalized and effective **care strategies**:

- **Loma de Vida Spa at Signia by Hilton La Cantera Resort** – San Antonio Texas
- **Gadabout Salon Spas**, 5 locations in Tucson, AZ
- **Spa Alila at Alila Marea Beach Resort**, Encinitas, CA
- **Bellus Academy**, 3 locations in Greater San Diego, CA

Gloria Treister, Ohio State Ambassador collaborates with the **Global Wellness Institute's Workplace Wellbeing Initiative** to encourage corporations to organize sessions for employees such as Brain Boosting Bingo, Chair Yoga, and Breathwork.



NORTH AMERICA

United States (278 venues) (part 3)

Once again, **Hose Master LLC** leads the way by organizing Body Boosting Bingo for its 500+ employees across 6 States.

IMMAGINE SALUTE di Innocenti Susanna (WWW CHAMPION) offers: Postural Gymnastics, Kobido ancient Japanese facial massage, Yoga Yin Yoga Nidra Yoga for children, Autogenic training Mindfulness, Meditation, Tibetan Bells with Didgeridoo, and Massage modalities.

World Wellness Weekend once again collaborates with **Pace e Bene's Campaign Nonviolence**. This year's banner "WE HAVE SOLUTIONS" encourages people to organize wellness events and community actions to **Reflect, Educate, and Act** to spread the word about nonviolent solutions. A joint campaign focusing on the 5 Pillars of Wellness will also be launched to highlight that wellness is more than self-care; it is a radical act of nonviolence. When we care for our own bodies, minds, and spirits, we help build the strength needed to care for our communities and our planet.



A photograph of a man and a woman dancing closely at night. The man is wearing a pink and white striped shirt, and the woman is wearing a pink top. They are both smiling and looking at each other. The background is dark with some blue and purple lights. A large, semi-transparent blue circle is overlaid on the right side of the image, containing the text 'Latin America Caribbean'.

Latin America Caribbean

LATIN AMERICA & CARIBBEAN

Antigua & Barbuda (187 venues)

WWW CHAMPION [Royaltan CHIC Antigua](#) invites you to enjoy:

- Aroma Beach Yoga, Acoustic Beach Yoga
- Beach bootcamp (cardio, strength training, and bodyweight exercises)
- Beach aquarobics
- Floating Pilates
- Team games: Tug of war (teams pull on opposite ends of a strong rope), and ag team obstacle course
- Plank-off challenge



Argentina (187 venues) (part 1)

[Eduardo Finci, Ambassador Emeritus in Latin America](#), [Gabriela Gergic, Country Ambassador](#) (interviewed by CNN Spanish and featured by [Magazine Destinos y Negocios](#)), [Luciana Victoria González, Coordinator](#), and [Gabriela Cianni, City Ambassador in Tigre](#), announce that **World Wellness Weekend has been declared an event of public interest by Resolution of the Honorable Deliberative Council of the Municipality of Tigre.**

The **Secretaría de Acción Social, Deportes y Educación** activates sports centres with healthy and recreational activities for families and local residents.

The **Club Atlético Caza y Pesca Don Torcuato** declares the **World Wellness Weekend** initiative to be of General and Special Interest for its community.

Comuna Cabalango, Córdoba declares WWW as “an event of public interest” thanks to [María Fabiana Castañón, Ambassador in Córdoba](#).

Chaco Tourism declares WWW as “an event of public interest” thanks to [Ro Babikow, City Ambassador in Ciudad de Resistencia](#), and [María Silvente, City Coordinator](#).

Partido de Pinamar also declares the WWW of municipal interest thanks to [Silvina Fernández Grenno, WWW Coordinator in Partido Pinamar](#).

The **American Spa Association (AMASPA)** continues to support the expansion of the initiative in Argentina and Latin America, promoting wellness tourism and regional collaboration.



Gobierno del
CHACO

Instituto de
Turismo



LATIN AMERICA & CARIBBEAN

Argentina (187 venues) (part 2)

NATIONWIDE PROGRAM on Sept 18-19-20, 2026:

Province of Buenos Aires: Bonaerense Region and Healthy Network:

- **Campana:** **Carina Di Caro, WWW City Coordinator in Campana and Tornquist**, brings in **Aroma a Campo by Carina Di Caro**: Aromatherapy workshop, lavender tasting, yoga classes, and a wellness journey for SMEs in partnership with **Asempio** (Association of businessmen and womenSMEs for equal opportunities) with an anti-stress workshop, and a guided meditation, among other activities. Activities will also include Tibetan singing bowls, aquagym, and mindful walks.

- Venue **Carina Di Caro** (WWW CHAMPION) offers **"Saldungaray breathes Wellness amidst the mountains, lavender, music, yoga, and tradition"**, organized jointly by the aromatic business **Aroma a Campo by Carina Di Caro**, the **Saldungaray Community Tourism Association**, the **Municipal Folklore Workshop**, the **local tourism sector**, and the **Municipality of Tornquist**.

The event will offer: Lavender tasting, Yoga class, Musical well-being, Roots Dance and community (traditional dance workshop).

- **Despertar corporal Yoga** (WWW CHAMPION) offers: Power Yoga, Vinyasa Flow, and ound journey and guided meditation

- **Dolores:** Parque Termal Dolores (in conjunction with the Ministry of Tourism) and the Dolores Thermal Resort Hotel integrate their proposals for recreational, health and relaxation days for families and visitors.

- **Don Torcuato:** The **CACYP Club** will celebrate the 10th edition of "El Bienestar Late" with recreational and inclusive activities for the community.

- **La Plata:** **Amanda Giselle Medina Venialgo** and **Romina Rodríguez, WWW City Co-Ambassadors in Ciudad de La Plata**, present community meetings, educational talks and holistic health experiences.

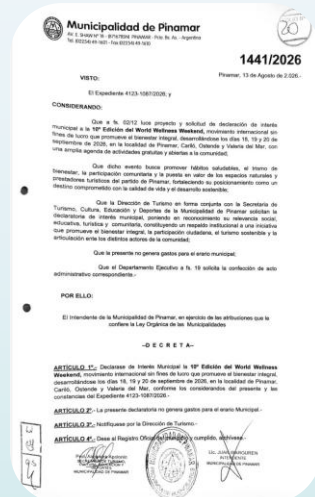
- **Olavarría and Tandil:** Mindful walks, meditation sessions, and healthy habits workshops in natural settings.

Cities on the Argentine Coast: Silvina Fernández Grenno, WWW Coordinator in Partido de Pinamar, presents:

- **Pinamar:** 30+ free activities over 3 days encompassing movement, yoga, meditation, nutrition, art and inspiring talks among others for people of all ages, with the sponsorship and **institutional support of the Pinamar Tourism and Culture Secretariat, Pinamar S.A. and the Garden Suites Pinamar Hotel**.

- **Cariló:** The **Cariló Hills Resort**, in **partnership with the Municipality of Pinamar** and within the area's tourism and hotel offerings, will offer stretching sessions by the sea and mindful walks.

- **San Clemente del Tuyú:** Joins in with the **support of its Tourism Secretariat**, bringing free access wellness proposals to the region.



LATIN AMERICA & CARIBBEAN

Argentina (187 venues) (part 3)

Córdoba and Cuyo:

- **Córdoba (Cabalango):** [María Fabiana Castañón, WWW City Ambassador in Córdoba](#), confirms horseback riding, mindful walks, cycling tourism and yoga connected with nature.

- **Mendoza:** Meditation sessions, sensory experiences and wine tourism proposals that integrate local culture with relaxation.

Coast and Patagonia:

- **Chaco (Resistencia):** **The Howard Johnson Plaza La Ribera hotel** host gratitude gatherings, active meditation, Zumba, and activities for the community.

• **Misiones:**

- **Instituto Carola B.** Integrates the agenda with its Athenaeum for Students and Graduates in virtual mode.

- **Puerto Iguazú:** Wellness hotels and tourist destinations offering sensory experiences in the jungle. **The Villa Piren Complex** develops exclusive wellness programs.

- **Entre Ríos:** Thermal destinations such as **Concordia**, **Guaaleguaychú** and **Villa Elisa** offer wellness tourism experiences in nature.

- **San Martín de los Andes:** Mindful hiking, breathing exercises and outdoor experiences by Lake Lácar, in addition to the offerings of Villa Piren.

Barbados (1 venue)

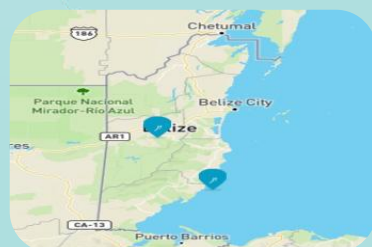
WWW CHAMPION [Royaltan Vessence Barbados An Autograph Collection All-Inclusive Resort](#) presents a rich wellness program focuses on two WWW pillars:

- Movement and Vitality: fitness, stretching, mindful movement, and outdoor experience
- Mindfulness & Serenity: mindfulness, meditation, relaxation, self-care practices, breathwork, gentle yoga, and wellness rituals

Belize (2 venues)

WWW CHAMPION [Itz'ana Resort and Residences](#) offers the following activities:

- Cacao Ceremony of Gratitude
- Zumba Mix class (available both in-person at Itz'ana Resort & Residences, Placencia, and online for anyone joining from afar)
- Itz'ana Community Beach Cleanup



LATIN AMERICA & CARIBBEAN

Brazil (208 venues)

Buddha Spa, the largest Day Spa franchise in Brazil and LATAM with **150 Day spas** launches a **national campaign** "Wellness Journey – World Wellness Weekend at Buddha Spa" with in-person and online mindfulness sessions to touch the hearts & minds of millions of Brazilians and lusophone people:

- Yoga and stretching sessions
- Breathwork & Guided meditation
- Self-massage workshop with a Lead therapist
- Introduction to Aromatherapy with essential oils demo

and sensory tasting sessions (food & tea) in partnership with healthy food brands...

• [Santa Teresa Hotel Rio de Janeiro MGallery Collection](#) (WWW CHAMPION) offers:

- Body in Motion, Mind at Peace: yoga class and art therapy session
- The Touch That Embraces: Gratitude Gathering, a serene moment to center yourself
- A Connection to the Soul of Santa Teresa: guided tour of Santa Teresa and an outdoor sound healing session

• [Dianna Ruas](#) 8WWW CHAMPION):

- Live Mental Health and Family Management for teenagers and children with **Patricia Egerland**
- Mindfulness with **Paula Portocarrero**
- Sailing Therapy (Digital detox, mental cleansing, mindfulness, vibrational therapy, veganism, and much more)

And an Instagram Live Oral Health - Holistic Oral Biocybernetics.

• [Lotus Fitness & Spa Lisboa](#) (WWW HERO):

For the guests:

- Face Gym and Beauty Bar
- Shoulder, neck, and head massage workshop
- Guided relaxation with Handpan

For the colleagues: fun wellness activity.

For the local community: Park Cleanup and Mental Cleansing (Wellness Ripple with hypnotherapist Sandy Hashing).

ACCOR Hospitality will participate in the WWW in Brazil and will soon announce their activities.

More activities on a national level will soon be announced by **Dianna Ruas, Country Ambassador**.



LATIN AMERICA & CARIBBEAN

British Virgin Islands (3 venues)

Hylton Lipkin, **Country Ambassador in the British Virgin Islands**, announces that resorts & Private Island Retreats participate for the first time.

Aerial BVI Private Island hosts an exceptional programme of wellness experiences: Sound Healing, Sunrise Yoga, Beach Fitness Sessions, Paddle Boarding...

And many more activities soon to be announced by:

- **Rosewood Little Dix Bay**, Virgin Gorda
- **Oil Nut Bay**, Virgin Gorda
- **Scrub Island Resort, Spa & Marina**
- **Peter Island Resort & Spa**
- **Sugar Mill Hotel Spa**, Tortola
- **Nail Bay Resort Spa**, Virgin Gorda
- **BVI Yoga & Wellness Studio**, Road Town
- **Virgin Gorda Fitness & Aquatics Centre**



Chile (15 venues)

Jessica Heredia, **Country Ambassador**, and **Evelyn Díaz**, **Country Coordinator**, confirm that the World Wellness Weekend Chile 2026 will activate wellness all across the country starting in July.

From July to September, various community initiatives include educational talks, conscious movement experiences, healthy eating, recreational activities, dance, self-care, wellness at work... supporting the concept of wellness from a wide, human and integral perspective.

Confirmed participating organizations, professionals and venues:

- **Corporación de Salud Integrativa**
- **Olmué Natura Lodge & Spa** with **Consciencia Wellness**
- **Municipality of Maipú**: Wellness Festival (with **Humanizarte Consultores** and **Consciencia Wellness**)
- **Grupo Corev**: talks on workplace wellbeing
- **Viajeras Bienestar y Salud**;
- **Humanizarte Consultores Autocuidado**
- **Viviana Shiappacasse** in coordination with **Spa del Bosque**
- **Hotel Open Quillota**
- **Ikigai Centro Deportivo**
- **Ruca Kuifi**: ancestral healthy food
- **Sadhana Core Ecstatic Dance**
- **Ale.tucoach**: women's empowerment activities
- **Mariopsi Sonriendo**: music therapy experiences and active breaks
- **MP Mirta Paredes Innovación y Aprendizaje**: corporate Wellness
- **Tamara Abril Asesorías y Capacitaciones Wellness**

and many others to be confirmed soon...



