



World
Wellness
Weekend



19-20
SEPTEMBER
2020



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PRESS BOOK 2020

January – October 2020



PRESS & e-PRESS

30 October 2020
USA

<https://blog.accurofit.com/world-wellness-weekend-2020-a-wrap-up>

ACCURO



fitness business

October 30, 2020

WORLD WELLNESS WEEKEND 2020: A WRAP-UP

By AARON EISBERG

While a lot has changed in 2020, the objective of most fitness businesses hasn't: to help people lead more active, healthy lives – even amidst unprecedented challenges and in the face of tremendous uncertainty. To that end, fitness businesses all over the world recently participated in [World Wellness Weekend](#). This global initiative, which took place September 19-20, is aimed at encouraging people to be more healthy and active.

Here's a closer look at World Wellness Weekend, its goals, and opportunities for health and fitness clubs to get involved in next year.

What is World Wellness Weekend?

Did you know that health clubs only reach approximately 20 percent of people? This means that 80 percent of the population is missing out on the programming and services offered by health clubs. Accordingly, health clubs miss out on opportunities for more diverse members and the growth that accompanies them.

Enter World Wellness Weekend, [defined by IHRSA as](#) "an opportunity to get more people active and showcase how your club is part of the solution." The initiative is aligned with the World Health Organization's Global Action Plan on Physical Activity, which seeks to reduce physical inactivity in the world by 15 percent over the next decade.

Specifically, World Wellness Weekend identifies "Five Pillars of Wellness," including sleep and restoration; nutrition and nourishment; vitality and movement; serenity and mindfulness; and purpose and solidarity. The broad range of events and activities which touch on these aspects of wellness are suitable for highlighting during World Wellness Weekend.

Fitness Clubs and World Wellness Weekend

The year 2020 has presented unique challenges for health clubs and their members. World Wellness Weekend in 2020 was no different. In addition to events that welcomed community members through their doors, clubs reached out virtually to offer new fitness experiences to people in new ways.

Thinking of getting involved in World Wellness Weekend next year? The initiative asks participating gyms to offer a minimum of one free wellness activity over the

17 October 2020
Russia

World Wellness Weekend 2020 в цифрах!

17.10.2020 | МЕРОПРИЯТИЯ



Праздник жизнелюбия, релаксации, здоровья и солидарности в 109 странах 19-20 сентября 2020 г. Никогда еще девиз WWW «Наслаждайтесь здоровьем!» не был столь актуальным!

В 2020 году в празднике приняли участие 1123 заведений, которые были отмечены на Международной карте здоровья. Организаторы благодарят за активность:

- 40 отелей сети Taj и спа-салоны Jiva (39 в Индии и 1 в Дубае)
- 20 спа Anantara

<https://cabinesrussie.ru/tpost/egdtu0bkf5-world-wellness-weekend-2020-v-tsifrah>

15 October 2020
USA

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WOMEN OWNED FDA REGISTERED

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World Wellness Weekend Successfully Celebrates Serenity and Solidarity

The fourth annual World Wellness Weekend was a success, taking place in over 1,000 venues around the world.

Oct 15th, 2020



The fourth annual **World Wellness Weekend (WWW)** took place this past September 19 to 20, 2020. A total of 1,123 venues across 109 countries took part, with on-site or online activities organized for guests. There was at least one free wellness activity available in 543 cities.

Latin America had the highest number of activities organized, with Europe coming in second and Asia in third.

Latest in Event Coverage

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Bakuchiol, The Natural Alternative To Retinol!

Oct 13th, 2020



Natura Bisse Hosts Live Skin Care Tutorial

Oct 16th, 2020



"Shark Tank of Wellness" Finalists Announced for 2020 Global Wellness Summit

Oct 12th, 2020



Global Wellness Summit Announces 2020 Agenda

Oct 9th, 2020



HEAVEN'S MELODY
PROFESSIONAL SKINCARE

<https://www.dayspamagazine.com/news/event-coverage/news/21198334/world-wellness-weekend-successfully-celebrates-serenity-and-solidarity>

13 October 2020
Italy

SPLASH & GYM NEWS

CELEBRATO IL WORLD WELLNESS WEEKEND, CHE UNISCE OLTRE 100 PAESI

L'evento, giunto alla sua quarta edizione internazionale e alla terza italiana, ha festeggiato in tutta sicurezza il "benessere sociale" grazie ad un'ampia varietà di proposte. La festa mondiale del benessere è tornata in Italia e nel mondo il 19 e 20 settembre: il World Wellness Weekend anche quest'anno ha proposto un menù ricco di momenti di relax ed esperienze esclusive, offerte a titolo gratuito da SPA, centri benessere e termali, palestre e saloni di bellezza sparsi su tutto il territorio. Hanno aderito ben 5000 realtà di oltre 120 paesi, le quali hanno accolto e raggiunto anche con media e social più di 260 milioni di persone. Nonostante l'emergenza covid, la gente ha bisogno di benessere e sicurezza e lo sport/wellness è l'ambito più apprezzato in tale senso. Chiusa splendidamente l'edizione 2020, l'appuntamento è per settembre 2021. <https://www.world-wellness-weekend.org/> o per l'Italia <https://www.world-wellness-weekend.org/it/informazioni>



> Melia, Punta Cana WWW

https://issuu.com/happyaquatics/docs/05_happy_aquatics_-_settembre-ottobre_2020_issuu-2

6 October 2020
Mexico

Exitosa participación de Hacienda Encantada en World Wellness Weekend 2020

octubre 6, 2020



Mexico Grand Hotels, y Hacienda Encantada Resort & Residences y Vista Encantada, está agradecido de haber participado en el World Wellness Weekend en septiembre del 2020.

Mexico Grand Hotels se complace en compartir que fueron más de 5000 establecimientos a nivel mundial que participaron el 19 y 20 de septiembre, con el objetivo de promover el bienestar. El objetivo World Wellness Weekend fue empoderar a las comunidades para que tomen decisiones positivas basadas en el tercer objetivo de las Naciones Unidas: Salud y Bienestar.

El World Wellness Weekend promovió el objetivo de salud y bienestar a través de cinco pilares:

- Sueño y restauración
- Nutrición y alimentación
- Vitalidad y movimiento
- Serenidad y presencia
- Propósito y solidaridad

Para celebrar este fin de semana, se realizaron varias actividades en línea, y establecimientos tal **como Hacienda Encantada y Vista Encantada organizaron actividades en persona que impactan los cinco pilares.**

<https://enterateahora.com.mx/exitosa-hacienda-encantada-world-wellness-weekend-2020/>

6 October 2020
Mexico

Hacienda Encantada Reports World Wellness Weekend A Success



— October 6, 2020 — Health / Hotels / Tourism / Travel / Wireless

Home > 2020 > October > 6 > Hacienda Encantada Reports World Wellness Weekend A Success



Mexico Grand Hotels, including Hacienda Encantada Resort & Residences, and Vista Encantada, were pleased to take part in the World Wellness Weekend this September.

More on **The Magazine Plus**:

- [Xigua Video Upgrades its Product and Brand to Enlighten Your Curiosity About Life](#)
- [Ann Marie Donna Gordon, MD, MPH, FACP, an Internist with Immaculate Medical Services, LLC](#)
- [Jahanna Levy, DO, an Interventional Pain Management Specialist – Sports Medicine Physician with Garden State Pain Control](#)
- [Shantele Johnston, NMD, a Naturopathic Physician with The Seneca Clinic of Natural Medicine](#)
- [Narendra R. Upadhyaya, MD, FACC, Cardiologist](#)

<https://themagazineplus.com/2020/10/06/hacienda-encantada-reports-world-wellness-weekend-a-success/>

Hacienda Encantada Reports World Wellness Weekend A Success

Mexico Grand Hotels, including Hacienda Encantada Resort & Residences, and Vista Encantada, were pleased to take part in the World Wellness Weekend this September.

Baja California Sur, Oct 5, 2020 (IssueWire.com) - Mexico Grand Hotels is pleased to share that there were more than 5000 establishments worldwide that participated on September 19 and 20, with the aim of promoting well-being. The objective of the weekend was to empower communities to make positive decisions based on the third objective of the United Nations - Health and Well-being.

The World Wellness Weekend promoted the health and well-being objective through five pillars:

- Sleep and Restoration
- Nutrition and Food
- Vitality and Movement
- Serenity and Presence
- Purpose and Solidarity

There were a number of ways for communities to celebrate the weekend, the fourth edition of this celebration.

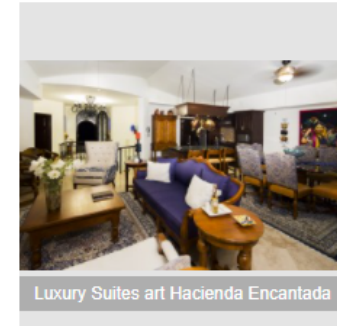
For instance, there were online activities, and establishments such as [Hacienda Encantada](#) and [Vista Encantada](#) organized in-person activities that impact the five pillars.

Examples of wellness activities worldwide include yoga classes, cooking classes, mindfulness talks, panel discussions, physical conditioning classes, sound therapy, community activities, and more.

Establishments could register their participation on the official site of the event, and it would appear on the world map created online. There were opportunities to promote events on Facebook, Instagram, and Linked In. There was also the chance to broadcast directly from each establishment, tag the website, or use hashtags to promote the activity and have it replicated on the website (<https://www.world-wellness-weekend.org>).

Event centers could also document their events with photographs that would later be shared as part of an international recap of the weekend.

[Hacienda Encantada Resort & Residences](#), [Vista Encantada](#), and the family of Mexico Grand Hotels were pleased to participate in the World Wellness Weekend. The resorts promote wellness year-round with Fitness Centers, Activity Centers, pool activities, kids' clubs, and wellness spas on site.



<https://www.issuewire.com/hacienda-encantada-reports-world-wellness-weekend-a-success-1679458584760857>

2 October 2020
Fiji

<https://fijisun.com.fj/2020/10/02/lets-go-local-westin-denarau-island-resort-and-spa-celebrates-wellness-weekend/>

Fiji Sun October 3, 2020
News Sunbiz Sports World Entertainment Opinion Lifestyle Siga Vou

Résidence Le Centaure & Spa
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Sunweb

SUNBIZ


Let's Go Local: Westin Denarau Island Resort And Spa Celebrates Wellness Weekend

The Wellness Weekend programme enabled guests to relax and also enjoy some fun activities during their stay.

By **The Westin Denarau Island Resort & Spa**

02 Oct 2020 10:52

f t g+ v e r



A complimentary water aerobics session and volleyball games were also available for Westin Denarau guests who wished to enjoy some light exercise.

The Westin Denarau Island Resort & Spa joined thousands of wellness enthusiasts around the world by participating in the World Wellness Weekend which took place on September 19- 20.

World Wellness Weekend is about inspiring and empowering people to make healthier life choices and enjoy an active lifestyle with family and friends.

Westin brand

The aim of the Westin brand is to ensure guests leave their hotel feeling better than when they arrived with

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2020-10-03
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2020-10-03
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2020-10-03
- Big Job Push - 'Stronger

30 September 2020
France

<https://www.actualites-news-environnement.com/44565-week-end-mondial-du-bien-etre-des-activites-a-gogo.html>

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SORTIES DÉCOUVERTE NATURE

Sorties / Découverte - Nature

Week-end Mondial du Bien-être : des activités à gogo ! 02/10/2020 12:30 (Par Nathalie LANDROY)



Pour le Week-end Mondial du Bien-être, toute une panoplie d'activités zen a été organisée aux quatre coins du Globe. Besoin d'une petite remise en forme ? C'était le moment de se lancer !