LATIN AMERICA & CARIBBEAN

Colombia (38 venues) (part 1)

Erika Crosby, Founder of Skin Perfect Ltda and WWW Country Ambassador, and Olga Mayorga, WWW Coordinator, confirm a calendar of in-person and virtual events in Colombia thanks to several organizations, specialists, aesthetic centers and educational spaces in the country that join forces to offer activities open to the public, oriented towards physical health, mental health, family self-care and emotional balance.

- **Rancho Ecoturístico El Faro** offers a comprehensive experience "PACHAMAMA: Returning to the Earth, returning to yourself" (Sept 19), an immersive journey designed to reconnect human beings with the essential elements of nature that includes:

- Earth (Roots): Mindful walking and tree planting
- Water (Flow): Spa circuit, sulfur bathing activity, tea ceremony
- Fire (Transforms): Ceremonial bonfire, dynamic of "letting go of what no longer serves" and night meditation
- Air (Breathe): Yoga practice, conscious breathing with aromatherapy, bird watching and sound therapy
- Ether (Connect): Conscious writing, letter to the "future self", Tibetan singing bowls and closing ceremony.

In addition to the five elements, the experience is complemented by mindful eating, natural infusions, access to a swimming pool, jacuzzi, massage area and moments of free time in a welcoming and natural environment....

This activity has a charitable purpose: the proceeds will be donated to the **children of the Payacal village**.

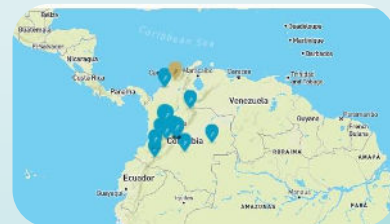
- **Darly García in Colegio Nuevo Bosque** offers "Rebirth in Me: Wellness Experience": liberating movement to mobilize stagnant energy in the joints, and a Circle of gratitude and manifestation to rediscover inner light and balance of body, mind, and spirit.

- **Spa Móvil Massage Therapy:** Relaxation Experience in the Park in **Ciudad Montes Park, in Bogotá** with Aromatherapy, Relaxing massages, Ambient music...

- **Cuidamos la Salud de tus Pies** offers "Healthy Steps for the Whole Family" to learn to recognize the structure and key points of your feet, professional self-massage techniques to relieve tension and improve circulation, with practical recommendations for daily care and personalized demonstrations.

- **AGCECI Nacional (Agremiación Colombiana de Estética y Cosmetología Integrativa): International Symposium on Integral Wellbeing - AGCECI 2026**, an event focused on the **5 pillars of wellness** that will gather the professional community of aesthetics and cosmetology will come together around an integrative vision of health.

Through virtual conferences, the public is invited to explore how sleep, nutrition, movement, emotional well-being, and supportive leadership become fundamental tools for individual and collective transformation.



LATIN AMERICA & CARIBBEAN

Colombia (38 venues) (part 2)

- **Armonía Centro de Estética:** Experiential Conference: Humanizing Goodbye (Sept 7th) to support the processes of loss and grief with greater empathy and emotional tools
- **Argenis García Spa Móvil:** Letting Go Experience to provide people dedicated to caring for others with an exclusive recharging space (Relaxing back massage to release tension and a small special wellness gift included)



Costa Rica (10 venues)

RIU RENOVA SPA participates with the **Hotel Guanacaste** and 35+ properties (hotels + RIULand and Only Adults) with fun wellness activities: Aquagym, Aqua Relax, Aquafit, Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons.

Planet Hollywood Costa Rica An Autograph Collection All-Inclusive Resort (WWW.HERO) presents a complete wellness program:

For the guests:

- Yoga & Meditation; Pool Yoga, and Yoga Pura Vida
- Eco Walk
- Workshop on natural exfoliants
- Dance and exercise classes
- Aqua Fit (Pool Athletix) & Spartan Challenge
- Pumped Phit (Training Camp) with instructors from the Pumped Fitness Center
- Wellness Challenge to boost your energy and release endorphins through dance
- Mini massage workshop: learn how to relieve tension caused by stress or poor posture with techniques that you can apply at home

As well as a Spa Fair with mini massage, a mini facial treatment and natural exfoliations; Purple Vibes Party to relax and enjoy moving around at their foam-filled pool party, and an Art and painting activity to express yourself, explore colors, and awaken your artistic spirit.

For the colleagues: Yoga and Meditation.

For the local community: Beach cleanup, and Visit to school "Altos del Roble", to provide a busy, fun morning full of games and exercises for the children of the school.

Dominican Republic (51 venues) (part 1)

RIU RENOVA SPA participates with 35+ properties (hotels + RIULand and Only Adults) including:

- **Riu Palace Punta Cana**
- **Riu Palace Bávaro**
- **Riu Palace Macao**
- **Riu Bambú**
- **Riu República**

with fun wellness activities: Aquagym, Aqua Relax, Aquafit, Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons.



LATIN AMERICA & CARIBBEAN

Dominican Republic (51 venues) (part 2)

Flavio Acuña, Country Ambassador, brings great neWWWs to this 10th WWW with the **support of 8 City Councils that join the WWW** to bring wellness to cities, communities, neighborhoods, parks, schools and public spaces:

- **Santo Domingo (previously recognized as one of the leading WWW cities)** represented by **Mayor Carolina Mejía**, who will make available **98 parks and 4 beaches** with the participation of **more than 2,500 free in-person activities dedicated to well-being**
- **Las Galeras** represented by **Mayor Ana Reyes Bello**
- **Miches** represented by **Mayor Luz María Mercedes**
- **Las Terrenas** represented by **Mayor Eduardo Esteban Polanco**
- **Cabarete** represented by **Mayor Freddy Cruz**
- **La Romana** represented by **Mayor Eduardo Kery Metivier**
- **Villa Hermosa, la Romana district**, represented by **Mayor Eduardo Familia**
- **Punta Cana** represented by **Mayor Ramón Ramírez**, who will promote **more than 100 free, in-person activities in different sectors of the municipality**.

Flavio Acuña will be leading this movement along with his team **Laura Bencosme, Juan Holguin Rotary Governor of District 4060 Dominican Republic, Alejandro Rubin president of ASICOTUR, Pedro Angel of Resumen de Salud, Willy Fabian director of Arfad Group, Dionangel of Expo Fitness Punta Cana, Chukum Lagoon Hotel & Residences, Pueblito Caribeño, Paseo del Sendero and Miguel Mancilla of Downtown Ciudad Deportiva.**

The initiative will have the **support of important representatives of tourism and the private sector**, including **ASONAHORES, the Santo Domingo Hotel Association, ASICOTUR, the Santo Domingo Tourism Cluster and Body Shop, which will participate through its seven locations and its community, hotel chains, dance schools, sports centers, gyms, yoga schools and different teachers dedicated to wellness.**

More than 2,000 activities distributed **throughout the national territory** with several activities, including:

- Football, volleyball, padel and basketball tournaments under the World Wellness Weekend Cup concept, plus World Wellness Weekend medals, trophies and awards.
- Public schools with activities for children
- Free experiences of movement, sport, health and well-being accessible to communities and neighborhoods.

With this program, the **Dominican Republic seeks to become one of the world's leading destinations for wellness tourism.**



Eduardo Familia,
alcalde de Villa Hermosa,
distrito de La Romana.



Ana Reyes Bello,
alcaldesa de Las Galeras.



Freddy Cruz,
alcalde de Cabarete.

LATIN AMERICA & CARIBBEAN

Dominican Republic (51 venues) (part 3)

- During the WWW, [Green Market LT](#) (WWW CHAMPION) offers:
 - Muay Thai
 - Pilates
 - Mindfulness

And Flowrecre Yoga on September the 10th

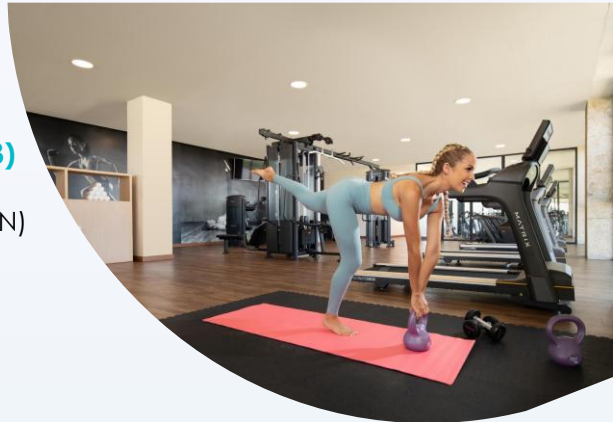
- **6 Bodyshop are Wellness CHAMPIONS:** [Bodyshop Bella Vista](#), [Bodyshop Naco](#), [Bodyshop Studio](#), [Bodyshop Punta Cana](#), [Bodyshop Santiago](#), [Bodyshop Arroyo Hondo](#). They invite you to enjoy the following activities:

- LatinMix (high-energy dance fitness class, inspired by Latin and urban rhythms)
- BodyPump
- Indoor Cycling
- BodyCombat (Group cardiovascular training class based on martial arts, created by Les Mills)
- Super Core (High-energy class, designed to improve strength, muscular endurance, and cardiovascular fitness)
- CrossTraining (high-intensity functional training class that combines strength, endurance, and cardio exercises)

- [Live Aqua Punta Cana](#) (WWW HERO):

For the guests:

- Biodance
- Energy Flow – Stretching, and Stretching & Mobility
- Meditation, Sound Bath Meditation, and Healing Meditation
- Beach Volleyball game
- Bachata Class, Merengue Class, House Dance, and Salsa Dance Class
- Paddle Yoga, and Candlelight Yoga
- Zumba
- Aqua Yoga Flow, and Aqua Aerobics
- Biomechanics (How internal and external forces change muscle-tendon units, connective tissues, and joint ranges of motion)
- Beach Volleyball Tournament, and Games at the Beach
- Jump Aerobics (Dynamic cardiovascular training on individual mini-trampolines)
- Pilates & Wine
- Sunrise Silent Walk (mindful morning practice that combines walking meditation, quiet reflection, and community connection)
- Origami class & one minute of silence for world peace to celebrate Global Peace Day (September 21st)
- Tea therapy: Healthy habits and smart nutrition talk for host (September 22nd)
- Zumba and Decorate your won mini cake (September 22nd)
- Volleyball competition (September 24th)



LATIN AMERICA & CARIBBEAN

Dominican Republic (51 venues) (part 4)

As well as: a Healthy Food Station, a green juice, pocket Bowl bite in the garden, Wellness Snacks, Juice & Scent Journey by **Natura Bisse**, Tropical Ceviche, Build your Wellness Bowl, Wellness Together (Group connection activity: movement, breathing and group dynamics), Gratitude Wall, Artistic Makeup, Immunity Shot Experience, Sleep Well Experience by **Natura Bisse**, Live music, Activities to wake up the Kid inside you, Aroma Wine Tasting with live music, Golf Massage Demonstration, Neuro Spa & Longevity Circuit, Skin & Soul (Facial cleansing with a touch of mindfulness), Welfie pictures, Spa Market and more.

For the colleagues: "Underwater; Learning from the Crisis" talk.

For the local community:

- Beach Cleanup
- Elderly visit with Donations, Live Music & Massage (September 17th)
- Promoting the recycling (recycling of plastic caps to help people with cancer)

Ecuador (7 venues)

• **Piedra de Agua Fuente Termal & Spa** (WWW CHAMPION): offers sessions three types of Thermal Aqua Yoga Class (therapeutic, restorative, and sensory).

• **Latitud Zero** organizes a Massage **Championship** on Sept 18-19-20, during World Wellness Weekend!

• **SILUET DERM SPA** offers:

In their venue in **Galápagos** **SILUET DERM SPA** (WWW CHAMPION):

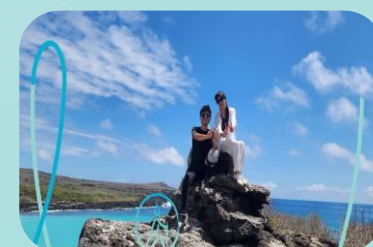
- Interactive workshop on rejuvenating self-massage (with a Personalized facial diagnosis, and a Mindful hydration with local allies)
- Rejuvenating Self-Massage Ritual workshop to learn lymphatic drainage maneuvers and lifting effect movements
- Hydration and Mindful Stress Management Workshop

In their venue in Santa Cruz Canton, **Siluet Derm Spa**, they will also offer the Interactive workshop on rejuvenating self-massage (with a Personalized facial diagnosis, and a Mindful hydration with local allies), the Rejuvenating Self-Massage Ritual workshop, and reflexology and craniosacral therapies.

In their venue in **San Cristóbal Canton** **Siluet Derm Spa**:

Rejuvenating Self-Massage Ritual Workshop, Sound Therapy, and Informative podiatry talk to prevent ingrown toenails.

• **KILLA QUIROPRAXIA** offers an Outdoor day with 3 fun activities(Tuesday, September 8th), and a completely free chiropractic adjustment to relieve discomfort and improve your physical well-being.



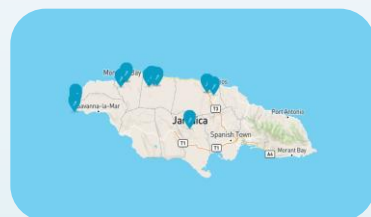
LATIN AMERICA & CARIBBEAN

Jamaica (18 venues)

RIU RENOVA SPA participates with 35+ properties (hotels + RIULand and Only Adults) including:

- **Riu Montego Bay**
- **Riu Aquarelle**
- **Riu Ocho Rios**
- **Riu Negril**

with fun wellness activities: Aquagym, Aqua Relax, Aquafit, Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons.



Mexico (238 venues) (part 1)

Geat neWWWs from the WWW team in Mexico: **Margarita Alvarez Cantarell, Province Ambassador in Quintana Roo (interviewed on DIME WebTV), Raul Petraglia, WWW Province Ambassador in Baja California Sur, Alejandro Leo, WWW Province Ambassador in Yucatan, Areli López Navarro, WWW City Ambassador in Cancun,** alongside **Brenda Rodríguez, Coordinator in Cancun, Irma Portilla de Cantarell, WWW City Coordinator in Cozumel, and Vania Macias, WWW City Coordinator in Tulum and Playa del Carmen,** announce **MASSIVE support from local authorities to promote World Wellness Weekend:**

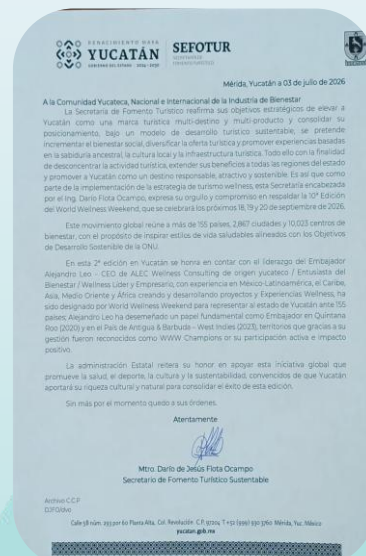
- **SEFOTUR in the province of Yucatan**
- **Isla Mujeres Municipal Presidency**
- **Cancun Tourism Authorities**
- **Los Cabos Tourism Authority** (thanks to **Claudia del Pino** from **Tendencia Magazine**)
- **Secretariat of Sustainable Tourism of the Municipality of Puerto Morelos, Quintana Roo**
- **Secretary of Tourism of The State Of Quintana Roo**

Tulum has also announced **they join the WWW** in a **press conference** that took place at the **Hotel Moxy Tulum**.

Big neWWWs: **Over 50 Hotels in Quintana Roo** and **12 Iberostar Hotels & Resorts Properties** join WWW 2026.

Cancún / ALL You CanCún: **Social Run Neon 5K:** A 5-kilometer route accompanied by music, lights, and a community that shares the same goal: to move, connect, and celebrate a healthy lifestyle in one of Cancun's most emblematic settings: **Malecón Tajamar**.

- **Parque Cancún** (WWW CHAMPION), a free and open-air space, invites you to enjoy a variety of Wellness activities, including:
 - Craft workshops
 - Yoga



LATIN AMERICA & CARIBBEAN

Mexico (238 venues) (part 2)

- Somatic Conscious Breathing: Mindfulness and gentle movements to release accumulated tension
- Hiking and birdwatching practice for biodiversity appreciation and environmental conservation
- Hiking: Walk and exercise along the trails of Parque Cancún to enjoy the natural environment and mental relaxation
- Laughter therapy

- **Nizuc Resort & Spa** (WWW CHAMPION): Yoga by the Sea, Paddle Board Yoga, and Stretching, Conscious Movement and Meditation.

- **Impression Isla Mujeres** (WWW CHAMPION) has prepared a complete wellness program with activities designed to awaken the body and calm the mind:

- Yoga Flow, Ashtanga Yoga
- Mat Pilates
- Barre Session
- Sound Healing
- Ice Bath Therapy
- Barretha with **Mariana** (dynamic Functional Training with Pilates session)
- Meditation, Inner Healing Meditation

- **Almare, Isla Mujeres, Luxury Collection Adult All-Inclusive Resort, Isla Mujeres** (WWW CHAMPION):

- Cacao ceremony at Palmeras Beach
- Yoga Class
- Sculpt + Sweat by the Sea (Fitness experience with athlete **Ryall Graber**)
- Intentional Cooking Class with **Ryall Graber** and **Executive Chef Cristian Mendoza** with Tips for developing a healthy relationship with food
- Breathwork + Ice Cold Plunge. Recovery Session
- Pilates Mat Sculpt Restore
- Sound Healing

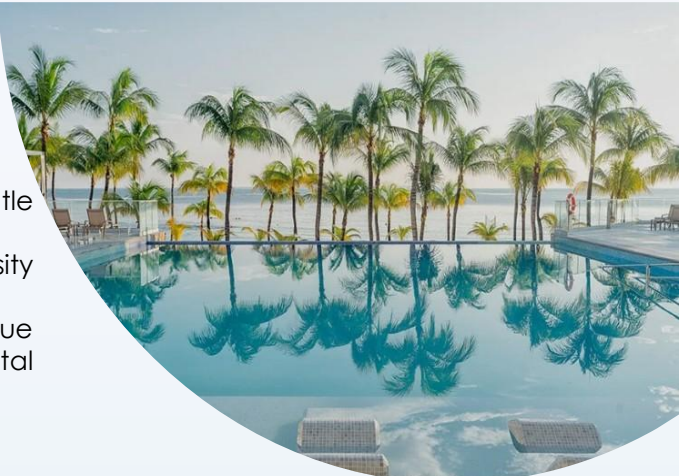
As well as a Guided experience led by a shaman to create a mandala with natural elements; energy cleansing with copal; Live music; Snack Bar.

- **HOTEL CARACOL ISLA MUJERES**: 3km race along the incredible boardwalks of Isla Mujeres

- **Grand Velas Riviera Maya** (WWW CHAMPION) offers activities during three days:

- Hatha Yoga, Kids Yoga, Vinyasa Yoga, Kundalini Yoga
- Pilates
- Aqua Zumba, Mini Zumba. Water Zumba
- Meditation
- Sustainable Scrubs
- Aqua gym
- Animal Flow

Among many other activities, including a Special Artisanal DIY Herbal Tea Workshop, with a wide variety of health benefits; DIY Tote Bags, Milagritos; Paint and Wine, Decorate your Cap for Kids.



LATIN AMERICA & CARIBBEAN

Mexico (238 venues) (part 3)

- **Planet Hollywood Cancun by Royalton:**
 - Golden Beach Yoga
 - Aqua Zumba
 - Pilates Red Carpet
 - Spartan Challenge, a test of endurance and teamwork
 - Beach Cleanup

- **Royalton Riviera Cancun** (WWW HERO):

For **Clients:**

- Rise & Run: Morning race
- Paddle Board Yoga class, and Yoga Class
- Paddle Board Pilates class and Pilates class
- HIIT Balance class and HIIT Training class
- Aqua Fit class, Aqua Bike, and Aqua Challenge
- Aqua Zumba class and Zumba Fitness
- Meditation Class
- High-energy fitness class "Booty Killer", and high-energy, low-impact workout "Boogie Bounce"
- Outdoor cycling class "Ocean View Cycling"
- Hotel Bootcamp

As well as a Facial Massage: relaxing face, neck, and shoulders massage; An Aromatic Neck & Shoulder Pressure Point Massage; Tired Leg Massage

For **Colleagues:** Glow Pickleball Tournament

For the **Community:** Beach clean-up

- **Royalton Splash Riviera Cancún** (WWW CHAMPION):

For the **guests:**

- Sunrise Yoga
- Zumba; Aqua Zumba
- Cacao Ritual & Connection Circle
- Aqua Aerobics; Aqua Yoga; Aqua Spartan Challenge
- Chef's Detox Masterclass
- Create Your Own Healthy Drink – Cup Painting & Healthy Beverage Activity | Kids
- Pilates
- Beach Race
- Serenity Meditation

As well as an Abundance Ceremony (shared with hotel colleagues); Intention Tree – Connect with Your Inner Voice Activity; "Ataditos" Wellness Workshop; Healthy Breakfast / Smoothie & Healthy Corner

For the **colleagues:** EPIC Healthy Friday; Mindfulness Talk; EPIC Fitness Moment (CrossFit) – Wellness Festival; Abundance Ceremony (shared with guests).



participación consiste en realizar la mejor experiencia de bienestar, que ya implemente cada hotel, el 18 al 20 de septiembre, de forma abierta al público en general. Puede ser una sesión de yoga al amanecer, una experiencia de spa, una caminata guiada, una clase de fitness, una actividad de mindfulness, una experiencia gastronómica saludable o cualquier propuesta que promueva el bienestar y refleje la personalidad de su propiedad. No se trata de crear algo extraordinario, sino de abrir nuestras puertas para mostrar la calidad de la oferta wellness que existe en Los Cabos. Los detalles de convocatoria y asistencia se darán a conocer durante las sesiones informativas.

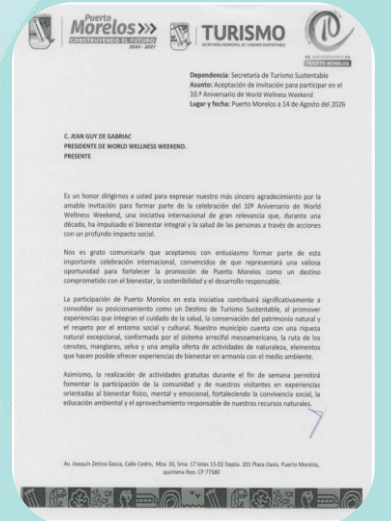
Estoy seguro de que, con la participación de cada uno de ustedes, lograremos que esta edición refleje el nivel de excelencia que distingue a Los Cabos y fortalezca el posicionamiento del destino como un referente internacional en turismo de bienestar.

Agradezco de antemano su apoyo y espero contar con su participación.

Atentamente,

Rodrigo Esponda
Director General
Fideicomiso de Turismo de Los Cabos

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Our address is Carretera Transpeninsular Km. 4.3 Plaza Providencia II, Tzucal, Cabo San Lucas, Los Cabos, Baja California Sur 23456, Mexico.
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LATIN AMERICA & CARIBBEAN

Mexico (238 venues) (part 4)

- [ROYALTON CHIC CANCUN](#) (WWW CHAMPION):
 - Yoga with aromatherapy
 - Mangrove Cleanup and Beach cleanup
 - Exfoliating Workshop to prepare your own scrubs
 - Aqua Fit
 - Zumba
 - Pilates
 - Meditation
 - Fitness challenge

As well as Craft Workshop (create a handcrafted piece inspired by Mexican culture), Express facial experience, and Wall of Gratitude to share words of gratitude, recognize those who inspire us....

- [The Westin Cancun Resort & Spa](#) (WWW HERO):

For **Clients**:

- Ritmo Class
- Aquagym classes
- Wellness Massage Class
- Mindfulness Classes
- Aqua Ritmo
- Demo Massage

For **Colleagues**: Ritmo Class (shared with guests)

For the local **Community**: Mangrove Cleanup

- The hotels **El Dorado Resort, El Dorado Maroma, and El Dorado Seaside** offer several activities, including:
 - Gentle flow of Yoga at sunrise on the beach, followed by a 5-minute Shiatsu-style chair massage demonstration per person
 - Guided Meditation to calm mind and body
 - 5-kilometer Recreational Race along the shoreAnd there will be a Smoothie Station.

- [El Dorado Royale](#) (WWW CHAMPION):

- Morning Yoga, Waking up to the sea, Facial Yoga
- Guided meditation with ancestral sounds
- 5-kilometer Recreational Race at the beach
- Functional training by the sea
- Aqua Zumba Party

As well as a gratitude ceremony to end the day.

- [Hotel Emporio Cancún](#) (WWW CHAMPION): Sunrise Yoga, Zumba, Zumbathon and Singing Bowl Workshop.

- [Hotel Krystal Cancún](#) (WWW CHAMPION):

- Yoga
- Zumba at sunset in front of the lagoon
- Aqua Gym
- Cooking class
- Beach volleyball
- Beach Cleanup

As well as a Neck and Shoulder Massage, and a Foam Party.



LATIN AMERICA & CARIBBEAN

Mexico (238 venues) (part 5)

- **Hotel B Unique Cozumel:** morning yoga by the sea, and Meditation by the sea.

- **Hotel B Urban Xaman Cdmx :** Morning Yoga, and Afternoon Yoga.

- **Hotel Ixchel Isla Mujeres:** "Caminata impacto Azul", a wellness and environmental impact experience that combines an outdoor walk with active waste collection on the coast of Isla Mujeres.

- [Ahau Tulum](#) (WWW CHAMPION) will offer their guests:

- Morning Meditation
- Mind Body Vinyasa
- Pranayama Meditation: healing sessions of Indian origin that include *sukshma vyayama*, *pranayama*, *trataka*, chakra work, vocal exercises with mantras and *bansuri* flute music, accompanied by philosophical teachings

- [Are.Wellness.Project](#) joins forces with Marina Puerto Cancun, VM Runners, and Nobu Pilates to offer a variety of classes and activities:

- Pilates Mat/ Pilates Fusion
- Yin Yoga, Vinyasa Yoga & Rocket Yoga
- Stretching, Mindful stretching
- Meditation
- Sound Healing
- Wellness Experience (Workout, Pilates, Yoga, Mindful Breathing).