[Week-end Mondial du Bien-être : des activités à gogo !](#)

Des activités zen au Week-end Mondial du Bien-être

Après des mois de tension à cause de la Covid-19, la 4^e édition du **Week-end Mondial du Bien-être** a permis de ramener un peu de bonne humeur dans votre vie. Avec environ un millier de partenaires dans le monde (dont une centaine en France), l'événement a proposé aux visiteurs de profiter de toute une sélection d'activités zen autour de 5 axes majeurs : sommeil et récupération, [nutrition](#) et équilibre, vitalité et mouvement, [sérénité](#) et [présence](#) ainsi que sens de la vie et solidarité.

Yoga, fitness, pilates, le choix vous appartient

Parmi les **activités** les plus plébiscitées dans le monde, on retrouve bien évidemment le [yoga](#), le fitness ou encore le Pilates pour la remise en forme. Les *massages relaxants* et les techniques anti-stress sont également très prisés pour relâcher les tensions. Par exemple, vous pourrez bénéficier d'une séance de yoga Vinyasa aux Philippines ou encore profiter de l'acupuncture au Canada. Relaxation et détente assurées pour le Week-end Mondial du Bien-être !

Menu

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30 September 2020
France

https://www.senseofwellness-mag.com/index.php?option=com_acymailing&ctrl=archive&task=view&mailid=7204&key=GcZ6gw7t&subid=20819-2r68fEZw5LvVK5&tmpl=component&Itemid=1560&utm_source=newsletter_7204&utm_medium=email&utm_campaign=decouvrez-le-top-10-des-articles-les-lus-en-septembre-2020-sur-www-senseofwellness-mag-com

Les articles qui ont fait le Buzz en Septembre 2020
Pour consulter cette e-Newsletter en ligne, cliquez-ici.

TOP 10 DES ARTICLES LES + LUS EN SEPTEMBRE 2020



Le Magazine de l'Innovation Spa & Wellness à 360°

Quels sont les sujets qui vous ont le plus passionnés en Septembre ?
Réponse de notre classement ci-dessous, des articles les plus consultés sur [notre site web](#).

1 L'ARTICLE LE + LU



SALONS & ÉVÈNEMENTS

Le Week-end Mondial du Bien-être – Zoom sur le programme en France

EN SAVOIR +

29 September 2020
Malaysia

MIA CHANNELS RECOMMENDED CONVERSATIONS - PODCASTS MIA DEALS FAQs UPLOAD YOUR CONTENT

MINISTRY OF MARKETING ASIA
Get Up Close And Personal With Niney Chong

in f 2

MINISTRY OF MARKETING ASIA
Yasmin Hani Richardson: On Making Impacts And Changing People's Lives



Get Up Close And Personal With Niney Chong
Niney surely has a strong moral compass as an individual

Image by Niney Chong

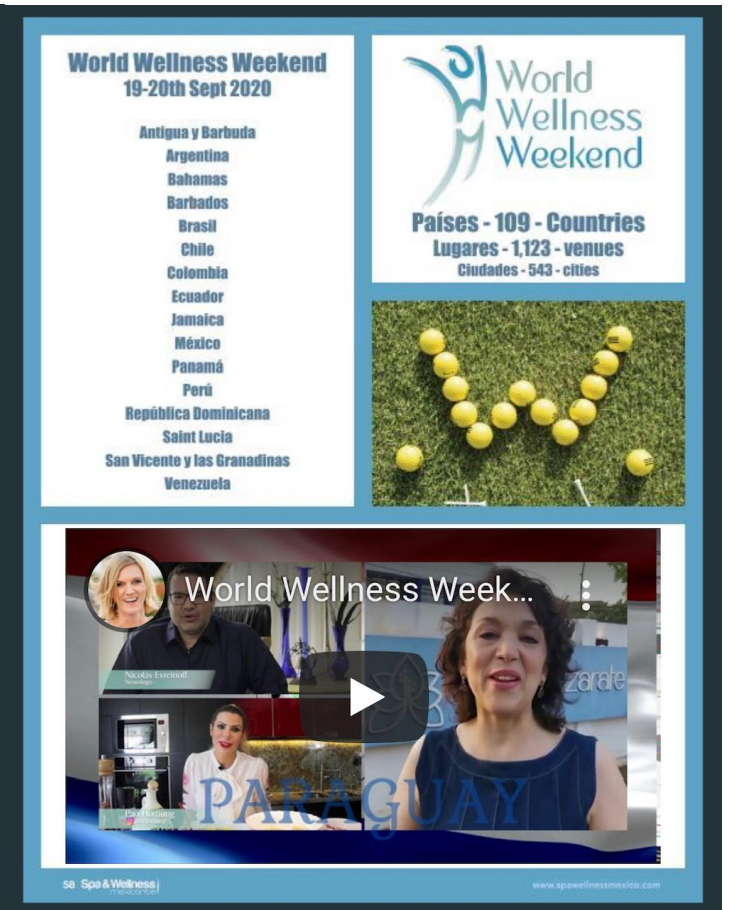
By **Ministry of Marketing Asia** on 29th September 2020
6 min read 64 views 0 comment

A very talkative and bubbly little girl that she has always been, Niney Chong grew up in Kota Kinabalu, Sabah, and always had been a Sabahan even now she had moved to Damansara after she got married to her beloved husband, Carliff. Niney is one of the Malaysian most successful entrepreneurs where she owns the Ministry of Marketing Asia and co-founder of Mompreneur Asia. She is known for her inspiring talks and dazzling positive thoughts where she delivers them at a conference.

<https://marketinginasia.com/2020/09/29/get-up-close-and-personal-with-niney-chong/>

Her Rise Story #MyWellness UnConference is jointly organized by Ministry Of Marketing.Asia, Association of Malaysian Spas (AMSPA) and Tourism Malaysia in conjunction with the World Wellness Weekend 2020. Her Rise Story Is A Social Impact Brand Under Ministry Of Marketing.Asia, And We Help Businesses Activate Social Impact Initiatives As Profitable & Sustainable Marketing Tool.

29 September 2020 Mexico



<https://www.yumpu.com/es/document/fullscreen/64378715/spa-wellness-mexicaribe-39-otono-2020>

28 September 2020
South Africa



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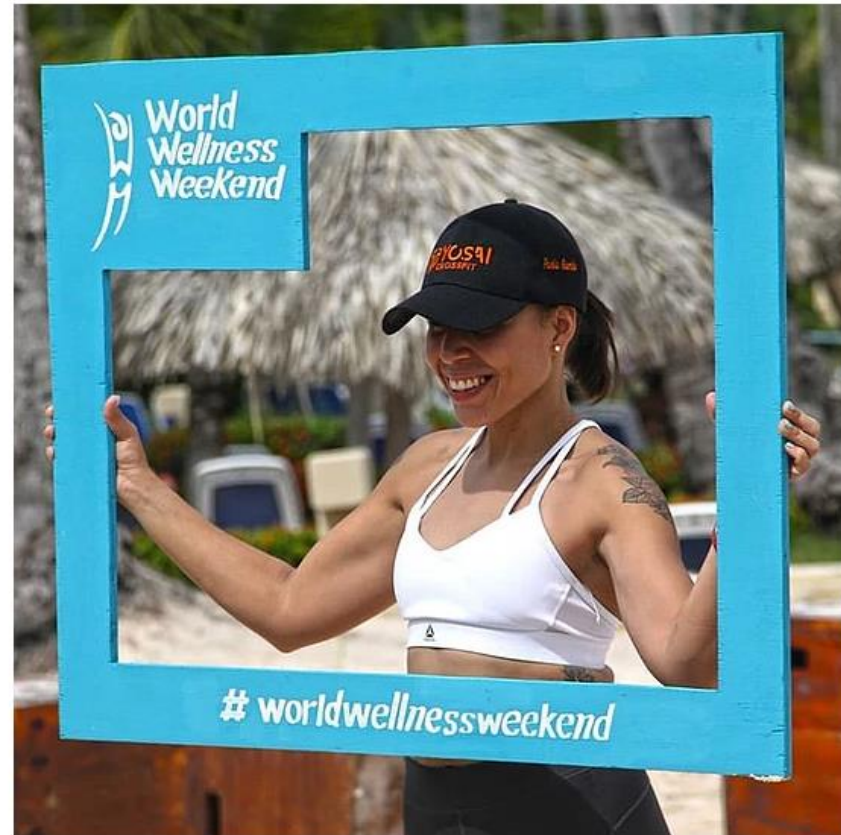
NailFile Comp

Magazine

More

1,123 venues celebrated World Wellness Weekend

Updated: 9 hours ago



WWW selfie from Melia Caribe Beach Punta Cana, Dominican Republic

<https://www.probeauty.co.za/post/1-207-venues-celebrated-world-wellness-weekend>

27 September 2020
Mexico

https://www.nitu.mx/index.php/2020/09/27/playa-del-carmen-presente-en-amazon-prime-en-la-serie-the-flowers/?utm_source=rss&utm_medium=rss&utm_campaign=playa-del-carmen-presente-en-amazon-prime-en-la-serie-the-flowers

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2. Despegar completó adquisición de East Day
3. Aeroméxico iniciará ruta Cancún-Tijuana el 14 de octubre
4. Lufthansa aterriza en el Aeropuerto Internacional de Cancún procedente de Frankfurt
5. Grupo Posadas, Original Group y Grupo RCD Hotels invierten en República Dominicana
6. Piden renuncia de Eduardo Penabaz a presidencia de AMAV Nacional
7. Obras del Tren Maya contemplan aeropuerto en Tulum
8. WTTC revela las cuatro tendencias para recuperar el turismo
9. Inversiones Capital Invierte en turismo médico y de salud en la Riviera Maya
10. Air France mantiene a Cancún en su itinerario noviembre-diciembre
11. Multas de hasta 1 millón de pesos a quien privatice playas, avala el Senado
12. Yucatán reanuda conectividad aérea Internacional

DESTINOS

Playa del Carmen presente en Amazon Prime en la serie The Flowers

By Alejandra Moncibays Sep 27, 2020 No Comments

f g t p in



La belleza de Playa del Carmen, el corazón de la Riviera Maya en el Caribe Mexicano, podrá disfrutarse a partir del 25 de septiembre en Amazon Prime a través de la serie bilingüe The Flowers.

Este lugar cosmopolita, que reúne deliciosas opciones gastronómicas e innovadoras experiencias de hospedaje y entretenimiento, fue elegido como la locación principal para desarrollar The Flowers, concepto fresco con tintes de comedia que mostrará lo complejo que pueden ser las relaciones interpersonales, además de adentrarse al mundo del arte y la pintura.

Esta producción de Golden Ceiba Productions, dirigida por Guillermo Iván y Nicholas Di Blasi, cuenta con las actuaciones de Ilean Almaguer, Guillermo Iván, Zair Montes, Abril Schreiber, Ana Layevska, John Wiggins y Bradley Gregg, entre otros.

A lo largo de 5 episodios, espectadores de Estados Unidos y Latinoamérica, podrán ser testigos de los mágicos escenarios que regala Playa del Carmen, los cuales, además de inspirar a producciones internacionales, han enamorado a viajeros alrededor del mundo, quienes han encontrado en la Quinta Avenida excelentes opciones para disfrutar la vida nocturna del destino, visitar lujosos centros comerciales y apreciar las galerías de arte y artesanías que se encuentran.

Con esta nueva serie, el Caribe Mexicano continúa posicionándose como uno de los favoritos para realizar importantes producciones, inspirar historias y enriquecer muestras artísticas alrededor del mundo, lo que motiva a los viajeros a explorar las maravillas que esconde cada uno de los destinos que lo conforman. (Thompson Playa del Carmen fue sede del World Wellness Weekend México 2020).