As well as a Party night with DJ.

- [Ecolik, A.C.](#) offers Ecoladrillos Ecoliks workshops for students, teachers, and families will teach them in a practical way how to reduce, compact, and give a new purpose to waste that cannot be recycled, transforming it into ecobricks that can later become infrastructure for the benefit of the community.

- **IDDEA, AC:**

- "Think Different, Live Different" Conferences: Effective Concepts and Tools for Well-being and Personal Development
- "MeditaFest", a collective meditation on the beach with instructor Alma Torres, live oriental music, in collaboration with the Welfare Secretariat of the Benito Juárez City Council
- "Sowing Consciences", a citizen brigade for planting trees.

- [YinYogaSup Cancún](#): Sunrise SUP Yoga (Floating Yoga, wellness experience combines Stand Up Paddle Board Yoga, mindful movement, breathwork, meditation and connection with nature).



LATIN AMERICA & CARIBBEAN

Mexico (238 venues) (part 6)

- [Hotel Paradero Todos Santos](#) (WWW CHAMPION):
 - HIIT Class
 - Yoga Flow
 - Meditation

- [Rosewood Mandarin](#) (WWW CHAMPION) offers:
 - Sunset Meditation
 - Bootcamp + Ice Bath
 - Family Cacao Ritual
 - Sound Healing and Yoga
 - Pilates Session
 - Surf Class

As well as a Purification Temazcal session, an ancestral rebirth ritual guided by their Marakame.

- [Pilates & Wellness](#) (WWW CHAMPION):
 - MEGAFIT REFORMER (High-intensity muscle Pilates)
 - JAZZERCISE (dance and weight training)
 - Yoga and guided meditation; Aerial Yoga; Ball yoga
 - TRX

- [Banyan Tree Veya Valle de Guadalupe](#) (WWW CHAMPION):
 - Breathwork & Sound Healing Journey
 - Sunrise Awakening Yoga
 - Sunrise Morning Hiking Meditation

- [Espacio Infinito Wellness](#) (WWW CHAMPION):
 - Yoga
 - Meditation with Sound Healing
 - Mindful Walking

- [Blissdayspa](#) (WWW CHAMPION):
 - Free Cardio and Functional class
 - Meditation
 - Benefits of Shiatsu Chair Massage
- As well as Organic Facials: Experience nature on your skin; if you can eat it, you can put it on.

Many more activities will soon be announced in **Isla Mujeres, Puerto Morelos, Bacalar and Holbox**, municipalities that are preparing their activities, as well as the following resorts, hotels and yoga and pilates studios:

- **St Regis Costa Mujeres**
- **Casa Malca, Tulum**
- **Ana y José Tulum**
- **Ikal Mayan Sanctuary**
- **Faimont Mayakoba**
- **Banyan Tree Mayakoba**
- **Xcaret**

Oasis Group with **Oasis Palm, The Grand Oasis Cancun, The Sens, The Pyramid Cancun**, among others.



LATIN AMERICA & CARIBBEAN

Mexico (238 venues) (part 7)

RIU RENOVA SPA participates with 35+ properties (hotels + RIULand and Only Adults) with fun wellness activities: Aquagym, Aqua Relax, Aquafit, Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons, including:

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



Panama (18 venues)

RIU RENOVA SPA participates with 35+ properties (hotels + RIULand and Only Adults) including **Riu Playa Blanca** with fun wellness activities: Aquagym, Aqua Relax, Aquafit, Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons.



LATIN AMERICA & CARIBBEAN

Peru (19 venues)

Clorinda Aquino, **WWW Country Ambassador**, organizes an in-person workshop with 6 Peruvian speakers (Sept 19th).



Saint Lucia (3 venues)

The WWW CHAMPION **Royalton St.lucia ,An Autograph Collection** participates with the following activities:

- Sunrise yoga & Stretch
- Aqua /pool fitness
- Morning guided meditation
- Afternoon Dance for Wellness
- Afternoon Team building wellness Games (both for colleagues and guests)
- Evening Sunset journaling & reflection (for colleagues)

As well as a Bonfire on the beach with relaxing music by the Caribbean sea



Saint Vincent and the Grenadines (2 venues)

Mandarin Oriental, Canouan (WWW CHAMPION) offers:

- Kayaking Tour
- Snorkelling Adventure
- Sunrise Mount Roul Hike



Uruguay (66 venues) (part 1)

Lorena Acuña, **WWW Country Ambassador**, alongside **Fabiana Toranzo**, **WWW City Coordinator in Colonia**, **Dra. Noelia Correa**, **WWW Coordinator in Maldonado Department**, and **Natalia Figueroa**, **WWW WWC City Coordinator in Montevideo**, confirm that more than 62 venues and 500 professionals come together to bring well-being to the entire country. One of the commitments in Uruguay is to continue promoting a vision of **wellness that includes all people, fostering inclusive, sustainable spaces open to all.**



LATIN AMERICA & CARIBBEAN

Uruguay (66 venues) (part 2)

Big neWWWs:

- The **official launch of World Wellness Weekend Uruguay 2026** will take place on **September 8th** at the **Antel Tower**, headquarters of the **National Telecommunications Administration**.

- The **Dirección General de Educación Técnico Profesional – UTU** joins this WWW edition through its Beauty School and proposals linked to wellness. This represents a very important step towards bringing well-being closer to education and to new generations. Special thank you to **Nadia Rivera**, teacher, and **Magdalena Tisnés**, Technical Coordinator of UTU Welfare Workshops, for making it possible.

Maldonado has a particularly prominent presence this year thanks to **Fabiana Toranzo**, former **WWW City Coordinator in Maldonado**, and to **Dra. Noelia Correa**, **WWW Coordinator in Maldonado Department**.

Participants include **Clínica Sana**, **Espacio Cairú**, **Bem Local**, **Espacio Ahimsa**, **Maca – Ruta 104** and **Chacra Arerunguá – Ruta 9**.

Special acknowledgment to **the Municipality of Punta del Este** for its support.

Throughout the country, venues such as **Colegio Areteia**, **Berkana Multiespacio – Médanos de Solymar**, **Club Country El Pinar**, **La Brújula del Pinar**, **Casa Mar**, and the **UTU Beauty School**, among many others, are joining the WWW.

Special recognition goes to **Gricel Caballero**, a key figure at **La Brújula del Pinar**, for her participation and commitment to this project.

Colegio Areteia renews its commitment for the third consecutive year, carrying out activities for its community and officials and adding the **collection of food for a dining hall in the area**. Special thank you to **Sandra Montiel**, **Paul Emery**, **Santiago Lozano**, and **Diana Chaparro** for their support in the coordination, and we welcome **Florencia Mazzeo** this year, who joins Areteia in her collaboration.

ALIMI – Alianza de Medicina Integrativa is once again participating with several of its members and professionals at various locations throughout the country. A special thank you to its directors, **Dr. Paula Díaz** and **Pablo Aguirrezabal**, for their support throughout this process.



LATIN AMERICA & CARIBBEAN

Uruguay (66 venues) (part 2)

Cluster de Punta del Este is also joining the WWW through professionals who contribute their knowledge and proposals.

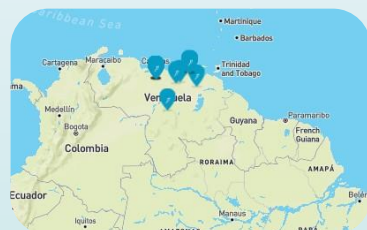
From **AIBITAL – International Association of Wellness, Tourism and Longevity**, we especially thank **Silvia Sosa** for her participation and support.



Venezuela (23 venues) (part 1)

Omaira Aponte Cortéz, WWW City Ambassador in Caracas, alongside **María Cristina Bassal** and **Waimer Isea**, Coordinators in **Caracas**, confirm that after the catastrophic earthquake, wellness professionals are joining forces to provide Wellness For All with the feeling of Viva Venezuela:

- **Fundación Más Que un Aporte MQA** offers:
 - “MI INSPIRACIÓN: RECUERDOS EN MOVIMIENTO”, an activity designed specifically for the FONSA Senior Citizens Club in Petare, Comprehensive support promoting the physical, emotional, and social well-being of senior citizens (brain gym)
 - “FORTALECIENDO TU BELLEZA INTERNA”: Women are invited to reconnect with themselves, reflect on self-love, mental health and overall well-being: a special moment among other women.
 - “ESPACIO ADN”: Guidance for children, adolescents, and young adults to identify, develop, and strengthen their innate talents through sports, cultural, and academic activities. This activity is open to members and the general public.
 - “PRIMEROS AUXILIOS EMOCIONALES”: Education in prevention and health care, a discussion to learn tools that allow us to continue supporting ourselves without forgetting about ourselves
 - “YO TE APOYO”: Tools to recognize elements that help face everyday situations. This activity is for the foundation's team and volunteers.



LATIN AMERICA & CARIBBEAN

Venezuela (23 venues) (part 2)

- **SB CCS By Lela. Estudio de danza y bienestar:**

- "El arte de bailar la vida". By Lela: A hybrid (online and in-person) meeting to explore how movement, body awareness, and dance become daily tools for emotional management, presence, and holistic well-being.

- Flamencoterapia, "El arte de expresar las emociones": An immersive experience that combines the technique and character of flamenco with body awareness and emotional release to channel experiences, release accumulated tension, and transform emotion into strength and conscious movement.

- Live "La vida es un tango" : A conversation about the practice of tango to invite you to our in-person Master Class, and "La vida es un tango. Master Class": Explore confidence, intention in movement, and the ability to adapt to the twists and turns of everyday life through dance.

- **Clase Latino fusión:** Puro cardio, A dynamic, high-energy session that combines Latin rhythms with continuous, fun cardiovascular exercise.

- **WelldaNcerS/ Soma Mov – aromatherapy:** Fluid dance combined with aromatic stimuli to restore balance to your nervous system.

- Closing discussion "¿Cómo integrar el bienestar a tu rutina diaria?". Cuidado de la piel a cargo de **Meikan ve**": A space for reflection and practical tools to incorporate sustainable habits of holistic well-being into your daily life, complemented by an expert guide on conscious skincare by Meikan Ven

- **Mymo Spa by Maryuri Monterola (WWW CHAMPION):**

- Bioenergetic Therapy Workshop

- Conscious Breathing and Relaxation Workshop

- Interactive Mini Workshop on Self-Massage and Self-Care with reflexology and acupressure, Mindful self-care rituals

- "Los 4 Pilares Ancestrales para el Bienestar Integral": Traditional Wisdom for Modern Life with group harmonization and meditation activities

- Holistic Facial Cleansing Masterclass: Conscious beauty, facial cleansing and holistic well-being

- **Reconectalavida by Omaira Aponte (WWW CHAMPION):**

- Forest Bathing: Turning off mental noise without leaving Caracas

- Mindful picnic to nourish the body and soul, changing your relationship with food, activating your mind and digestion.



LATIN AMERICA & CARIBBEAN

Venezuela (23 venues) (part 3)

- Earthing & Free Movement: Take off your shoes! Disconnect from Wi-Fi and reconnect with the earth to break free from digital routine and relieve stress, activating immediate physical benefits. The natural antidote to digital fatigue.
- Demujeramujer.cp (WWW CHAMPION):
- Alchemy of the Soul: The Art of Healing through Breath and Words
- Dancing my emotions: Free and conscious movement to allow your body to release burdens it has been holding for so long
- Online Master Class: Woman, Believe and Trust: Resources to believe, trust, and feel more confident in ourselves.





Asia India Oceania

OCEANIA

Australia (17 venues)

John T G Nielsen, Ambassador Emeritus in Australia and South East Asia, with **Kris Abbey** as **Country Ambassador in Australia**, confirm participation of:

- **Peninsula Hot Springs, Victoria (Wellness CHAMPION):** Hot Springs Yoga, Spring Equinox Sound Healing Journey with **Dan Byrne**, Ticketed event Maroon Hoods Glasshouse + Twilight Bath House bathing

Always on activities: matt yoga, guided breathwork meditation, and Hot Springs Yoga

- **Metung Hot Springs, Victoria:** land based yoga session and Water based yoga.

- **Lon Retreat** open their doors to bathe in mineral Waters, open-air contrast therapy space; circuit spans the Mineral Pool, Hot Mineral Soak, Finnish Sauna, Magnesium Natural Plunge Pool and Swedish Soak Bucket ;
And herbal teas and probiotic gut shots and presence of a Naturopath to offer guests individual recommendations.

Mellinda Yon, Australian WWW City Ambassador in Singapore, confirms **Chakradance** (Brisbane) will offer a Free 60-minute online Chakradance™ session via Zoom.

Fiji (6 venues)

Fiji participates in the WWW with a WWW HERO, **Pure Fiji HQ:**
For guests:

- Sunrise BodyPump
- Morning Aerobics
- Mats & Matcha Yoga session

As well as a Spa Experience Table and a complimentary Pure Fiji Hand Ritual.

For the colleagues: Throughout the month, the team is taking part in a Sugar-Free Challenge, encouraging healthier choices, greater awareness, and a little friendly competition.

For the community: Beach cleanup, Natovi Boarding School Kitchen Project, Planting of 20,000 mangrove trees along Fiji's Coral Coast.