26 September 2020
Fiji



Always wash and dry your hands with proper hand washing and drying techniques.



NEWS / LOCAL NEWS

Clean-up initiative

FELIX CHAUDHARY | 26 September, 2020, 2:30 pm



Shangri-La's Fijian Resort staff and volunteers clean up the Sigatoka Sand Dunes National Park to mark World Coastal Clean Up Day. Picture: SUPPLIED

Shangri-La's Fijian Resort and Spa organised a clean-up of the Sigatoka Sand Dunes National Park recently.

Resort director of sales Marsha Eyre said the event was held to mark World Coastal Clean-up Day.

"Last Saturday, a small group of volunteers -- a good mix of members of the community with a few resort colleagues -- took part in the World Coastal Clean-up Day at Fiji's only national park -- the Sigatoka Sand Dunes National Park," she said.

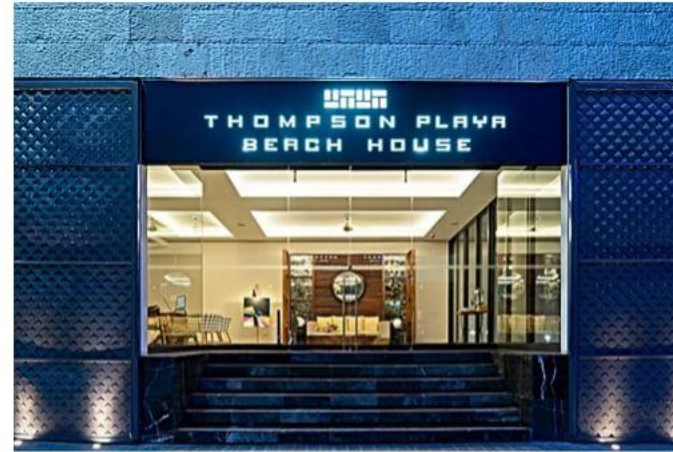
"A few volunteers were part of a volleyball team and they used this opportunity as an exercise session, which also perfectly coincided with Global Wellness Weekend.

"Though the weather was a bit wet and windy, this did not deter the volunteers from participating and making it a fun-filled event.

<https://www.fijitimes.com/clean-up-initiative/>

24 September 2020
Mexico

THOMPSON PLAYA DEL CARMEN, SEDE DEL WORLD WELLNESS WEEKEND MÉXICO 2020



*** El hotel fue el anfitrión del fin de semana wellness más grande del mundo. El evento busca promover un estilo de vida más saludable y balanceado.**

Este año, una de las metas más buscadas por todos es lograr tener una vida más equilibrada, saludable y definitivamente fuera de casa. Es por esto el *World Wellness Weekend* y Thompson Playa del Carmen, se unieron para traer a México y Latinoamérica el cuarto fin de semana de bienestar mundial. El *World Wellness Weekend* es una iniciativa mundial que busca promover un estilo de vida saludable y balanceado e impulsar actividades que impacten de manera positiva en nuestro planeta. Todo esto se logró durante sesiones de 60 min de la mano de expertos de talla internacional acompañado de una serie de pláticas con el chef principal de Thompson Playa del Carmen.

Este evento se realizó en diversas partes del mundo. Con cinco enfoques diferentes, el *World Wellness Weekend* incentiva el bienestar a través de la nutrición y alimentación; el descanso y la restauración; el movimiento y la vitalidad; el propósito y la solidaridad y, por último, la serenidad y el *mindfulness*. Estos cinco pilares buscan generar una conexión física y espiritual con nosotros y la naturaleza. Durante este fin de semana, el *World Wellness Weekend* concentró actividades con personalidades del mundo del yoga y la meditación, que compartieron con los interesados consejos y clases para ayudarlos mejorar su salud y su vida en general.

<https://www.revistaturismo.mx/post/thompson-playa-del-carmen-sede-del-world-wellness-weekend-m%C3%A9xico-2020>

22 September 2020
Italy

World Wellness Weekend 2020: due giorni dedicati al benessere della persona

24 Settembre 2020 Scritto da Radio Wellness Pubblicato in Wellness Permalink



World Wellness Weekend 2020

Si è concluso il World Wellness Weekend che ha salutato la fine dell'estate e ha portato molte esperienze a titolo gratuito, costruite attorno al benessere psico-fisico della persona.

World Wellness Weekend 2020

il 19 e 20 settembre si è svolto l'evento mondiale dedicato al benessere e divertimento. Il World Wellness Weekend edizione 2020 giunge al suo quarto anno con 57 strutture aderenti e moltissime iniziative di svago, relax e divertimento per tutti. Egregiamente condotta da Régis Boudon-Doris l'edizione italiana dell'evento ha preso vita insieme al team di ambasciatori locali: Marco Tomasini, Ambasciatore World Wellness Weekend Sports, Viviana Gonfalonieri, Founder di Spa Advisor, per la Lombardia, e Giovanna Lorrai, Owner di InEvoSpa, per la Sardegna.

<https://www.radiowellness.it/world-wellness-weekend-2020/>

22 September 2020
Mexico

HOTELES

Thompson Playa del Carmen fue sede del World Wellness Weekend México 2020

By Redacción Sep 22, 2020 No Comments



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https://www.nitu.mx/index.php/2020/09/22/thompson-playa-del-carmen-fue-sede-del-world-wellness-weekend-mexico-2020/?utm_source=rss&utm_medium=rss&utm_campaign=thompson-playa-del-carmen-fue-sede-del-world-wellness-weekend-mexico-2020

El *World Wellness Weekend* y Thompson Playa del Carmen traen a México y Latinoamérica el cuarto fin de semana de bienestar mundial. Es una iniciativa mundial que busca promover un estilo de vida saludable y balanceado e impulsar actividades que impacten de manera positiva en nuestro planeta.

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EVENTS

World Wellness Weekend 2020 celebrated globally



**Wellness creates
togetherness, even
six feet apart**

Jean-Guy de Gabriac

On 19-20 September 2020 World Wellness Weekend (WWW) was hosted via a combination of online streaming and socially-distanced group wellness activities around the world.

Founded by Jean-Guy de Gabriac, owner of consultancy and training company Tip Touch International, the event was celebrated in over 100 countries.

"Wellness creates togetherness, even six feet apart," said de Gabriac.

"Waiting for a vaccine is not a sustainable way of life, instead, wellness is the way forward. The most pro-active and constructive approach



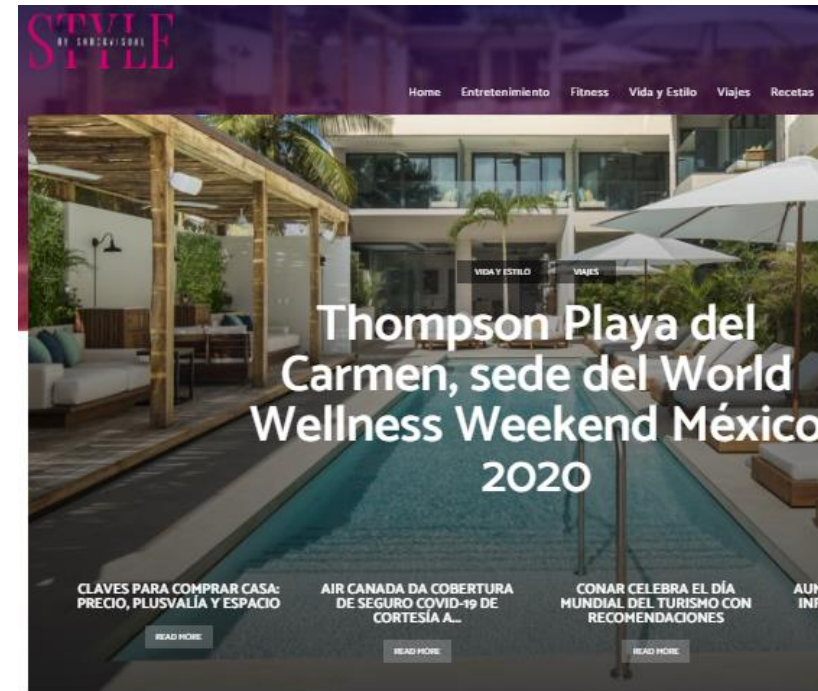
WWW marked its fourth anniversary

right now is to encourage everyone to take control of their wellbeing and become an example that can inspire and empower people around them."

The WWW team also confirmed that 30 cities' Mayors and/or Tourist Offices officially organised feel good wellness activities for their residents.

More: http://bit.ly/2s8n0c_B

22 September 2020 Mexico



Yesica Flores · SEP 22, 2020



Este año, una de las metas más buscadas por todos es lograr tener una vida más equilibrada, saludable y definitivamente fuera de casa. Es por esto que el *World Wellness Weekend* y Thompson Playa del Carmen, se unieron para traer a México y Latinoamérica el cuarto fin de semana de bienestar mundial. El *World Wellness Weekend* es una iniciativa mundial que busca promover un estilo de vida saludable y balanceado e impulsar actividades que impacten de manera positiva en nuestro planeta. Todo esto se logró durante sesiones de 60 min de la mano de expertos de talla internacional acompañado de una serie de pláticas con el chef principal de Thompson Playa del Carmen.

Este evento se realizó en diversas partes del mundo. Con cinco enfoques diferentes, el *World Wellness Weekend* incentiva el bienestar a través de la nutrición y alimentación; el descanso y la restauración; el movimiento y la vitalidad; el propósito y la solidaridad y, por último, la serenidad y el *mindfulness*. Estos cinco pilares buscan generar una conexión física y espiritual con nosotros y la naturaleza. Durante este fin de semana, el *World Wellness Weekend* concentró actividades con personalidades del mundo del yoga y la meditación, que compartieron con los interesados consejos y clases para ayudarlos a mejorar su salud y su vida en general.

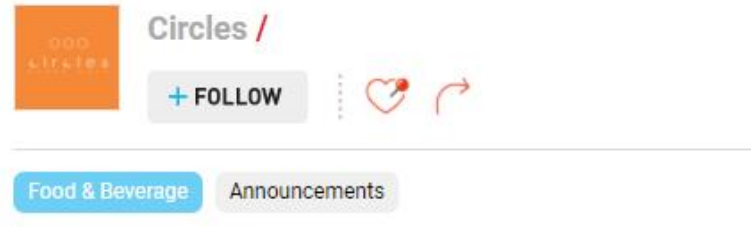
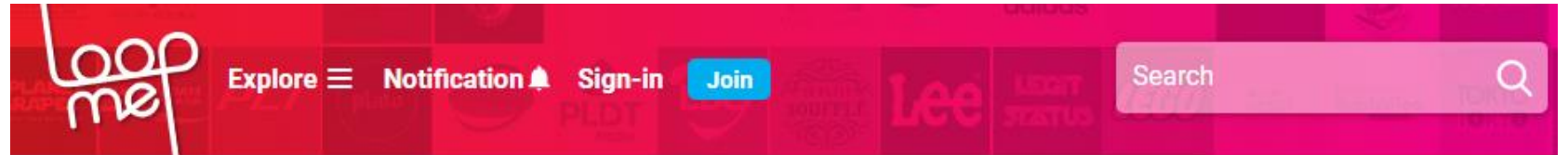
El evento también se llevó a cabo de manera virtual: a través de las redes sociales del *World Wellness Weekend* se invitó a asistentes y público en general a compartir sus mejores momentos relacionados con el bienestar. También "campeones del wellness" impartieron webinars sobre yoga, estiramiento y cánticos budistas, entre otros.

Con la visión de generar conexiones genuinas con sus huéspedes, Thompson Playa del Carmen promueve el bienestar en cada detalle de la propiedad. Desde su mobiliario, el cual fue elaborado por artesanos locales, hasta su gastronomía donde a través de diferentes experiencias culinarias, el chef Daniel Manzano privilegia el uso de ingredientes frescos y el consumo responsable para brindar los mejores platillos a todos sus visitantes.

Desde la Riviera Maya, una de las regiones más buscadas por todos a nivel nacional e internacional, Thompson Playa del Carmen buscará traer siempre lo mejor para sus huéspedes, por supuesto, con todos los protocolos de seguridad e higiene necesarios sin perder la calidez y el lujo relajado que lo caracteriza.

<https://style.shockvisual.net/thompson-playa-del-carmen-sede-del-world-wellness-weekend-mexico-2020/?cn-reloaded=1>

21 September 2020 Philippines



Circles /

+ FOLLOW

Food & Beverage Announcements

Posted 3 days ago

Congratulations to our winners for Day 2 of World Wellness Weekend: Wellness Inside and Out! 1. Vincent Delos Reyes 2. Colleen Foerster De Guzman Each one gets a complimentary lunch for 2 at Circles Event Cafe. To claim your prize, simply send us your email address via Facebook messenger so that our team can get in touch with you. Thank you for joining us and we hope you enjoyed cooking these healthy dishes! 🥰👍



<https://www.loopme.ph/live-post/PG0nYC0YeqfcwvFi>

20 September 2020
USA


<https://patch.com/illinois/naperville/calendar/event/20200920/891036/world-wellness-weekend-class-preview-pints-poses>

Naperville | Local Event

SEP 20

World Wellness Weekend Class Preview: Pints & Poses

Starr McCaffery, Local Business



Event Details

Sun, Sep 20, 2020 at 10:30 AM [Add to calendar](#)

Arista Spa & Salon, 2155 City Gate Lane, Naperville, IL, 60563

Raise a glass...and a leg when you celebrate World Wellness Weekend! Preview Pints & Poses before signing up for our six-week Thursday evening class which begins Sept. 24! Also, Dr. Jon of Integrated Physical Medicine will be on hand offering a limited number of complimentary injury or pain assessments Saturday - Wednesday!

Registration at www.AristaSpaSalon.com/events

20 September 2020
Mexico



MICE ▾ NEGOCIOS PREMIUM ▾ TECNOLOGÍA REPORTAJE ESPECIAL LÍDERES VERDE

Home ▾ México recibirá al World Wellness Weekend 2020 ▾ World-Wellness-Weekend-2020-México

World-Wellness-Weekend-2020-México



📶 Domingo 20

Programa Online

- 08:00 **Salud Circadiana: Como Equilibrar el Reloj Biológico**
Bonnie Baker & Alina Hernández
- 09:30 **Taller de Elaboración de Postres con Cacao**
Chef Constanza Peña
- 11:00 **Alimentación Alcalina y PH**
Health Coach Grace Rodriguez
- 12:30 **Nutrición Ayurvedica Para el Verano**
Chef Yazmin Ceballos & Sugoy Villón
- 14:00 **Yoga Para Niños**
Bibiana Garmendia
- 15:30 **Clase de Cocina Biodinámica**
Chef Gerardo Reyes
- 17:00 **Las Ganancias Inconscientes**
Carlos Serrano & Sugoy Villalón
- 18:30 **Meditación y Pranayamas**
Tonalli & Sugoy
- 20:00 **Beneficios del Masaje Thai**
Mónica Orozco & Bonnie Baker



<https://negociosyconvenciones.com/mexico-recibira-al-world-wellness-weekend-2020/world-wellness-weekend-2020-mexico/>

19 September 2020
Italy

<https://www.ilrestodelcarlino.it/forl%C3%AC/cronaca/eventi-e-arte-in-via-giorgio-regnoli-c-%C3%A8-il-world-wellness-weekend-1.5524015>

il Resto del Carlino FORLÌ

CRONACA SPORT COSA FARE EDIZIONI COVID BOLLETTINO METEO MALATRASI ELETTI GRANDI CICLISMO

HOME > FORLÌ > CRONACA

Eventi e arte in via Giorgio Regnoli C'è il World wellness weekend

Il clou sarà l'inaugurazione di due nuove opere della galleria a cielo aperto in programma oggi alle 18.30

Pubblicato il 19 settembre 2020





Una delle tante iniziative nella via. Stavolta servirà comunque il distanziamento

Quello appena cominciato è un fine settimana ricco di opportunità per chi scegliesse di trascorrere qualche ora in via Giorgio Regnoli. Tutta la strada, infatti, prende parte al 'World wellness weekend' con una serie di eventi a tema. Il negozio 'Fuori Luogo', ad esempio, in collaborazione con Soroptimist, metterà in vendita le bambole 'pigotte' a favore dell'Unicef.

19 September 2020
France

https://www.jds.fr/manifestations/animation-s/week-end-mondial-du-bien-etre-a-niederbronn-les-bains-151016_A

jds Trouver une sortie  Agenda Billetterie Magazine Tourisme et loisirs



[Agenda](#) > [Manifestations](#) > [Animations](#) > Week-end Bien-être 2020 (animations gratuites)

Week-end Bien-être 2020 (animations gratuites)

Du 19/09/2020 au 20/09/2020
➤ Centre-ville ➤ Niederbronn-les-Bains

Samedi 19 et dimanche 20 septembre 2020, de nombreux commerçants et professionnels du territoire proposeront gratuitement des **animations sportives, culturelles et de détente**. Niederbronn-les-Bains, station touristique et thermale, participe pour la 2ème année consécutive au « World Wellness Week-end », un événement international, qui s'illustrera au travers d'activités locales le week-end prochain.

Au programme, des **animations gratuites pour prendre soin de soi** tout le week-end, au centre-ville de Niederbronn-les-Bains : *massages, réflexologie faciale et plantaire, soins du visage, méditation en plein air, pose de vernis, dégustation de thé, randonnées guidées, Aqua-T'chi, coiffage, fabrication de produits d'entretiens naturels, nocturne aux Aqualies, circuit training pour les petits et les grands...* Ainsi que de nombreuses surprises à découvrir sur place !

Un **village zen** s'installera également dimanche de 10h à 17h sur la place du Bureau Central, avec une quinzaine d'exposants (démonstrations, animations, jeux concours : de nombreux cadeaux ou offres exceptionnelles seront à remporter).

Chaque année, pendant le 3ème week-end de septembre, des professionnels de la forme, de la beauté, du sport, du bien-être et du tourisme se mobilisent dans une centaine de pays pour inviter le grand public à **bouger, méditer, prendre soin de soi... seul, entre amis ou en famille**. Cet événement contribue également à transmettre localement l'ambition du 3ème des 17 Objectifs de Développement Durable votés par les Nations Unies en 2015 : « SANTÉ et BIEN-ÊTRE pour tous ».

Programme complet des animations et modalités pratiques à retrouver sur <https://www.niederbronn-les-bains.fr/>

Organisation selon les conditions sanitaires en vigueur

19 September 2020
France



ACCUEIL / ACTUS / WEEK-END MONDIAL DU BIEN-ÊTRE / 19-20 SEPT

sam 19 Sept 20

Le 4^e Weekend Mondial du Bien-être à Marseille

La 4^e édition de cette manifestation sera célébrée dans plus de 100 pays du 19 au 20 septembre 2020.

Samedi 19 septembre, de 9:30 à 17:30, **ió**, partenaire de l'opération, [ici](#) propose une "découverte Bien-être" avec [6 conférences gratuites, 4 ateliers pratiques et des séances individuelles](#) autour des massages sur table et assis, des séances de [shiatsu](#), du [sauna japonais](#) et des mini bilans individuels ([réflexothérapie](#), [ostéopathie](#)...). Votre santé est votre richesse !

Les places étant limitées, la réservation pour les ateliers et les conférences est fortement conseillée.
L'inscription aux mini-bilans individuels, aux séances de massage, sauna japonais, shiatsu se fait sur place.

- > 9:30 > 10:30 : atelier et conférence
- > 10:30 > 11:30 : atelier et conférence
- > 11:30 > 12:30 : atelier et conférence
- > 12:30 > 14:00 : pause déjeuner
- > 13:30 > 16:30 : Les Rendez-vous Individuels

- > [infos pratiques](#)
- > [partenaires](#)
- > [la vidéo](#)

 **RÉSERVER**

<https://www.iesuisio.com/actus/week-end-mondial-du-bien-etre/>

19 September 2020
France



The screenshot shows the Dealabs website interface. At the top left is the Dealabs logo and a 'Menu' dropdown. On the top right is a search bar with the text 'Recherche...'. Below the navigation bar is a breadcrumb trail: 'Accueil > Services > Cours & formations'. A prominent red information icon is followed by the text 'Ce deal n'est malheureusement plus d'actualité.' Below this, there is a deal card. The card features a black and white image of a woman with the hashtag '#WRF' overlaid. To the right of the image is a badge that says '291° Expiré'. The main text of the deal is 'Accès gratuit aux cours en ligne WeAreFitness.fr ce week-end'. Below the text is the user's profile icon and name 'jmtregor'. At the bottom of the deal card, there is a clock icon and the date '19 septembre'.

Dealabs Menu Recherche...

Accueil > Services > Cours & formations

i Ce deal n'est malheureusement plus d'actualité.

 291° Expiré

Accès gratuit aux cours en ligne WeAreFitness.fr ce week-end

 jmtregor

 19 septembre

<https://www.dealabs.com/bons-plans/week-end-gratuit-sur-wearefitness-1966980>

19 September 2020
USA

<https://patch.com/illinois/naperville/calendar/event/20200919/891028/world-wellness-weekend-family-fun-relay>

Naperville | Local Event

SEP
19


World Wellness Weekend: Family Fun Relay

 Starr McCaffery, Local Business



Event Details

 Sat, Sep 19, 2020 at 10:00 AM

[Add to calendar](#) 

 **Arista Spa & Salon, 2155 City Gate Lane, Naperville, IL, 60563**

Celebrate World Wellness Weekend with the whole family at the Family Fun Relay, a fun family fitness competition, hosted by Arista Spa & Salon and Olympus Executive Fitness Center. PLUS Dr. Jon with Integrated Physical Medicine will be giving some basics on stretching for the adults and posture strengthening for the kids and young adults.

Details & registration at www.AristaSpaSalon.com/events

19 September 2020
Canada

<https://www.acubalance.ca/events/world-wellness-weekend-event-how-hack-your-mind-101-for-health-and-success-0>



WORLD WELLNESS WEEKEND EVENT HOW TO HACK YOUR MIND 101 FOR HEALTH AND SUCCESS

Saturday, September 19, 2020 - 10:00
Online

World Wellness Weekend is almost here! Lorne Brown is named the **Canadian UN World Wellness Weekend Ambassador for Integrative Wellness**

The goal of World Wellness Weekend (WWW) is to **inspire and empower** people to make healthier choices and enjoy an active lifestyle with family & friends. The current health situation around the world reminds us of how important it is to have a strong immune system.

This years focus is on the 5 Pillars Of Wellness: 1) Sleep & Restoration, 2) Nutrition & Nourishment, 3) Vitality & Movement, 4) Serenity & Mindfulness and 5) Purpose & Solidarity

In this 30 minute webinar, Dr. Lorne Brown focuses on the fourth World Wellness Weekend pillars of wellness: Serenity and Mindfulness.

A big step to mastering Serenity and Mindfulness is you must first learn the tools to elicit the relaxation response to activate your parasympathetic nervous system (rest and digest) and to increase your alpha brain waves (detached relaxation and creativity). Dr. Lorne Brown will teach you simple mind hacks to quickly allow you to get into a state of relaxation and alpha brain waves – putting your mind at ease and melting away your stress and anxiety to free up your resources for healing and creativity.