New Zealand (26 venues) (part 1)

Tui Milner of **Te kura Atuatirātanga, WWW Country Ambassador**, announces the following venues and activities:

- **Aotearoa:**
 - Indigenous Sacred Wellbeing integrated with Advanced Medical Health screening Wellness Clinic / Mobilized Wellness Clinic
 - Advanced Global Healthcare Ecosystem in screening for health and dental
 - Kahu Kura Maori Healing



ASIA

New Zealand (26 venues) (part 2)

- Hot and Cold Natural Thermal Springs
- Whenua Healing Centre - Natural Medicine through Manuka honey
- **Maruia Hot Springs** will soon announce their activities.

Cambodia (17 venues)

Kep West Wellness Center @ Knai Bang Chaff (WWW HERO) offers:

- For the guests:**
- Sound Meditation
 - Sunrise Oceanfront Yoga & Meditation
 - Hatha Yoga Class for beginners both in Khmer Language and English

As well as Kirtan for Peace (group chanting to cultivate inner peace and shared hope for our changing world; Kayaking along the coastal mangroves (paying activity).

For the colleagues: 5K Kep Coastal Run;

For the community: Mangrove Planting with local fishing communities



China (34 venues)

In China, **Banyan Tree Sanya** rises as a WWW CHAMPION with:

- Yoga
- Breathing Exercise
- Coconut Shell Painting



India (190 venues) (part 1)

Reena SHETH, Regional Ambassador in INDIA & APAC, alongside **Jo Gaglani** and **Shweta Parekh**, WWW City Ambassadors in Mumbai, **Dr. Viraj Nimbalkar**, WWW Coordinator for Ayurveda, and **Rekha Chaudhari**, WWW Wellness Ambassador, confirm a big milestone: **536+ confirmed properties**, a scale that has never been reached before at this stage of the calendar, assembling spanning luxury hotel groups, boutique wellness retreats, Ayurveda institutions, as well as **major government and institutional partnerships**.

Confirmed **support** from:

- **MTDC (Maharashtra Tourism Development Corporation)**
- **Madhavbaug (Advanced Ayurveda Clinics and Hospitals)**
- **AYUSH Maharashtra**
- **Ministry of AYUSH, Delhi**
- **D. Y. Patil Group**



ASIA

India (190 venues) (part 2)

A special thank you to **Shri Ravi Dixit, Founder of Yogic Gurukul**, for his valuable support in helping us secure institutional partnerships with MTDC and Madhavbaug, and for facilitating our ongoing outreach to the Ministry of AYUSH and the D Y Patil Group

More than 536 confirmed properties, including:

25 Resorts & Retreats:

- **Shangri-La Bengaluru — CHI, The Spa** (Bengaluru, Karnataka)
- **Shangri-La New Delhi** (New Delhi)
- **Fairmont Mumbai** (Mumbai, Maharashtra)
- **Fairmont Jaipur** (Jaipur, Rajasthan)
- **Fairmont Udaipur** (Udaipur, Rajasthan)
- **OMASRA x 2** (Jaipur & Udaipur, Rajasthan)
- **Kairali — The Ayurvedic Village** (Palakkad, Kerala)
- **Somatheram** (Kovalam, Kerala)
- **SwaSvara — CGH Earth** (Gokarna, Karnataka)
- **Aum Wellness** (Mumbai, Maharashtra)
- **Samoda Spa** (Jaipur, Rajasthan)
- **Trê Wellness Resort** (Vikarabad, Telangana)
- **Vana — Six Senses** (Rishikesh, Uttarakhand)
- **Dharana at Shillim** (Lonavala, Maharashtra)
- **Meghavi Wellness x 7** (Multiple locations)
- **Kshemavana** (Bengaluru, Karnataka)
- **Atmantan** (Mulshi, Pune, Maharashtra)
- **Swastik Luxury Wellbeing Sanctuary** (Khadakwasla, Pune, Maharashtra)
- **Della Resort** (Lonavala, Maharashtra)

131 Hotel Groups:

- **The Lodhi** (New Delhi)
- **Imperial** (New Delhi)
- **Oberoi** (Mumbai, Maharashtra)
- **Oberoi** (New Delhi)
- **Tree of Life Resort & Spa** (Jaipur, Rajasthan)
- **Tree of Life Resort** (Varanasi, Uttar Pradesh)
- **St. Regis** (Mumbai, Maharashtra)
- **The Leela x 14** (Multiple locations)
- **Hyatt Hotels x 2** (Mumbai & Delhi)
- **ITC Hotels** (Mumbai, Maharashtra)
- **Taj Hotels (IHCL) x 90** (Multiple locations)
- **Tattva Spa x 12** (Multiple locations)
- **Taj J Wellness Circle x 3** (Devi Ratn, Puri, City Centre & others) (Multiple locations)
- **Sofitel** (Mumbai BKC, Maharashtra)

380+ Institutional / Ayurveda Network:

- **Madhavbaug x 350** (Multiple locations, primarily Maharashtra)
- **MTDC — Maharashtra Tourism Development Corporation** (Multiple locations, primarily Maharashtra)



ASIA

India (190 venues) (part 3)

Sushmita Sarangi, Commercial Director, J Wellness Circle and niu&nau, IHCL announces that **J Wellness Circle and niu&nau bring #WellnessForAll to life across Taj Hotels for World Wellness Weekend.**

J Wellness Circle and niu&nau, IHCL's wellness and salon brands offer a curated series of guest, associate, and community-led experiences **across IHCL hotels** anchored in the five pillars of wellness::

Sleep & Creativity:

- Light "pillow talk" conversations on pre-sleep beauty rituals
- DIY experiences with Janssen longevity skincare products and LED mask rituals

Nutrition & Immunity:

- Thoughtfully designed Wellness Counters at breakfast buffets
- In the evenings, select hotels introduce Wellness Turndowns in guestrooms, extending the idea of nourishment beyond the plate and into the rhythm of travel, rest, and recovery.

Movement & Vitality:

- Yoga Asanas
- Prithvi Path, a barefoot walking experience that reconnects participants with the grounding benefits of mindful movement and nature.

Mindfulness & Serenity:

- Sound healing and aqua sound healing
- Guided meditations

Purpose & Solidarity will be expressed through large-format community engagements across key locations, in Mumbai, Delhi, Goa, and more.

For the first time, **Wellness Connect by Professional Beauty India** will be the official in-person event partner bringing the World Wellness Weekend community together in India through curated, immersive in-person wellness experiences.

With such a massive participation, here are some WWW participants:

- [Scenic, Munnar - IHCL SeleQtions](#):
 - Yoga & Meditation
 - Functional Training Workout Session
- [Taj Malabar Resort & Spa, Cochin](#):
 - Yoga
 - Circle of Breath - Pranayama

As well as some WWW CHAMPIONS:

- [Jiva Spa – Vivanta Guwahati](#) with:
 - Sunrise Synchrony – Yoga for guests
 - Circle of Care – Yoga for everyone
 - Yoga **for associates/ colleagues**



India (190 venues) (part 4)

- [Vivanta Bhubaneswar, DN Square:](#)
 - Aqua Yoga
 - Mandala Art
 - Zumba **for Colleagues**
- [Gateway Diu \(Taj group\):](#)
 - Sunrise Synchrony: wellness Yoga
 - Prithvi Path: heritage walk while connecting with the mother Earth
 - Circle of Breath Pranayama: Diu Breathing techniques
- [Taj Cochin International Airport, Kerala:](#)
 - Mandala Painting for kids
 - Yoga session
 - Yoga Pranayama and meditation **for colleagues**
- [Taj Falaknuma Palace Hyderabad:](#)
 - Sunrise Yoga
 - Wellness session for associates
 - Activity with NGO to be announced soon
- [Taj Madikeri Resort & Spa, Coorg:](#)
 - Yoga, Meditation + Mindfulness Activities
 - Health challenge Activities
 - Games & Health Related activities for orphanage kids
- [Taj Skyline Ahemdabad:](#)
 - Sunrise Synchrony: social community program for 100 kids
 - Sound Healing Session for Colleagues
 - Yoga and Meditation session along with J Wellness Circle Chant and Dhoop Ritual, followed by evening wellness snacks
- [Taj Wellington Mews Chennai:](#)
 - Yoga Session
 - Pranyama sesión **for Colleagues**
 - Session at **NGO**: Zumba Session **for children**
- [Vivanta New Delhi, Dwarka:](#)
 - Yoga & Meditation
 - Sports Activity for Colleagues
 - Yoga & Meditation at an old age home
- [Taj Bekal Resort & Spa, Kerala:](#)
 - Sunrise Synchrony – Yoga and Mindful Meditation Session
 - Circle of Breath – Pranayama Session **for colleagues**
 - Circle of Care – Yoga Asana Session for young school kids of the **Ambika School**, Palakunnu Kasargod



ASIA

Indonesia (130 venues) (part 1)

Reena SHETH, Regional Ambassador in INDIA & APAC, announces that Word Wellness Weekend is **supported by the Ministry of Tourism of the Republic of Indonesia** and the following associations, which will encourage their members to participate:

- **ASPI** (Indonesian Spa Association)
- **ASTI** (Indonesian Spa Therapist Association)
- **CIDESCO**
- **LSP SPA Nasional (National Certification Body SPA & Wellness)**
- **BSWA — Bali Spa & Wellness Association**

The **Bali Hotel Association** and the **Bali Spa & Wellness Association** will soon send their information...

Wulan Maharani Tilaar, WWW City Ambassador Jakarta, with her **Coordinator, Rita Handayani**, alongside **Erica Meliala, WWW Island Ambassador of Bali**, confirm participation of several properties in the country, including:

- **Cassia Bintan** offers:
 - Nature Walk and Bird Watching experience
 - Aquatic Zumba session.

WWW HEROES:

Martha Tilaar SPA

Public Events

- Mayonggo Seto Exercise
- Wellness Talk: Lymphatic Massage
- **Blood Donation- Give Blood, Give Life**

Internal Events

- Meditation Session with Bali Usada & Ruang Belajar Alex Tilaar
- Free Health Check

Local Community Events

- Car Free Day – Clean Up Plastic Activity

ALEENAH OZ BEAUTY

Flower & Spice Café - Enjoy healthy beverages and dishes inspired by flowers, herbs, and spices in a warm and relaxing setting.

Salon & Spa for Women - Experience relaxing head-to-toe wellness treatments combining traditional heritage with modern techniques.

HOZLEE for Men & LKP Aleenahoz Beauty - Discover private men's wellness services and professional training in Sharia-compliant beauty and spa practices.



ASIA

Indonesia (130 venues) (part 2)

Fivelements Retreat Bali (GOCO HOSPITALITY WWW

HERO) participates again with:

- Morning Pilates and Yoga Sessions for In-House and Outside Guests
- Yoga for Hosts and Team workplace wellbeing activities
- Community Gathering featuring Cultural Performances and Garden Market
- Crystal & Sound Healing Journey
- Sunset Agni Hotra Fire Ritual

The Lady Cosmo

Sound Healing & Hypnotherapy

Experience the Harmony Within: Sound Healing

Sound Healing: Nature Sounds

Experience the Harmony Within: Sound Healing

Sound Healing: Aura Cleansing & Energy Boosting

Kundalinka Wellness Cafe:

For guests:

- Yoga
- Meditation, and Sleep Meditation
- Gentle Yoga and Sound Healing
- Reiki

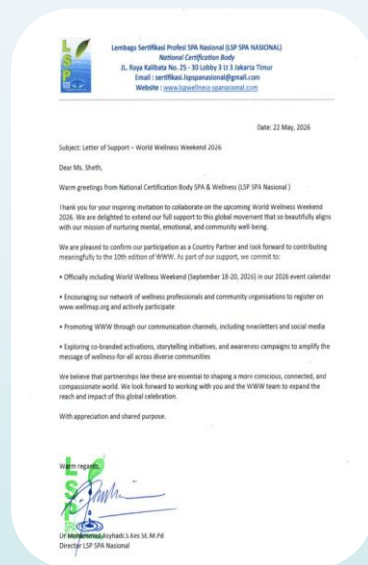
As well as a Healing Through Transformation Session; Self-Discovery Through Journaling; Human Design & Neo3Nos Board Game for an Interactive Self-Discovery Journey

For colleagues: Awareness of Body, Mind & Sould Workshop

For the community: Sound & Pranic Healing Session for Senior Residents

Wellness CHAMPIONS:

- **Aquam Spa & Seaweed Baths** offers:
 - Poco Poco Dance and Seaweed Introduction class,
 - Beach Clean-Up,
 - Staff Nurture Session: a peaceful beach walk, a heartfelt conversation, and a healthful breakfast.
- **Homm Laguna Bintan:**
 - Breathing Exercise
 - Sunrise Yoga
 - Tree Trek: guided walk
- **Banyan Tree Bintan, Indonesia** invites you to enjoy:
 - Sound Bath Session
 - Vinyasa Flow Yoga
 - Sleep Meditation



ASIA

Indonesia (130 venues) (part 3)

Wellness CHAMPIONS:

Ruang Belajar Alex Tilaar

- Reiki Circle Healing by Henry Chan
- Meditation
- Sound Healing by Lady Cosmo

Cosmed Clinic

- Mindful Movement, Nourished Living (sound healing /yoga/mat pilates + healthy eating)
- From waste to wellness (coffee body scrub workshop)
- Create, Connect and Sustain (Recycled Sustainable Creation)