[Click here to Register your spot today](#)

The graphic is a promotional poster for a free online event. It features the 'World Wellness Weekend' logo in the top left. The event title is 'How to Hack Your Mind 101 for Health and Success With Lorne Brown'. The event is scheduled for 'September 19 10 am (PST)'. A photo of Dr. Lorne Brown is shown on the right. At the bottom, it states: 'This online webinar will provide participants with natural, effective ways to live the life they desire. In this talk, Dr. Lorne Brown focuses on the fourth World Wellness Weekend pillars of wellness:'. The background is a light blue grid with a glowing orb in the bottom right corner.

19 September 2020
France

[drome.planetekiosque.com](#) > 118-1057669-5-weekend-... ▾

[Weekend mondial du Bien-Etre à Vals-les-Bains du 19/09 ...](#)

Weekend mondial du Bien-Etre à Vals-les-Bains du 19/09/2020 au 20/09/2020 à Vals-les-Bains Animation diverse Samedi 19/09 : , 8h - Réveil musculaire dans ...


<https://drome.planetekiosque.com/118-44-4-animation-diverse.html>

19 September 2020 Hong Kong

<https://www.eventbrite.com/e/pure-kerry-hotel-partner-to-launch-first-ever-hk-virtual-wellness-weekend-tickets-120946657709#>

eventbrite Search for events Browse Events Create Event Help Sign In

This event has ended.



SEP 19

PURE & Kerry Hotel Partner to Launch First-Ever HK Virtual Wellness Weekend

by The Pure Group [Follow](#)

Free

♥ Sales Ended [Details](#)

Celebrate the power of "World Wellness Weekend" with two days of online fitness, yoga and nutrition classes on 19 & 20 September.

About this Event

PURE, Hong Kong's leading fitness expert, today announces its all-new 'Virtual Wellness Weekend' hosted in partnership with Kerry Hotel, Hong Kong this 19 and 20 of September. Recognising that power comes with health and wellness - PURE is looking to give cardholders and non-cardholders a boost from the comfort of their homes to celebrate "World Wellness Weekend", with free fitness, yoga and nutrition classes.

Broadcast live on social media, the wellness 'staycation' of fitness, yoga and nutrition classes is open to everyone and will be led by popular 'fan favourite' PURE instructors. Classes will take place from various locations at Kerry Hotel, Hong Kong, providing a virtual tour of the luxury property's inspiring spaces and whisking participants away on an 'escape' with every session. Imagine sweeping sea views with

Date And Time

Sat, Sep 19, 2020, 2:00 AM -
Sun, Sep 20, 2020, 12:30 PM CEST
[Add to Calendar](#)

Location

Online Event

19 September 2020 Maldives



Travel News Interests ▾

TRAVEL NEWS

Six Senses Laamu Begins World Wellness Weekend Celebrations

News Editor - September 19, 2020



Luxury Maldives resort, Six Senses Laamu has commenced the World Wellness Weekend celebrations. The annual World Wellness Weekend aims to inspire and empower people to make healthier choices. Likewise, the weekend also encourages people to enjoy an active lifestyle with family & friends.

Six Senses Laamu kick-started the Wellness Weekend celebrations today, 19th September 2020 with a complimentary singing bowl meditation and an easy stretching session. Six Senses Laamu boasts wellness programs including; sleep, fitness, and detox. Likewise, the resort offers spa treatments that use natural and ethically-produced products together with traditional and locally-inspired practices to treat guests from the inside out and outside in.

For further information about the wellness and spa treatments at Six Senses Laamu click [HERE](#).

The Six Senses Spa offers stylish private treatment rooms, Ayurvedic therapies, and relaxing body massage. Luxury resort, Six Senses Laamu is the first and one of the only two resorts to open in Laamu Atoll. The resort boasts over-water villas or guests can also hide among the lush vegetation of a beachfront villa.

<https://mvhotels.travel/travel-news/six-senses-laamu-begins-world-wellness-weekend-celebrations/>

Booking@splendidasia.com
(960) 7241111

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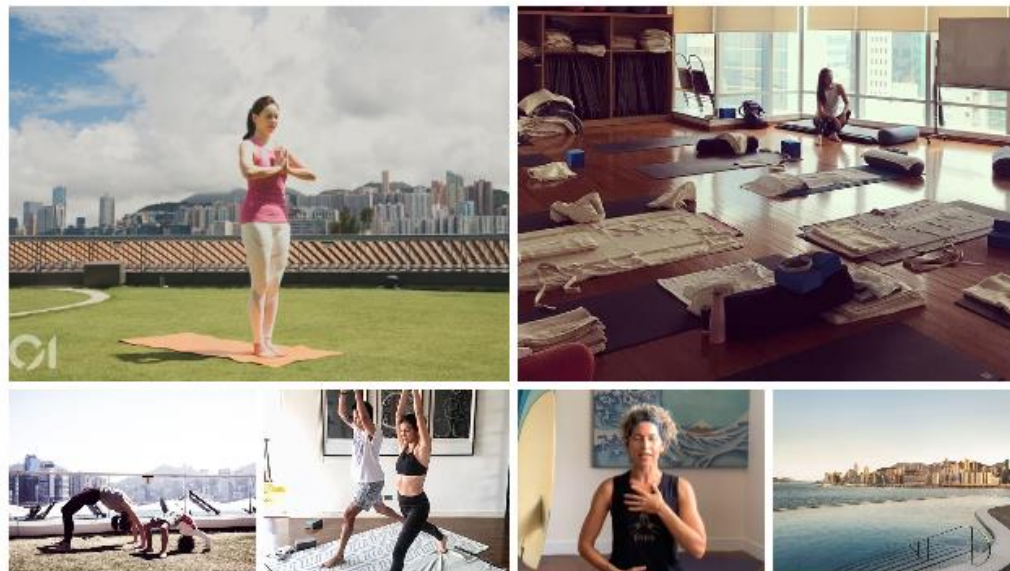
Enter Email Address*



疫情期間，身邊不少朋友也開始了瑜伽練習，在網上多如繁星的瑜伽影片中，近年投身瑜伽導師的王馨平（Linda），影片也受關注。不徐不疾的語調及動作，有中有英的示範相對容易跟上。王馨平不時也在Instagram分享瑜伽心得與教學影片外，適逢9月19 - 20日（星期六、日）是「世界健康週末（World Wellness Weekend）」，王馨平也會與瑜伽教室合酒店聯乘合作，周末在Instagram中直播，星期日（20日）的下午 2:00 - 2:45教大家較容易上手的動瑜珈（Flow Yoga）。

其他星級瑜伽導師當中導師更包括Rosemary等，皆是費用更是全免。除了瑜伽，活動還包括一連串的健身和營養課堂，筆者最期待的則是冥想（Meditation）課。在導師帶領下，泳池邊看着維港，一同享受香港早晨同時洗滌心靈。

<https://www.hk01.com/%E7%9F%A5%E6%80%A7%E5%A5%B3%E7%94%9F/523787/9%E6%9C%88%E7%9B%B4%E6%92%AD%E5%BF%85%E7%9D%87-%E5%85%8D%E8%B2%BB%E8%B7%9F%E7%8E%8B%E9%A6%A8%E5%B9%B3%E5%AD%B8%E7%91%9C%E4%BC%BD-%E7%B6%AD%E6%B8%AF%E5%86%A5%E6%83%B3-%E9%99%B3%E5%80%A9%E6%8F%9A%E9%9B%B6%E5%A4%B1%E6%95%97%E9%A3%9F%E8%AD%9C>



**18 September 2020
USA**

Spa & Beauty Today
Ajouté à Spa & Beauty Today



#YOGA

Enjoy a Virtual Seaside Yoga Session on September 19 with Terranea Resort for World Wellness Weekend

spaandbeautytoday.com - Kamala Kirk

Every year during the third weekend of September, thousands of people around the world join together to celebrate World Wellness Weekend (WWW)—which ...

<https://flipboard.com/@SpaBeautyToday/enjoy-a-virtual-seaside-yoga-session-on-september-19-with-terranea-resort-for-world-wellness-weekend/a-gI6vA0jSdmTfiWUzp-kjQ%3Aa%3A3515270415-d2f0f33bbd%2Fspaandbeautytoday.com>

18 September 2020
Argentina



Un diario en el cual todos los tiguenses pueden ser participes.

Teléfonos útiles

AySA

Farmacias de Turno

CORONAVIRUS

Catamarán sanitario

Violencia

Zoonosis

ANSES

Intrafamiliar

Género

Edenor

Violencia

Intrafamiliar

Tigre acompaña el “Fin de semana mundial del Bienestar 2020”

« Previo / Siguiente »

18 septiembre, 2020 / Municipio

Con el apoyo del Municipio y organizaciones de la comunidad, la celebración será este sábado 19 desde las 10hs a través de la plataforma Zoom e incluirá múltiples actividades en el marco de la propuesta de la organización World Wellness Weekend. Pueden inscribirse de forma gratuita por WhatsApp al 11-4948-4010.



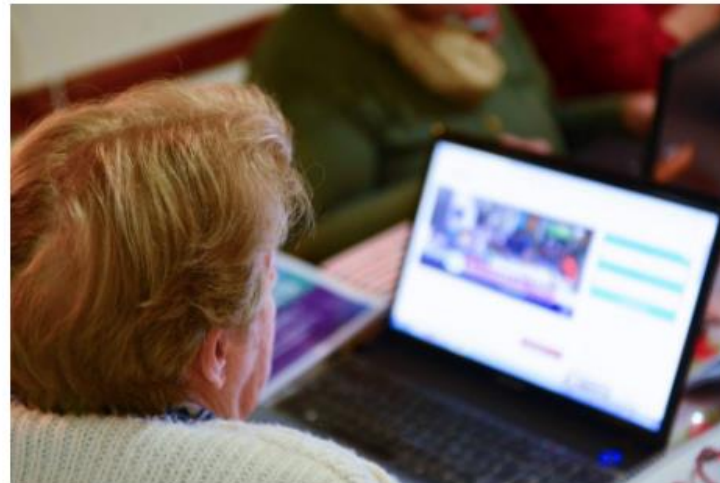
El próximo sábado 19 a partir de las 10hs, se realizará un evento virtual por el “Fin de semana mundial del Bienestar 2020” con múltiples actividades para la comunidad, en el marco de la propuesta de la organización World Wellness Weekend. Será a través de la plataforma Zoom y contará con el respaldo del Municipio de Tigre y organizaciones de la comunidad.

A continuación el calendario completo de las actividades:

<https://diarioelfaro.wordpress.com/2020/09/18/tigre-acompana-el-fin-de-semana-mundial-del-bienestar-2020/>

Tigre: Festejo virtual “Fin de semana mundial del Bienestar 2020”

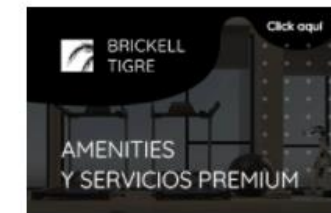
Por **Municipio de Tigre** - sábado 19 de septiembre de 2020



Con el apoyo del Municipio y organizaciones de la comunidad, la celebración será este sábado 19 desde las 10hs a través de la plataforma Zoom e incluirá múltiples actividades en el marco de la propuesta de la organización World Wellness Weekend. Pueden inscribirse de forma gratuita por WhatsApp al 11-4948-4010.