Chuan Spa at The Langham, Jakarta

- Sunset Floating Sound Healing
- Ear Auricular Therapy and 5 Element Tea Tasting
- Yoga Session with Raga Wellness

INARIA SPA at InterContinental Jakarta Pondok Indah

- DAY 1 - Breath Blend & Unwind with JUARA Essential oil
- Day 2 - Gentle Yoga Flow at Movement Studio
- Day 3 - Full Body Training at Movement Studio

- **10 Branches Fitness First branches in Indonesia:** General Fitness | Strength | Conditioning | HIIT | Yoga | Cardio | Dance | Cycling | Boxing | Personal Training
- **23 branches Celebrity Fitness in Indonesia:** General Fitness | Strength | Conditioning | HIIT | Yoga | Cardio | Dance | Cycling | Boxing | Personal Training

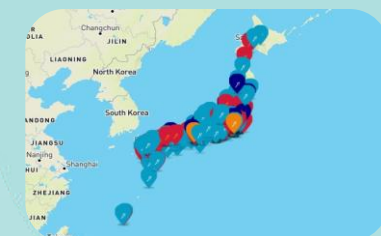
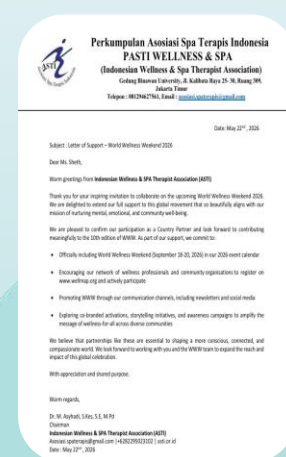
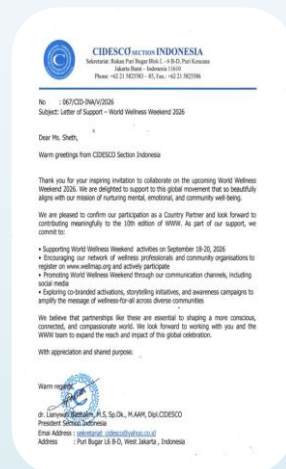
Participants:

- **30 Martha Tilaar SPA Branches/franchise in Indonesia:** Group Exercise
- **Puspita Martha International Beauty School:** Car Free Day & group Exercise
- **Andi Irawan:** Hypnoterapy
- **Brush Studio – Art Lab:** Brushful Mind
- **Ngramu Djamoe:** Discover 15+ Flavors of Jamu
- **Mont L'evan Wellness:** 30 Minutes Sound Therapy
- **Mason Pine Hotel:** group exercise
- **Rehat Sehat:** group exercise

Japan (510 venues) (part 1)

Tomoe Kaneko, Tomoko Iwai, WWW Country Ambassadors, alongside **Kumiko Nagai, WWW City Ambassador in Nagoya**, **Tomoko Koduma, WWW City Ambassador in Karatsu City**, also with **Kanako Nakai, WWW Coordinator**, and **Takahisa Wakabayashi, WWW Yoga Ambassador**, all continue to work with professionals in Japan to raise awareness of Wellness and Wellbeing during World Wellness Weekend.

This year, wellness class and events take place **NATIONWIDE** in **all 47 prefectures from North in Hokkaido to South in Okinawa!**



ASIA

Japan (510 venues) (part 2)

- In **Nagoya**: [A Garden to Share](#) **Flower Yoga** (aiming to gather 1,000 participants) offers:
 - Morning YOGA
 - Dog Yoga
 - Kids & Family YOGA
 - Hawaiian & YOGA
 - Sunset YOGA & Crystal Sound Bath
 - Sleep YOGA...
- [Chotokuji Temple](#) offers:
 - Yoga and aerobics
 - Arts and crafts
 - A wellness café, and more...
- [At the Sand Dunes](#): SAND RHYTHM FEST:
 - Deep breathing
 - Music-making workshop to collect debris washed ashore on the coast and turn it into instruments
 - Simple rhythm dance for all levels and ages
 - Filming a short movie to send a message from the Tottori Sand Dunes: health for people and for the planet
- In **Tokyo, Otemachi SKY LAB** offers a variety of workouts and group sessions.

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)**
- **Fitness Industry Association Japan (FIAJ)**
- **Japan Fitness Association (JAFA)**
- **SPORTEC** (Japan's largest sports and wellness industry exhibition)
- **Wellness Tokyo 2026 conference**: one of Japan's largest exhibitions on mental and physical health, hosting the 2nd Wellness Business Symposium and WWW 2026 aWWWards Ceremony.

Nationwide fitness club chains also participate: **Renaissance, Tipness, NAS Sports, Mizuno Sports System..**

and Yoga & Pilates studio chain like **LOIVE**, Wellness Hotels like **W Osaka, Six Senses Kyoto...**

Malaysia (12 venues)

Hana Halim, Country Ambassador, confirms the participation of the **Malaysian Healthcare Travel Council** and **AMSPA**.

More news to be revealed soon...



ASIA

Maldives (48 venues) (part 1)

Big neWWWs: 47 venues across the Maldives take part

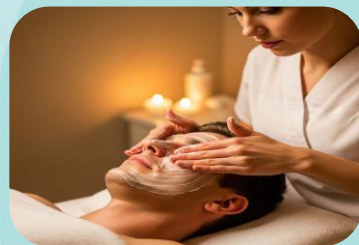
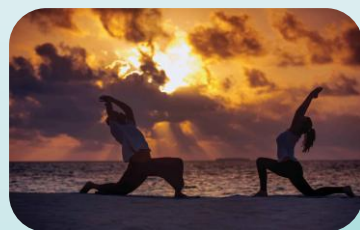
All ELE|NA properties joins the World Wellness Weekend celebrations, among which:

- ELE | NA at VARU by Atmosphere (WWW CHAMPION) will offer:
 - Mat Pilates
 - Sunset Yoga
 - Aqua Aerobic
 - Body Scrub Workshop
- ELE | NA at OBLU XPERIENCE AILAFUSHI (WWW CHAMPION):
 - Soothe with Sound - Sound Healing Session
 - Little Hand, Big Relaxation: Shoulder Massage Workshop
 - Coconut Treasure Workshop - Coconut Oil & Scrub Making
- ELE|NA Ayur OBLU NATURE Helengeli by SENTIDO (WWW CHAMPION) will host:
 - Aqua fitness
 - Hatha yoga
 - Herbal tea ceremony
 - Sound Healing sesión
- ELE | NA at OBLU SELECT Sangeli (WWW CHAMPION):
 - Surya Namaskar Yoga
 - Natural Hair Mask Workshop
 - Sound Healing Session
- ELE | NA at OZEN RESERVE BOLIFUSHI (WWW CHAMPION):
 - Morning Stretching
 - Tea Ceremony
 - DIY Body Scrub Workshop
- ELE | NA at OZEN LIFE MAADHOO (WWW CHAMPION):
 - Sunrise Yoga Meditation
 - De-stress Massage Workshop
 - Natural Beauty Workshop
- ELE|NA Ayur at Raaya by Atmosphere (WWW CHAMPION):
 - Sound Healing Meditation
 - Tea Ceremony
 - Breathwork Session

And a Weekend Wellness Package Offer

On its 30th anniversary, **Mandara Spas** participates with **10 properties (Mandara Spa and Chavana Spa)**, being the **first group to have all their venues as Wellness Hero** with activities for Clients, Colleagues, and Community:

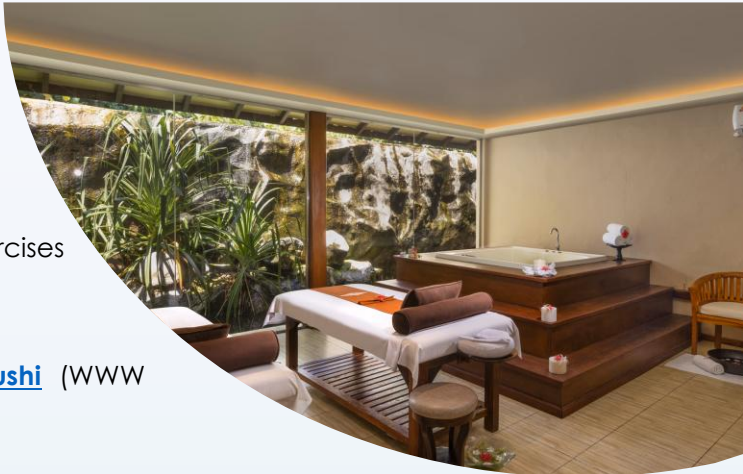
- Mandara Spa Adaaran Prestige Vadoo (WWW HERO):
 - Sunrise Yoga
 - Zumba
 - Meditation & RaMaDaSa



ASIA

Maldives (48 venues) (part 2)

- Wellbeing for Colleagues (guided mindfulness and stretching session; breathing exercises and desk-friendly stretches)
- Beach Clean-up
- [Mandara Spa at Adaraan Select Huduranfushi](#) (WWW HERO):
 - Zumba
 - Sunrise Yoga
 - Sunset Meditation and RaMaDaSa
 - Mindfulness Stretching
 - Wellbeing for Colleagues (Wellness fun challenge and Wellness promise to myself)
 - Beach Clean-up
- [Mandara Spa at Adaaran Select Meedhupparu](#) (WWW HERO):
 - Surya Namaskar Yoga or Sunrise Yoga
 - Sunset Meditation Ram Da Sa
 - Sound Healing
 - Mindfulness Stretching
 - Beach Clean-up
 - Wellbeing for Colleagues (gentle movement, mindfulness, and relaxing activities)
- [Mandara Spa at Cinnamon Hakuraa Huraa](#) (WWW HERO):
 - Free Island Rhythm Zumba Session
 - The Art of Touch Massage Class
 - Mindfulness Stretching
 - Ramdasa Yoga for the staff
 - Fun Beach Clean-Up Challenge
- [MANDARA SPA at CINNAMON VELIFUSHI MALDIVES](#) (WWW HERO):
 - Rise & Shine Sunrise Yoga
 - The Art of Facial Gua Sha
 - Feel the Beat Zumba Dance
 - The Art of Massage Class
 - Mindfulness Stretching
 - Wellbeing for Colleagues (RaMaDaSa Breathing Exercise)
 - Beach Clean-up
- [Th. Ari Spa by Mandara](#) (WWW HERO):
 - Zumba
 - Sunrise Yoga or Ramadasa
 - Sunset Yoga or Sunset Stretch and Breathe
 - Wellbeing for Colleagues (Mindfulness Stretching)
 - Beach Clean-up
- [Wellness by Mandara at Barcelo Nasandhura Male](#) (WWW HERO):
 - Healing Herbal Poultice Ritual
 - Blend Your Herbal Wellness Tea
 - Botanical Body Polish Ritual



ASIA

Maldives (48 venues) (part 3)

- Wellbeing for Colleagues (Mindfulness and stretching session, for relaxation, connection, and a healthy work-life balance)
- Wellness Walk & Litter Pick

Chavana Spa:

- [Chavana Spa at Adaaran Club Rannalhi](#) (WWW HERO):
 - Hatha Yoga
 - Zumba
 - Mini Massage Masterclass
 - Sunset Meditation and Stretching
 - Wellness Herbal Drink Workshop
 - Wellbeing for Colleagues (Mindfulness & Stretching)
 - Beach Clean-up
- [Chavana Spa at Cinnamon Dhonveli Maldives](#) (WWW HERO):
 - Morning Yoga & Stretching
 - Zumba Fun Session
 - Massage Masterclass with Partner
 - Wellbeing for Colleagues (Mindfulness Stretching)
 - Beach Clean-up
- [Chavana Spa at Ellaidhoo by Cinnamon Maldives](#) (WWW HERO):
 - Sunrise Meditation & Ramadasa
 - Massage Class with Partner
 - DIY Bodyscrub Workshop
 - Wellbeing for Colleagues (Mindfulness & Stretching)
 - Beach Clean-up

Other venues participating in the Maldives:

- [SIX & SIX Rituals at Rah Gili Maldives](#) (WWW CHAMPION):
 - Meditation and Breathwork
 - Crystal Sound Sleep Ritual - Sound Healing
 - Ritual Herbal Infusion
- [Banyan Tree Vabbinfaru](#) (WWW CHAMPION):
 - Breathing Workshop
 - Sunrise Yoga
 - Lagoon Floating Therapy
 - Sunset Yoga
- [Milaidhoo Maldives:](#)
 - Complimentary Morning Yoga
 - Mental Wellbeing and Stress Management Workshop
 - Complimentary Aqua Workout
 - A one-hour relaxed jog along the Water Villa jetty
 - Aqua Sonic Meditation

And some paying activities: Moonlit Sound Journey; Group Aerial Yoga Flow; Aerial Thai Wellness.