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<https://norteonline.com.ar/tigre-festejo-virtual-fin-de-semana-mundial-del-bienestar-2020/>

18 September 2020
Argentina

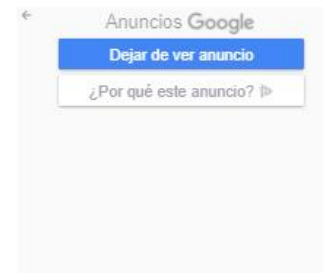
18.09.2020 - 18:37

Tigre

Festejo virtual: Tigre acompaña el “Fin de semana mundial del Bienestar 2020”



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<https://www.elcomercioonline.com.ar/articulos/50095453-Festejo-virtual-Tigre-acompana-el-Fin-de-semana-mundial-del-Bienestar-2020.html>

18 September 2020
Argentina



Inicio · Noticias · Salud · Festejo virtual: Tigre acompaña el "Fin de semana mundial del Bienestar 2020"

Noticias Salud

Festejo virtual: Tigre acompaña el "Fin de semana mundial del Bienestar 2020"

viernes, 18 de septiembre de 2020



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<https://www.infoban.com.ar/18/09/2020/festejo-virtual-tigre-acompana-el-fin-de-semana-mundial-del-bienestar-2020/>

18 September 2020
Argentina

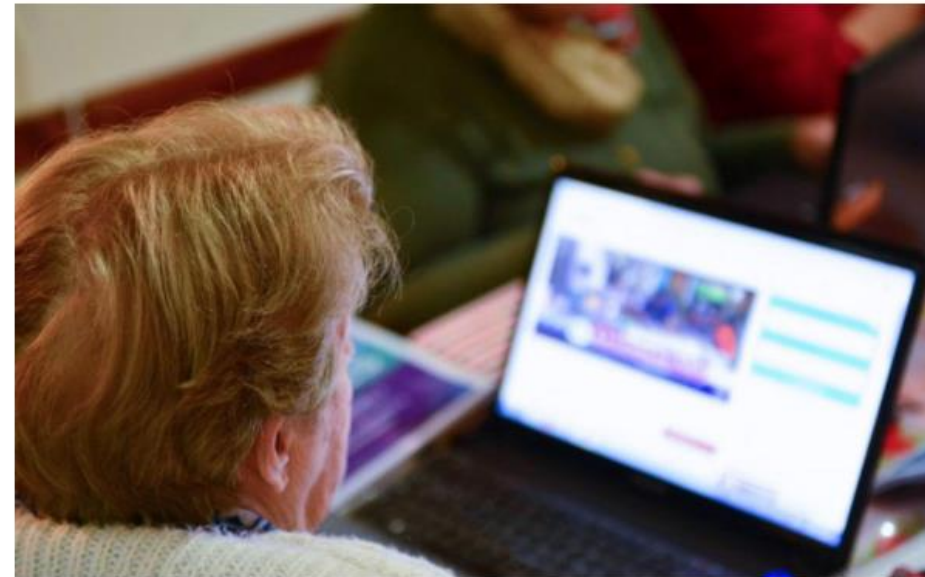
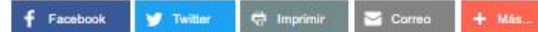


INICIO CINCO TV EN VIVO PROGRAMACIÓN BEATS RADIO TIGRE

Festejo virtual: Tigre acompaña el “Fin de semana mundial del Bienestar 2020”

Tigre Por Cinco TV

Con el apoyo del Municipio y organizaciones de la comunidad, la celebración será este sábado 19 desde las 10hs a través de la plataforma Zoom e incluirá múltiples actividades en el marco de la propuesta de la organización World Wellness Weekend. Pueden inscribirse de forma gratuita por WhatsApp al 11-4948-4010.



Festejo virtual: Tigre acompaña el “Fin de semana mundial del Bienestar 2020”

<https://canal5tigretv.com.ar/contenido/21082/festejo-virtual-tigre-acompana-el-fin-de-semana-mundial-del-bienestar-2020>

18 September 2020
France

<https://www.nouvellespublications.com/un-week-end-sous-le-signe-du-bien-etre-2872.html>

Un week-end sous le signe du bien-être

le 18 septembre 2020 - Alexandra ZILBERMANN - Oxygène



Depuis deux ans, le World Wellness Weekend était couplé avec les Journées du patrimoine, annulées lundi dernier par le Préfet du département. Qu'à cela ne tienne ! Si les événements seront moins nombreux, de jolies adresses vous réservent des animations zen, aux quatre coins du département, où le yoga figure en bonne place.

Lancé en 2017 en France, le **World Wellness Weekend** (W3) y a pris une certaine ampleur l'an dernier, notamment grâce à de nombreux relais sur les réseaux sociaux. Plus d'une centaine de pays consacrent désormais leur troisième week-end de septembre à cette manifestation dédiée au bien-être, au travers de cours, mais aussi de sessions inédites hors les murs, de conférences et d'échanges tous azimuts avec divers praticiens.

Quelques rendez-vous à ne pas manquer

Ce week-end débute dès aujourd'hui à 18 h par un atelier-conférence « *online* » sur les petits rituels bien-être de la vie quotidienne, animé par l'Aixoise Juliette Siozac de « *Mon moment magique* », une adresse dédiée au bonheur des enfants. Pourquoi ne pas enchaîner dès le lendemain matin, à 10 h, avec la visite inédite « *Marseille buissonnière, la biodiversité en ville* » emmenée par l'Office métropolitain de tourisme (sur réservation en ligne uniquement). Un parcours imaginé pour découvrir dans la ville, la nature « *jardinée* », spontanée, sauvage et la plupart du temps invisible.

Parmi les autres réjouissances, la référence en matière de randonnées urbaines, **Urban Hike**, propose à Marseille deux thématiques, « *Mer et sommets* » et « *Collines du centre* ». **Le centre Ió**, toujours à Marseille, offre tout le week-end plus d'une dizaine d'activités centrées autour du massage, des soins, de la nutrition, mixant ateliers collectifs et individuels, conférences et soirée musicale.

18 September 2020
France

<https://www.scarlennemagazine.com/2020/09/18/weekend-mondial-du-bien-etre/>



The screenshot shows the top portion of the SCARLETTE Magazine website. At the top left is the magazine's logo, a stylized figure in a circle. To its right are icons for 'ACCUEIL' (Home) and 'CONTACT', followed by social media icons for Facebook, Twitter, Instagram, and YouTube. A search bar with the text 'Rechercher' and a magnifying glass icon is on the far right. The main title 'SCARLETTE Magazine' is centered in a large, elegant serif font. Below the title is a black navigation bar with white text for categories: MODE, BEAUTÉ, SANTÉ BIEN-ÊTRE, CULTURE, ZOOM SUR, REPORTAGE, PSYCHO, DÉCO, GASTRONOMIE, ASTRO, HUMOUR, and BONS PLANS. The main banner features a colorful illustration of two people's faces. Overlaid on the banner is the text 'Weekend Mondial du Bien-Être' in a white serif font, with a pink horizontal bar below it containing the date '18 septembre 2020' and the category 'Bons Plans'. Below the banner is a small circular profile picture of Lucie Rodriguez, followed by her name and email address 'lucie.r@scarlennemagazine.com'.

Les 19 et 20 septembre 2020, c'est la 4e édition du Weekend Mondial du Bien-Être (World Wellness Weekend), un weekend bien-être et anti-morosité qui va à nouveau donner envie à chacun de prendre soin de soi, de bouger, d'adopter des bons réflexes, entre amis, en couple ou en famille...

Les Accros du Peignoir, c'est quoi ?

Le concept des Accros du Peignoir vise à dynamiser l'image des stations thermales du Massif central, en renouvelant le ton et les codes de la communication.

Mêlant réel et imaginaire, création et humour, le mouvement des Accros du Peignoir né en 2016 fait de multiples apparitions, sur le territoire du Massif central, sur la toile, dans le monde !

L'Accro du Peignoir est un hédoniste, un bon-vivant, un jouisseur, ouvert d'esprit, en quête d'un meilleur équilibre intérieur grâce à une parenthèse thermale vécue dans un territoire qui le prend en charge.



les accros du peignoir

18 September 2020
Mexico

The screenshot shows the top of a website with a logo for 'NEGOCIOS & CONVENCIONES' and a navigation menu with items like 'MICE', 'NEGOCIOS', 'PREMIUM', 'TECNOLOGÍA', 'REPORTAJE ESPECIAL', 'LÍDERES', 'VERDE', 'ROMANCE', and 'LGBT'. Below the menu is a large hero image of a woman in a yellow jacket with her hands clasped in prayer. The article title 'México recibirá al World Wellness Weekend 2020' is overlaid on the image. Below the title, it says 'By Ilsa Valencia - 18 septiembre, 2020' and shows 137 views. There are also social media icons for Facebook, Twitter, and WhatsApp.

<https://easybranches.com/regions/maldives/7763451>



México recibirá por segunda ocasión consecutiva al evento global de bienestar *World Wellness Weekend*, iniciativa que promueve los beneficios de un estilo de vida saludable y en equilibrio.



18 September 2020 Maldives

<https://easybranches.com/regions/maldives/7763451>



Subjects ▾

BLOG

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HOME / MALDIVES / REGIONS / NIYAMA PRIVATE ISLANDS MALDIVES WE'RE CELEBRATING WORLD WELLNESS WEEKEND

Niyama Private Islands Maldives We're celebrating World Wellness Weekend | We're celebrating World Wellness Weekend this year to inspire, make healthier choices and enjoy an active lifestyle with family and friends.

ads by Easy Branches

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Report



Niyama Private Islands Maldives We're celebrating World Wellness Weekend

18 September 2020
Italy

TUSTYLE

MODA COPIA LE SFILATE BELLEZZA GOSSIP **DIARY**

Wellness per tutti e in tutt'Italia il 19 e 20 settembre

Cose da fare nel weekend? Beh, se sei una wellness addicted non ci sono dubbi. World Wellness Weekend è la festa mondiale del benessere. Un evento diffuso che vede la partecipazione di SPA, centri benessere e termali, palestre e saloni di bellezza. Il 19 e 20 settembre, infatti, sarà possibile vivere in completa sicurezza esperienze uniche. Gli eventi sono pensati per regalare momenti di esclusivo relax. Ma anche per far scoprire uno stile di vita sano ed equilibrato. Le attività, disponibili a titolo gratuito sono consultabili sulla **Mappa del Benessere**. Occorre prenotare escursioni, sessioni di yoga al parco e meditazione sulla spiaggia. Ma non manca una vasta gamma di esclusivi pacchetti e trattamenti benessere.

<https://www.unicaradio.it/2020/09/lollove-due-giornate-allinsegna-del-benessere/>

17 September 2020
Italy

<https://www.voyager-magazine.it/accoglienza/benessere/benessere-il-19-20-settembre-2020-torna-il-world-wellness-weekend-in-oltre-100-paesi/>

Voyager

-magazine

di luoghi, d'uomini, di cultura e d'altre storie.



HOME METE ITALIA METE ESTERO ENOGASTRONOMIA CULTURA

Home » ACCOGLIENZA » Ben Essere » Benessere: il 19/20 settembre 2020 torna il World Wellness Weekend in



Benessere: il 19/20 settembre 2020 torna il World Wellness Weekend in oltre 100 paesi

DI REDAZIONE - 17 SETTEMBRE 2020

BEN ESSERE

L'evento, giunto alla sua quarta edizione internazionale e alla terza italiana, celebra in tutta sicurezza il "benessere sociale" grazie ad un'ampia varietà di proposte

È la **festa mondiale del benessere** e si prepara a ritornare in Italia e nel mondo il **19 e 20 settembre 2020**: si tratta del **World Wellness Weekend** che, anche quest'anno, propone un menù ricco di momenti di relax ed esperienze esclusive, offerte a titolo gratuito da **SPA, centri benessere e termali, palestre e saloni di bellezza** sparsi su tutto il territorio. Seguendo la scia delle edizioni precedenti, i professionisti e le strutture di settore che hanno aderito al progetto sono visualizzabili sulla **Mappa Mondiale del Benessere**, una vetrina privilegiata per presentare e promuovere non solo le attività proposte durante la due giorni di fine estate, ma anche eventuali offerte e pacchetti speciali validi tutto l'anno.