ASIA

Maldives (48 venues) (part 4)

- **St. Regis Maldives Vommuli Resort** (WWW CHAMPION):

- Morning Yoga, Anti-Gravity Yoga, and Chakra Yoga – Sahasrara
- Aerobics / Cardio Boxing
- Balancing Your Doshas: An Ayurvedic Wellness Workshop
- Beach Boot Camp
- Visuddha Chakra Meditation and Ajna Chakra Meditation
- Mat Pilates
- Skin Analysis Workshop and BR Skin Instant® Workshop
- Strength Training
- HIIT Workout
- Pool Bike Fitness
- Art of Massage Techniques Workshop
- Modified HYROX Workout

- [Anantara Dhigu Maldives Resort](#) and [Anantara Veli Maldives Resort](#) (WWW CHAMPIONS):

- Dynamic Meditation
- Astanga Yoga; Sunsert Hatha Flow; Aqua Yoga
- Couple Massage Workshop
- Fitness Power Boost; Beginner Weight Training; Core Circuit
- Breath Workout
- Art of Facial Therapy
- Sound Healing

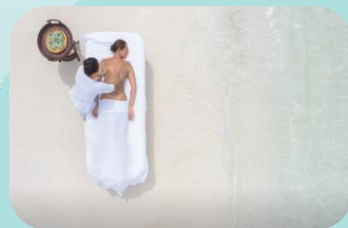
As well as a state-of-the-art golf stimulator, and Exclusive Weekend Offers (Anantara Dhigu Maldives Resort).

- [Naladhu Private Island Maldives](#) (WWW CHAMPION):

- Dynamic Meditation
- Astanga Yoga; Sunsert Hatha Flow; Aqua Yoga
- Couple Massage Workshop
- Fitness Power Boost; Beginner Weight Training; Core Circuit
- Breath Workout
- Art of Facial Therapy
- Sound Healing

As well as Exclusive Weekend Offers.

RIU RENOVA SPA participates with 35+ properties (hotels + RIULand and Only Adults) including **Hotel Riu Atoll** with fun wellness activities: Aquagym, Aqua Relax, Aquafit, Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons.



ASIA

Philippines (30 venues)

Cybillie Barcebal and **Marla Mae Ramos, WWW WWW Ambassadors**, announce the support of:

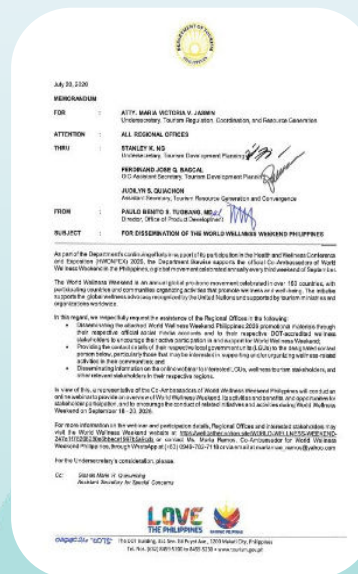
- **the Department of Tourism.**
- **WeTap (Wellness Tourism Association of the Philippines)** with unanimous approval for full support.

Lihim Resorts in El Nido, Palawan and **Unwnd Boutique Hotel Calatagan, Batangas, Philippines** (both WWW Championq) massively participate with Yoga, Aqua Aerobics, Zumba, Sound Healing, Digital Detox, and more...

Lihim Resorts is the Main Venue Event for World Wellness Weekend in Philippines, with not only free wellness activities, but also FREE WELLNESS RETREATS with activities open for walk ins.

Fitness First Philippines participates once again this year with a few special class launches in their clubs. Their Run Club will be launched and several outdoor activities will be offered in their following properties:

- **Fitness First Platinum Alabang**
- **Fitness First Platinum Aura**
- **Fitness First Platinum Greenhills**
- **Fitness First Platinum One Bonifacio High Street**
- **Fitness First Platinum Opus**
- **Fitness First Platinum Trinoma**
- **Fitness First Ayala Avenue**
- **Fitness First Manila**
- **Fitness First Metro East**



Singapore (22 venues) (part 1)

Melinda Yon, WWW City Ambassador in Singapore, confirms the participation of following venues:

- **Ommaega free** offers Sunrise Vinyasa Flow
- **Kindred Community** participates within the World Cleanup Day



ASIA

Singapore (22 venues) (part 2)

- **Ommaega free** offers Sunrise Vinyasa Flow
- **Kindred Community** participates within the World Cleanup Day

Fitness First joins the WWW with some of its properties:

- **Fitness First Tampines (CPF Building)**: Gentle Flow Yoga, and Dynamic Glow Yoga

- **Fitness First Fusionopolis** offers: BodyBalance (yoga session which embraces the elements of Tai Chi and Pilates), and Gentle Flow Yoga

- **Fitness First One George Street** (WWW CHAMPION) invites you to enjoy the following activities:
 - Sound Flow (Yoga stretches and sound bath)
 - Gentle Flow Yoga; Dynamic Flow Yoga; Vinyasa Yoga; Restorative Yoga

- **Fitness First Paragon** (WWW CHAMPION):
 - Hatha Yoga, and Power Yoga
 - BodyBalance (yoga session which embraces the elements of Tai Chi and Pilates)

- **Fitness First 100AM (Tanjong Pagar)** (WWW CHAMPION) offers: Gentle Flow Yoga, Hot Flow Yoga, and Yoga Core

- **Future Resonance** invites you to Immersive Wellness Experiences (LSV Signal 30) using sound, light and vibration technology to help create deep rest, inner clarity and calm (both free and paid).

- **Atelier Group** also joins the WWW with **Atelier Rael within Adeva Spa | Paragon** offering: Group Reformer Pilates and a Complimentary Wellness Experience Journey (curated mix of face, massage, Pilates, scalp care, TCM, and skin wellness).

- **Somnus Sleep Wellness** offers the The Slumbr Experience, a 45-minute, in-person sleep-wellness class designed to help you transition from constant activity into a calmer state of physical and mental rest.

- **Auriga Spa at Capella Singapore** (WWW CHAMPION):
 - Aura-Soma Colour, Chakra & Meditation Experience
 - The Nervous System Reset with thoughtful insights into creating space for rest, renewal, and a more balanced way of living
 - Cacao Ceremony

- **The Ritz-Carlton Spa** joins the WWW in Singapore with:
 - Massage Techniques for Daily Life
 - DIY Body Scrub Workshop
 - Poultice Making Workshop
 - Rattan Tapping Massage Workshop



ASIA

Singapore (22 venues) (part 3)

Infitinity Fitness joins with Strength & Wellness Workout and Foundation Modern Pilates.

- **Infitinity Fitness** (WWW CHAMPION):
 - Foundation Modern Pilates (all levels), and Full Body Modern Pilates
 - Open-Level Yoga
 - Stretch and Mobility
- **KEDA SPA | THE JAPANESE ART OF WELLNESS & PRIVATE ONSEN** offers a Japanese Face Lifting & Sculpting Masterclass.

- **COMO Shambhala Singapore:**
 - Sunrise Hatha Yoga with **Kenny**
 - Mindfulness Meditation with **Cheen**
- **The Sama Wellness** (WWW CHAMPION):
 - Foundational Strength for Active Aging; Core Strength and Stability (intermediate level); Functional Strength
 - Movement Foundation for beginners (group class focused on mobility, coordination, balance and functional movement)
 - Floating Sound Bath on Water
 - Private Couple Massage Workshop

As well as paying activities/ services: Group Class on Infant Massage, and Contrast Therapy + Infrared Sauna

- Guided Nature Walk **for Colleagues**
- **Avantir Wellness** opens its doors to offer a FREE 45-minute NeurVi + Avantir Red Light Therapy session from 18-19 September.
- **Nithya Priyan School of Yoga:** Meditation for Beginners.
- **ORC (One Run Club)** offers one evening fun run.

Other confirmed participants that will soon announce their activities:

- **Chakradance**
- **Anastasia Williams**
- **Stuart Bold**
- **The Westin**

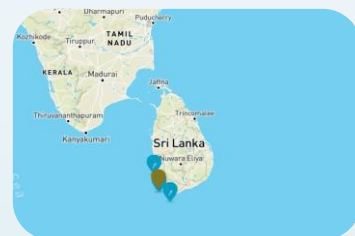
South Korea (1 venue)

High1 Resort (WWW CHAMPION) offers:

- Yoga & Mindful Breathing
- Singing Bowl Meditation
- Barre Balance Energy
- Inclusive Forest Healing
- Special Class **for Colleagues** to release work-related stress, recharge their energy, and discover practical ways to bring wellbeing into everyday life



Sri Lanka (5 venues)



- 

- ## For **Colleagues**: Sound Yoga Session

- 10th World Wellness Weekend – AUGUST PRESS RELEASE –wellmap.org

ASIA

Thailand (80 venues) (part 2)

... and also:

- [Asaya Wellness](#) at Rosewood Phuket (WWW CHAMPION):
 - Wheelie Good Yoga (Yoga practice incorporating a wheel prop to deepen backbends and stretches)
 - Tongue Drum & Sound Therapy
 - Technogym Bench by the Shore
 - [Sheraton Samui Resort](#) (WWW CHAMPION):
 - Morning Yoga Class
 - Self-Care Spa & Wellness Tea Ritual (learn simple facial pressure points and breathing techniques to practice at home)
 - Arobic Dance
 - [V Villas Hua Hin - MGallery Collection](#) (WWW CHAMPION):
 - Sunrise Yoga on the Beach
 - HIIT; Beach Aerobic; Body Weight
 - Earth & Breath (conscious breathing and grounding exercises)
 - Pétanque Game; Beach Volleyball
 - Aqua Qigong
 - Kid's Dance
 - [Renaissance Phuket Resort & Spa](#):
 - Bath Bomb Wellness Workshop
 - Pilates Class
- And a Wellness moment to Choose Healthy for Your Special Cup (paying).

MINOR / Mspa confirms the participation of 8–10 Anantara and Avani properties signing up, alongside their LIFE flagships.

Vietnam (146 venues) (part 1)

Nyoman Yastama, Country Coordinator, and all the WWW Coordinators in Vietnam: **Cao Thi Thuy Quynh, City Coordinator in Hanoi**, **Đặng Thị Yến, City Coordinator in Sapa**, **Katie Kim Tuyền Đoàn, City Coordinator in Hue**, **Pham Hoang Thach Thao, City Coordinator in Saigon**, **Quynh Duong, City Coordinator in Hoi An**, **Sheinette Ivy Sevilla, City Coordinator in Da Nang**.



ASIA

Vietnam (146 venues) (part 2)

Vietnam continues to strengthen its position as one of Asia's emerging wellness destinations through active participation in World Wellness Weekend 2026, with wellness resorts, spa destinations, fitness communities, yoga studios, and hospitality brands joining the global movement promoting wellbeing, mindfulness, sustainability, and healthy living.

Northern Vietnam

- **Hotel de la Coupole** – MGallery

Central Vietnam

- **Alba Wellness Valley by Fusion**
- **Akoya Spa**
- **Furama Resort Danang with V-Senses Wellness & Spa**
- **Fusion Hotel Group**
- **Fusion Resort Cam Ranh**
- **Fusion Resort & Villas Da Nang**
- **Maia Resort Quy Nhon**
- **Namia River Retreat**
- **Omandala Retreat & Spa**
- **The Ocean Resort by Fusion Quy Nhon**
- **Avani Quy Nhon Resort**

Southern Vietnam

- **California Fitness & Yoga**
- **CitiGym**
- **Elite Fitness**
- **Fit24**
- **Fusion Suites Vung Tau**
- **Getfit Gym & Yoga**
- **Melia Ho Tram Beach Resort**
- **Vinpearl Hotels & Resorts**

2026 WWW HEROES:

- [The Ocean Resort by Fusion Quy Nhon:](#)

For **Clients**:

- Tennis
- Sound Healing Therapy
- Gentle Yoga

As well as complimentary SUP boards, single kayaks, and double kayaks, bicycle.

For **Colleagues**: Bike Tour, and an outdoor Japanese-style onsen experience with city and ocean views.

For the local **Community**: Beach Cleanup



ASIA

Vietnam (146 venues) (part 2)

- [Alba Wellness Valley By Fusion:](#)

For **Clients** :

- Dance in the Nature – Zumba by Startfirst Fitness
- Sound Bath Therapy and Tibetan Sound Bath Therapy
- Yoga and Restorative Yoga

For **Colleagues** : Crystal Singing Bowl Meditation

For the **Community** : Resort Cleaning, and Charity visit to Hope Center Hue.

- [Mia Quy Nhon - Fusion Collection:](#)

For **Clients** and **Colleagues** :

- Sunrise and Sunset Yoga by the Sea
- Tai Chi by the Sea
- Hands-on Experience with therapeutic native herbs
- Walking Meditation
- Lantern Ceremony

For the local **Community**: Beach Cleanup

- [Fusion Resort & Villas Da Nang:](#)

For **Clients**:

- Sunrise Grounding Ritual: peaceful barefoot walk in nature, combined with guided breathwork)
- Mindful Movement Flow
- Fusion Floating Sound Bath
- Partner Yoga & Assisted Stretching
- Aerial Yoga

For **Colleagues**: Fusion Flow Yoga + Guided Relaxation

For the **Community**: Breathing and Movement for senior citizens, and Beach Cleanup

- [Fusion Resort Cam Ranh:](#)

For **Clients**:

- Tai Chi on the beach
- Yoga Balance; Kid Fun Yoga
- Earth Lab: Create your own organic herbal poultice
- Foot Massage Workshop
- Guided Meditation with Sound Bowl

For **Colleagues**: Plank Yoga Competition

For the **Community**: Beach cleanup

- [Quan Spa - Danang Marriott Resort & Spa, Non Nuoc Beach Villas](#) offers:

For **Clients**:

- Sunrise Yoga
- DIY Herbal compress
- Qigong
- Wellness Soccer Match



ASIA

Vietnam (146 venues) (part 2)

- Pilates with wall
- Fun Run Challenge

As well as: Matcha Workshop; Vietnamese High Tea Tasting; Vietnamese Coffee Workshop; Flower Arrangement Class; Morning Spa Bliss (complimentary 30 mins scalp care or foot reflexology with any paying treatment); Healthy Juices of the Day.