"È un onore e un piacere guidare questa iniziativa di benessere globale che riunisce 36 associazioni internazionali, leader gruppi e operatori alberghieri. Oltre il design e il marketing, ciò che fa venir voglia alle persone di tornare in una struttura dedicata al fitness, bellezza e turismo è il talento delle squadre, la loro competenza e la loro passione per prendersi cura delle persone e offrire esperienze ricche di significato e sensazioni"

- **Jean-Guy de Gabriac**, Fondatore di Tip Touch International e ideatore del World Wellness

Nel Belpaese, la coordinazione delle due giornate del World Wellness Weekend è affidata ad un team di Ambasciatori già attivo



17 September 2020
United States

SUBSCRIBE FREE

**GULFSHORE
BUSINESS**

MAGAZINE CALENDAR 40 UNDER 40 PHOTOS ADVERTISE NEWSLETTERS BEST OF BUSINESS

WORLD WELLNESS WEEKEND ANNOUNCED IN NAPLES

The Paradise Coast Wellness Alliance announces World Wellness Weekend, an annual, globally celebrated event, held this Saturday and Sunday. Naples is the only U.S. city participating in the event, joining cities in more than 100 countries. World Wellness Weekend features two days of free programs from area experts about a wide range of health and wellness topics, including yoga, meditation, nutrition, mental wellbeing, cooking, beauty, hygiene, health and fitness, medical wellness procedures, the Blue Zones Project, and more. Most of the interactive activities are offered via Zoom; some take place in-person at outdoor sites, observing social distancing. The Zoom presentations held from 9 a.m. to 6:30 p.m. on Saturday will be hosted by Peggy Sealfon and Gwen Petersen, founder of Spiritual Communities Network. On Sunday, presenters have created a variety of virtual and in-person experiences, including a swamp walk at Big Cypress National Preserve. To register for events, visit BeWellInParadise.com.

<https://www.gulfshorebusiness.com/gulfshore-business-daily-september-17-2/>

17 September 2020
Italy

<https://www.unicaradio.it/2020/09/lollove-due-giornate-allinsegna-del-benessere/>

UNICA RADIO APP



LOLLOVE: DUE GIORNATE ALL'INSEGNA DEL BENESSERE

Angela Farris · 17 Settembre 2020 · Incontri e workshop
Commenti disabilitati su Lollove: due giornate all'insegna del benessere



Nel borgo di Lollove si svolgeranno due giornate di benessere all'insegna della terza edizione del World Wellness Weekend – InEvoSpa Lollove

Due giorni di puro benessere a Lollove (Nuoro), il più piccolo borgo medievale d'Italia. Proposti il 19 e 20 settembre per la terza edizione dell'evento mondiale di benessere World Wellness Weekend – InEvoSpa Lollove. Che vede come ambasciatrice in Sardegna Giovanna Lorrai.

Otto le attività delle varie discipline olistiche a beneficio del corpo e della mente, che potranno praticare i visitatori. Dallo Yoga Nidra, al Laboratorio di Danza Emozionale, all'Hatha Yoga, fino al

17 September 2020
Ireland

September 19 @ 3:30 am - September 20 @ 5:00 pm €5



Family Yoga with Pamela

About this Event

When: Sat 19th and Sunday 20th September (various time slots)

Where: The Market Square

Price: €5

Booking is essential, follow the link below to book your tickets

<https://www.eventbrite.ie/e/kildare-town-wellness-weekend-family-kids-yoga-tickets-120002028297>

Join Pamela for a 45 min yoga session for children and their families. No experience needed. Just bring your body, your imagination and a smile.

We will stretch and bend and twist and expand making plenty of space inside for deep breathing. We will practice some fun yoga poses and then put them together into our own yoga sequence. We will finish with quiet relaxation. Don't miss this session. It will leave your kids feeling refreshed, rebalanced and relaxed 🙏🙏🙏

Please bring your own mat

World Wellness Weekend 2020 is celebrated in Kildare Town this year with a mix of great wellness and health events running from 18th – 20th September in various venues around the town.

<http://kildareheritage.com/events/kildare-town-wellness-weekend-family-kids-yoga/>

17 September 2020
France

<https://defisante.defimedia.info/bien-etre/un-week-end-pour-sinitier-gratuitement-a-des-activites-bien-etre-ca-vous-dit/>

🏠 Accueil / Bien-Être / Un week-end pour s'initier gratuitement à des activités bien-être, ça vous dit ?

[Bien-Être](#) [Massages](#) [Slider](#)

Un week-end pour s'initier gratuitement à des activités bien- être, ça vous dit ?



Le weekend mondial du bien-être rempile pour une 4e édition, programmée les 19 et 20 septembre, avec la possibilité de s'initier à une multitude d'activités aux quatre coins du globe. Sophrologie, sieste musicale, yoga, pilates, massages, diagnostic de peau, ou encore randonnée, nul doute que vous trouverez votre bonheur parmi les activités proposées par les plus de 1.000 établissements partenaires dans le monde. Quoi de mieux qu'un week-end pour se ressourcer et dénouer les tensions accumulées ces derniers mois ? C'est ce que propose le weekend mondial du bien-être avec la possibilité de s'adonner à de nombreux cours

17 September 2020
USA

THE SPA INSIDER IS NOW SPA & BEAUTY TODAY! THE MODERN LIFESTYLE GUIDE TO SPAS, BEAUTY, WELLNESS, AND RETREATS

ENJOY A VIRTUAL SEASIDE
YOGA SESSION ON
SEPTEMBER 19 WITH TERRANEA
RESORT FOR WORLD WELLNESS
WEEKEND

KAMALA KIEE - SEPTEMBER 17, 2020



Terranea Resort in Rancho Palos Verdes, CA invites guests and yoga enthusiasts to join a complimentary virtual seaside yoga session on September 19 in honor of World Wellness Weekend.

Every year during the third weekend of September, thousands of people around the world join together to celebrate World Wellness Weekend (WWW)—which offers fun, free, and meaningful wellness activities organized in 120 countries. The goal of WWW is to inspire and empower others to make healthier choices, and enjoy an active lifestyle.

In honor of this year's WWW, Terranea Resort in Rancho Palos Verdes, CA is inviting yoga enthusiasts to join a complimentary virtual seaside yoga session from the comfort of their own home on September 19. An in-person outdoor yoga practice is also available for guests at the resort at 10 a.m. that same day. Space is limited and advance reservations are required in order to accommodate physical distancing. Sanitized yoga mats will be provided.

<https://spaandbeautytoday.com/articles/enjoy-a-virtual-seaside-yoga-session-on-september-19-with-terranea-resort-for-world-wellness-weekend>

17 September 2020
USA

EVENT

World Wellness Weekend

September 20, 2020

8:00 a.m. to 5:00 p.m.

HEALTH, WELLNESS & FITNESS EVENTS WELLNESS EXPERIENCE LGBTQ EVENTS NAPLES



multiple locations
Naples, FL 34102
[Map](#)

CONTACT INFO
239-252-2379

<https://www.paradisecoast.com/event/world-wellness-weekend/5747>

Save the dates: Saturday and Sunday, September 19 and 20, 2020! Join other fitness and wellness enthusiasts for celebrations of World Wellness Weekend, which will take place in multiple locations throughout Florida's Paradise Coast. Join free & paid FUN wellness activities for guests and locals to boost the 5 Pillars of Wellness: Sleep, Nutrition, Exercise,

17 September 2020
USA

GLEN IVY HOT SPRINGS
OFFERING SPECIAL
PROGRAMMING FOR WORLD
WELLNESS WEEKEND

KAMALA KIRK - SEPTEMBER 17, 2020



Glen Ivy Hot Springs is celebrating World Wellness Weekend on September 19-20 with special programming designed to nurture the body and mind.

For [World Wellness Weekend](#) on September 19 and 20, [Glen Ivy Hot Springs](#) in Corona, California is offering special programming for guests that is designed to nurture their bodies and minds. Throughout the weekend, daily sound meditations will be offered on the Activities Deck, in addition to unique aqua yoga classes in the Lounge Pool. Participants in either of the mentioned exercises will also receive a

<https://spaandbeautytoday.com/articles/glen-ivy-hot-springs-offering-special-programming-for-world-wellness-weekend>

17 September 2020
France

[https://www.eterritoire.fr/detail/activites-touristiques/4e-week-end-mondial-du-bien-etre-world-wellness-weekend/944797031/provence-alpes-cote-d-azur,bouches-du-rhone,marseille\(13000\)](https://www.eterritoire.fr/detail/activites-touristiques/4e-week-end-mondial-du-bien-etre-world-wellness-weekend/944797031/provence-alpes-cote-d-azur,bouches-du-rhone,marseille(13000))



4E WEEK-END MONDIAL DU BIEN-ÊTRE WORLD WELLNESS WEEKEND

Nouveau conseil municipal? Nouveau site internet!
Notre offre clé en main pour 2€ par jour!

CET ÉVÉNEMENT EST TERMINÉ

eTerritoire vous propose de consulter dans cette page l'agenda des prochains événements qui se dérouleront



Week-end du Bien être
19 et 20 sept. 2020

INFORMATIONS GÉNÉRALES

Dates : le 2020-09-20

Adresse : Marseille

Information mise à jour le : 2020-09-10

Marseille

Bien-être

Le 20/09/2020

Pour la 2e année consécutive l'Office Métropolitain de Tourisme et des Congrès de Marseille et la ville de Marseille sont partenaires du 4e [Week-End](#) Mondial du Bien-Etre. Cette année une programmation dense et originale vous est proposée ! : Les prestataires ont usés de leur imagination pour vous inviter à vous sentir bien en ce début d'automne !

Variez les plaisirs du bien-être en suivant des [conférences](#) sur les petits rituels du bien-être, en faisant une [randonnée](#) au coeur du [Marseille](#) urbain ou une pause [yoga](#) au coeur des calanques... Soyez [acteur](#) de votre bien-être au sein d'un lieu unique !

Moments de bien-être

Mélodie 7 de 11h à 12h

Magali Giraud coach de vie certifiée diplômée en analyse transactionnelle, une discipline centrée sur la personnalité et la communication, vous délivrera lors d'un [atelier](#) en petit groupe l'origine de la confiance en soi. Ainsi, vous comprendrez pourquoi certains d'entre nous manquent cruellement de confiance en eux, alors que d'autres pensent, à l'inverse, être les meilleurs. Surtout, vous saurez comment trouver en vous-même les moyens pour développer votre confiance en vous, et ainsi transformer votre [vie](#) et celle de votre entourage.

Centre Mélodie 7, 78 rue du Rouet, 13008

Pour 8 personnes maximum Inscription : magali.giraud27@gmail.com – 0676067423

17 September 2020
Germany



About us Thermal Destinations Tourism Event Calendar Thermal Heritage Contact English

EHTTA Supports World Wellness Weekend!

Published by CL at September 17, 2020

Tags Categories



European Historic Thermal Towns Support World Wellness Weekend!

For hundreds of years, people have travelled to spa towns across Europe for centuries to use their mineral-rich, healing thermal waters to improve their health. While many spa towns still have medical facilities based around thermal waters to this day, they are also used for wellness in its widest sense. They are places of well-being, and relaxation, partly because over the years, they have become very good at looking after and entertaining visitors. In most spa towns in our network, visitors will find not only thermal baths and drinking fountains but high quality hotels, cultural and artistic venues, parks and gardens, and a generally more relaxed pace!