For **Colleagues** : Sound Healing Meditation

For the **Community** : Beach Cleanuo; Mango and Papaya Planting for Wellness & Future Harvest

WWW CHAMPIONS:

• An Lam Retreats Ninh Van Bay:

- Hatha Yoga and Aerial Yoga
- Pranayama breath work
- Fat-burning cardio class
- Head, neck and shoulder Massage Workshop
- Singing Bowl Meditation
- Natural Spring Water Bath

• An Lam Retreats Saigon River:

- Power Yoga and Hatha Yoga
- Back & Neck and shoulder Massage Workshop
- Pranayama breath work
- Therapeutic Foot Treatment
- Mantra Meditation

• Grand Royal Riverside Hue - Fusion Collection:

- Healthy Cooking Class
- Morning Stretching
- Morning Jogging (for guests and team members)
- Grand Royal Riverside Hue jogging route map to continue exploring the city at their own pace
- Mid-Autumn Charity Program (gift giving to people and families facing difficult circumstances)

• Live Well with Pong:

- Hatha Yoga
- TaiChi
- Walking Meditation and Guided Meditation
- Beach Cleanup and Clothing Swap (Bring what you no longer wear and exchange it for something you'll love)



ASIA

Vietnam (146 venues) (part 3)

- [Maia Spa – Fusion Suites Vung Tau:](#)

- Sunrise Sivananda Yoga; Hatha Yoga
- Maia Breathing

For both guests and colleagues:

- Hand Massage Workshop; Shoulder Massage Workshop
- Maia Herbal Aroma Handmade Sachets Workshop that **can be purchased after the workshop, with all proceeds donated to charity.**

- [Grand Royal Riverside Hue - Fusion Collection:](#)

- Healthy Cooking Class (18-20 September)
- Morning Stretching (18-20 September)
- Morning Jogging followed by Detox Water or Welcome Drink and a Grand Royal Riverside Hue jogging route map to continue exploring the city at your own pace (**both for guests and colleagues**)
- Mid-Autumn Charity Program: bringing thoughtful gifts to people and families facing difficult circumstances

- [Fourseasons Namhai Vietnam:](#)

- Mandala Meditation; Candle Meditation; Singing Bowl Meditation
- Wheel Yoga; Hatha Yoga;
- Beach Cleanup

- [TUI BLUE Han river:](#)

- Breathing Session
- Hatha Yoga
- Tai Chi
- Wellness Activity for Colleagues: wellness sesión combining mindful breathing, meditation, relaxation, and singing bowl therapy to enjoy a peaceful moment away from daily work pressure.

- [JW Marriott Hotel Hanoi](#) invites you to enjoy the following activities:

- Yoga class
- Personal Training Class
- Singing Bowl Meditation



VAGHEGGI



Africa Middle East

AFRICA

Benin (10 venues)

Marietta Marina Dannon, Country Ambassador and Ezéchiel Bossikponon, City Coordinator in Cotonou confirm:

- **Douce et Heure:** introduction to luxopuncture sessions
- **Dido:** free facial beauty workshop
- **Gogotinkpon:** traditional African healing modalities, therapeutic clay baths tobò and baby massage workshop
- **Juba Wellness Benin:**
 - special care for caregivers (doctors, nurses) with beauty salons, fitness, nutrition activities, yoga with live acoustic music outdoors...
 - webinars and conferences in partnership with tourist offices, hotels, beauty salons, spas, fitness centers.
- **The Spa Beauty Clinic, Jardin d'Aphrodite, Spa d'Ébène, Sofitel Spa Cotonou:** skin diagnosis, advice and techniques to improve confidence and self-esteem.
- **ANHOC BENIN:** educational talk on contraceptive methods in **Ouémé City**, awareness activities on Non-Communicable Diseases and Fitness in **Borgou City**.
- **The Nutri-Actions center and Poperop club:** sports dance sessions, awareness workshops on good nutritional habits and infant nutrition in **Abomey-Calavi City**.
- The **Nefertiti Room beauty institute** will organize three activities for the public:
 - The Odyssey of Well-being
 - The Express Massage
 - The Move and Smile



Cabo Verde (6 venues)

RIU RENOVA SPA participates with 35+ properties (hotels + RIULand and Only Adults), including:

- **Hotel Riu Palace Santa María**
- **Hotel Riu Karamboa**
- **Hotel Riu Funana**
- **Hotel Riu Palace Boavista**

with fun wellness activities: Aquagym, Aqua Relax, Aquafit; Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons...



AFRICA

Egypt (4 venues)

Birgit Marie Solheim, Ambassador in Egypt confirms that **TheLifeCo Holistic Wellbeing SHARM** will participate in Sharm El Sheikh, with some iconic properties that will soon announce their program.



Mauritius (5 venues)

RIU RENOVA SPA participates with 35+ properties (hotels + RIULand and Only Adults) including **Riu Turquoise** with fun wellness activities: Aquagym, Aqua Relax, Aquafit, Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons.



Qatar (10 venues)

Mandarin Oriental, Doha (WWW CHAMPION) participates with:

- Tai Chi
- Zumba
- Aquafit



Senegal (4 venues)

RIU RENOVA SPA participates with 35+ properties (hotels + RIULand and Only Adults) including **Hotel Riu Baobab (WWW CHAMPION)** with fun wellness activities: Aquagym, Aqua Relax, Aquafit, Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons.



- **Hotel Riu Baobab** (WWW CHAMPION):
- Aquagym; Aqua Relax; Aquafit; AquaBoxing
- Sun Salutation
- Yoga for Kids



South Africa (24 venues) (part 1)

Mpho Molekoa, WWW City Coordinator in Pretoria, confirms the following participants and activities:

- **Aurelia Wellness Therapies** (WWW HERO):
- For Clients:
- Mindful Meditation
 - Aerobics & Pilates Session
 - Nature Journaling

UPCOMING EVENTS	
18/09/26	MINDFUL MEDITATION @ 20:00 Via Zoom
19/09/26	COMMUNITY OUTREACH & DONATION DRIVE @ 12:00 Pretoria - Venue TBC
19/09/26	STRESS MANAGEMENT CLASS & TEAM BUILDING @ 20:00 Via Zoom
20/09/26	AEROBICS + PILATES 10:30 FOR 11:00 Pretoria - Venue TBC
20/09/26	NATURE JOURNALING @ 12:00 Pretoria - Venue TBC

Contact: 079 818 2254 / 074 070 7805
info@wellnessweekend.co.za

All events are free for this weekend only.

AFRICA

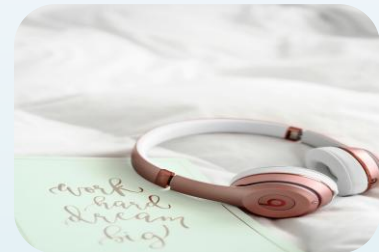
South Africa (24 venues) (part 2)

For **Colleagues**: Stress Management Class & Team Building

For the local **Community**: Community Outreach & Donation Drive

- [Alchemy and Sound with Amo Valentine](#) offers Self Healing and Sound.
- [RORY Health Aesthetics](#): Mental Fortification to learn how to improve memory and knowledge retention with simple evidence-based exercises.

All **Camelot Spas** will soon announce their activities nationwide.



Tanzania (7 venues)

RIU RENOVA SPA participates with 35+ properties (hotels + RIULand and Only Adults) with fun wellness activities: Aquagym, Aqua Relax, Aquafit, Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons, including:

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



MIDDLE EAST

United Arab Emirates (83 venues) (part 1)

Chris Kiefer, **WWW Ambassador in Dubai** and **CEO and Founder of Spa Wellness Project Management**, and **Samy Ibrahim**, **WWW Ambassador in Abu Dhabi** and **W Abu Dhabi Yas Island Spa Director**, with the support of **Sandra Lepinoy as Coordinator** announce growing participation in the UAE.

- **Chris Kiefer's** own wellness brands, **Rayya Wellness** and **Wellbeings Holistic Healing**, host free wellness activities and spa treatments across their UAE locations.



MIDDLE EAST

United Arab Emirates (83 venues) (part 2)

- **Samy Ibrahim presents W Abu Dhabi Yas Island** (WWW HERO). From **Wednesday, 16 September to Sunday, 20 September**, the hotel hosts a dynamic calendar of fitness classes, mindfulness experiences, team-building activities and community initiatives, inviting guests, local residents and associates to embrace a healthier, more balanced lifestyle:

Wednesday 16 Sept - Team Building Day, Indoor and outdoor activities exclusively for W Abu Dhabi talents, featuring:

- Power Hour Fitness Class
- Set & Sweat Fitness Class
- Body Circuit Fitness Class
- Spinning Bike Fitness Class

Thursday 17 Sept - Community Engagement Day

Wellness4All, indoor and outdoor activities for senior citizens, children, and students from local Abu Dhabi schools:

- Fitness classes
- Yoga sessions and beach yoga
- Beach clean-up followed by a restorative yoga session
- Interactive indoor and outdoor activities

Friday 18 Sept - Fitness Day with a full schedule of high-energy classes suitable for all fitness levels:

- Power Hour Fitness Class
- Set & Sweat Fitness Class
- Body Circuit Fitness Class
- Spinning Bike Fitness Class

Saturday 19 Sept - Yoga Day: Three yoga sessions hosted across some of the hotel's most distinctive spaces, including the Lightbox, Outdoor FIT terrace, and Palm Garden.

Sunday 20 Sept - Mindfulness Day featuring:

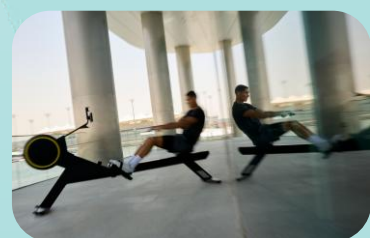
- Breathwork
- Sound healing
- Sunset Mandala Art Therapy

As well as a post-workout smoothie at Garage overlooking the Yas Marina Circuit, or a laidback poolside moment with refreshing drinks at the WET Deck.

- **Wellbeings Holistic Healing at Marriott Marquis Dubai Creek** (WWW CHAMPION), hosts:

- 45-minute Yoga Session
- Sound Healing Experience
- Mindful Tea Ritual
- Complimentary Back, Neck & Shoulder Massages by the Wellbeings Spa Team

As well as Wellness Goody Bags with exclusive spa and retail offers and Optional Pool Access to continue the relaxation after the event.



MIDDLE EAST

United Arab Emirates (83 venues) (part 3)

- [Rayya Wellness at The Retreat Palm Dubai MGallery by Sofitel](#) (WWW CHAMPION) offers their "Family Wellness Escape" program featuring:

- Parent & Child Yoga Session
- Breathwork & Guided Meditation
- Nervous System Tapping Session

With a welcome Detox Shot (juice for the kids), Chromotherapy with Intention Setting. Healthy Snacks & Refreshments.

Throughout the event, guests can also enjoy Baby Bear Face Mask Experience for Children; Complimentary Back, Neck & Shoulder Massages, and every participant will receive an AED 300 Spa Credit Voucher.

- **Al Raha Beach Resort & Spa, Abu Dhabi organizes:**

- Flow Yoga
- Sound Healing & Guided Meditation
- Afternoon Tea & Art Therapy
- [FREE Adults' MMA and Kids' MMA classes.](#)

Throughout the event, guests can also enjoy: Complimentary Back, Neck & Shoulder Massages, and Complimentary Hydro Pool Access.

- [J Wellness Circle, Taj Exotica Resort & Spa, The Palm Dubai](#) (WWW Champion) offers Sunset Yoga, Sound Healing & Meditation, Fitness Stretch Session for Associates

- [Breakwater Wellness Center](#) (WWW Champion): Sound Healing, Sunset Yoga, Functional Training

- **The Abu Dhabi Editon** (WWW Champion): Fitness Sessions for Clients and Colleagues, Healing Sound Therapy

- **Pearl Spa at Four Seasons offers** TechnoShape sessions, Psammotherapy (alpha-quartz sand therapy), Percussion Back Massage and Seated neck & shoulder massage.

- [J Wellness Circle Taj Dubai](#) offers a Yoga class with **Dayana Solano** (influencer), and a Yoga Session **for Colleagues.**

- [Sofitel Dubai The Palm](#) offers:

- Morning Jog
- Kayaking & Paddle Activities by Seamocean
- And Fall Into Wellness Spa Experience (paying Sleep & Reset Massage).

- **Pilates Lab Abu Dhabi** will soon announce their activities.

RIU RENOVA SPA participates with 35+ properties (hotels + RIULand and Only Adults) including the **Hotel Riu Dubai** with fun wellness activities: Aquagym, Aqua Relax, Aquafit, Aqua Boxing, Sun Salutation, Yoga with children, Dance lessons.