The European Historic Thermal Towns Association (EHTTA) supports World Wellness Weekend on 19th/20th September 2020 together with its members from 18 European countries. EHTTA represents historic thermal towns from Portugal to Estonia via the Peloponnese and beyond, all united in a network which was founded in 2009 and which was certified as a Cultural Route of the Council of Europe in 2010.

"While spa towns are of course associated with the use of water for medicine and health, there are several other elements of the spa town package that fit well with the World Wellness Weekend '5 pillars of wellness'" says EHTTA president José Manuel Baltar Blanco. "Some of our members have supported the WWW before and this year we know about planned activities in Georgia, Hungary, Germany and France for example."

Incorporating one or more of them into your lifestyle is said to "immediately improve your life", and these are some very simple ways that everyone can enjoy one of Europe's spa towns for wellness:

- Sleep and Restoration:

Visit one of our spa hotels for complete rest and relaxation – and don't be tempted to skip the relaxation session after a day at the spa either – it's an essential part of the healing process

- Nutrition and Nourishment:

Spa towns often have great locally sourced food and drink – as well as a few alcoholic treats and speciality products which are designed to be part of the cure – such as wafers, Vichy Mints and the „13th spring“ in Karlovy Vary the herbal Becherovka tonio!

Drinking our waters can often be good for health, and can supplement a healthy diet

<https://ehhta.eu/portal/ehhta-world-wellness-weekend/>

17 September 2020
France

MARSEILLE ▾

le Bonbon

f @

Que faire à Marseille ce week-end ? (17-20 sept.)

Laura Puset | Loisirs | Publié le 17 Septembre 2020 à 09h54



Marseille - iStock©

Décidément ce Covid nous en fait voir des vertes et des pas mûres ! Pour les irréductibles qui souhaitent encore mettre le nez dehors (avec les toutes les précautions que cela implique), on vous a concocté un petit panel des meilleurs events qui se trament ce week-end à Marseille.

<https://www.lebonbon.fr/marseille/loisirs/que-faire-a-marseille-ce-week-end-17-20-sept/>

Savourer une ambiance relax

Le restaurant éphémère Le Temps d'un Été, qui a conquis les visiteurs avec sa carte fraîche et bistronomique durant la saison estivale, fêtera son dernier jour d'opération au travers d'un **brunch healthy et bien-être** (75€ par personne). À l'occasion du **World Wellness Weekend**, le dimanche 20 septembre, que se tiendra cet événement, qui profite d'une programmation complète.

Pour débiter : **séance de yoga** sur la terrasse panoramique de 11h à 12h, offerte pour les clients du brunch et dispensée par ReiseTrip Tours.

De 12h30 à 14h30, les participants pourront découvrir une **carte dédiée** aux produits sains et équilibrés, avec une sélection de **produits sans gluten et sans lactose** de la pâtisserie marseillaise **La Pépité**.

Pendant la durée du brunch, le Sofitel Spa offrira sur place des massages des mains, avec la possibilité de participer à un tirage au sort pour gagner des soins, et une remise de 20% sur la carte du Sofitel Spa durant l'événement.



Brunch Bien-être

Sofitel Marseille Vieux-Port

36 boulevard Charles Livon - Marseille 7e

Dimanche 20 septembre

De 11h à 14h30

Accès uniquement sur réservations au 04 91 15 59 56

75€ par personne

[L'événement](#)

17 September 2020 Maldives

<https://mvhotels.travel/travel-news/anantara-resorts-in-maldives-celebrates-world-wellness-weekend/>



Travel News Interests ▾

TRAVEL NEWS

Anantara Resorts in Maldives Celebrates World Wellness Weekend

 News Editor · September 20, 2020

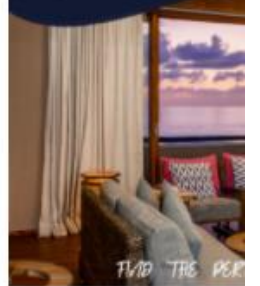


Anantara Resorts in the Maldives is celebrating the World Wellness Weekend with holistic experiences. Annual World Wellness Weekend inspires and empowers people to make healthier choices in their lives. Furthermore, the weekend encourages people to enjoy an active lifestyle with friends and family.

Anantara Dhigu Maldives Resort

Anantara Dhigu Maldives Resort celebrates the World Wellness weekend with a HIIT class on the beach. The resort boasts 110 luxury suites and villas and a variety of accommodation options. The Anantara Spa at Dhigu offers indulgent signature treatments, couples' journeys, multi-day packages, and much more.

Booking@splendidasia.com
(960) 7241111



MadlyN
dire

17 September 2020
France

BIEN-ÊTRE - un week-end mondial aussi à Royat !

ACCUEIL » BIEN-ÊTRE - UN WEEK-END MONDIAL AUSSI À ROYAT !



« Les Accros du peignoir » dans le parc derrière Therm'Auvergne. Photo : Annick D'Hier

<http://www.semeur.com/bien-etre-un-week-end-mondial-aussi-a-royat/>



Édition du 18 septembre 2020 – Les 19 et 20 septembre, c'est la 4e édition du week-end mondial du bien-être (World Wellness Week-end), un week-end bien-être et anti-morosité qui va à nouveau donner envie à chacun de prendre soin de soi, de bouger, d'adopter des bons réflexes, entre amis, en couple ou en famille. Convaincus du [...]

17 September 2020
Singapore

<https://www.augustman.com/my/wellness/free-wellness-sessions-this-world-wellness-weekend-sept-19-20/>

AUGUSTMAN Style Culture Gear Food & Drink Travel Wellness AM Select E-Magazine

MY SEARCH

The Main Reasons Couples Give Up On Dating Sex

Chloe Gindohan Offers Five Meditation Sessions Via Insight Timer

Abe Vert Offers A Natural Moisturizing Solution

wellness

FREE WELLNESS SESSIONS THIS WORLD
WELLNESS WEEKEND (SEPT 19 & 20)

AFP Robinson 12/27/2020

Image from Alexander Novikov / iStock

It's time to sign up for the fourth annual World Wellness Weekend to be held on September 19 and 20. Participants will be able to take advantage of free introductory sessions for a wide range of disciplines offered by venues around the globe. Sophrology, musical relaxation, yoga, Pilates, massages, skin tests and hiking, there will be something for everyone with more than 1,000 businesses opening their doors to promote the cause of well-being.

Here comes the weekend and there's no better moment to recharge your batteries and forget all of the tension that you may have built up in recent months. It also might be a time to learn a little more about how to feel better, and the World Wellness Weekend offers a chance to do just that with classes and activities at venues all over the planet. No less than a thousand wellness centers will be opening their doors to teach you how to cultivate a harmony between mind and body in the course of two days of events, which have come at just the right time in the wake of months of stress occasioned by the global health crisis.

This year's program is structured around the five pillars of wellness which are essential to the promotion of health and the prevention of disease: sleep and restoration, nutrition and nourishment, vitality and movement, serenity and mindfulness, and purpose and solidarity. So there will be something for everyone, regardless of their level of training or physical fitness.

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3 MONTHS

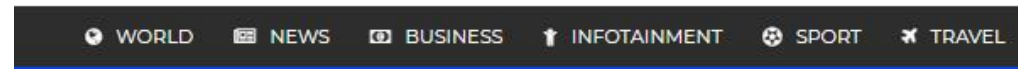
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17 September 2020
Sharja



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Home > Sharjah Ladies Club promotes healthy living, by celebrating World Wellness Weekend > Sharjah Ladies Club promotes healthy living, by celebrating World Wellness Weekend

Sharjah Ladies Club promotes healthy living, by celebrating World Wellness Weekend

Posted on September 17, 2020 UTC

0



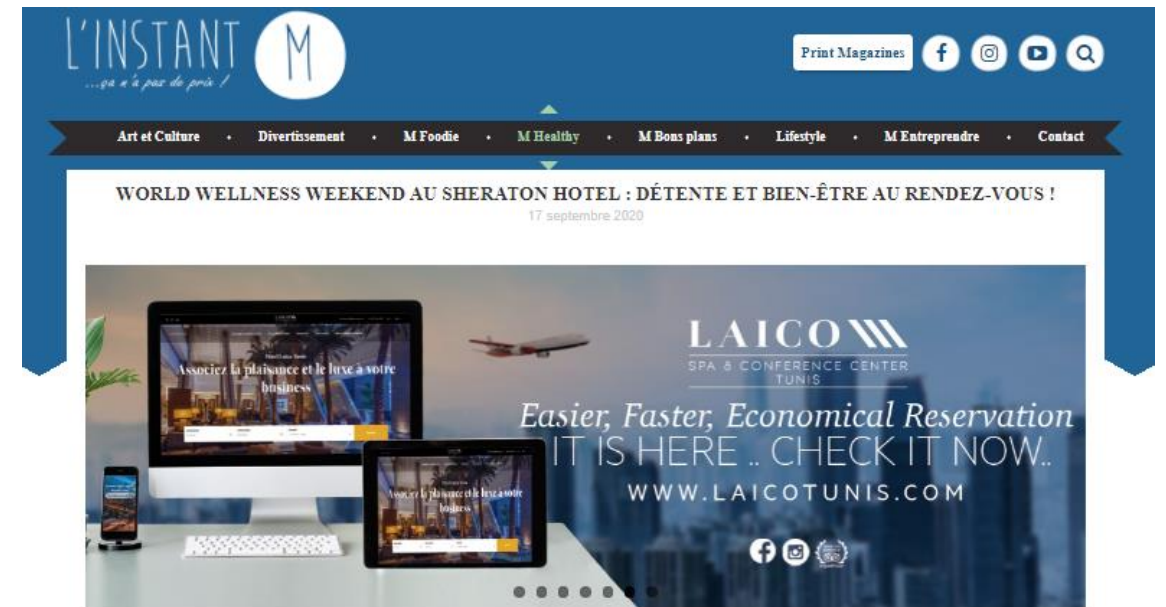
Previous article

Sharjah Ladies Club promotes healthy living, by celebrating World Wellness Weekend

<https://www.biztoday.news/2020/09/17/sharjah-ladies-club-promotes-healthy-living-by-celebrating-world-wellness-weekend/sharjah-ladies-club-promotes-healthy-living-by-celebrating-world-wellness-weekend/>

17 September 2020 Tunisia

https://www.linstant-m.tn/article_6866_world-wellness-weekend-au-sheraton-hotel--detente-et-bien-etre-au-rendez-vous--.html



The screenshot shows the top section of the L'Instant M website. At the top left is the logo 'L'INSTANT M' with the tagline '...ça n'a pas de prix !'. To the right are social media icons for Facebook, Instagram, YouTube, and a search icon, along with a 'Print Magazines' button. Below this is a navigation bar with links: Art et Culture, Divertissement, M Foodie, M Healthy, M Bons plans, Lifestyle, M Entreprendre, and Contact. The main content area features a headline: 'WORLD WELLNESS WEEKEND AU SHERATON HOTEL : DÉTENTE ET BIEN-ÊTRE AU RENDEZ-VOUS !' dated '17 septembre 2020'. Below the headline is a large banner for 'LAICO SPA & CONFERENCE CENTER TUNIS'. The banner includes the text 'Easier, Faster, Economical Reservation IT IS HERE .. CHECK IT NOW..' and the website 'WWW.LAICOTUNIS.COM'. The banner image shows a computer monitor, a tablet, and a smartphone displaying the website, with a background of a city skyline and an airplane.



Parce qu'un weekend spa est irrésistible après une longue semaine de boulot, nous vous proposons de tester le spa de l'hotel Sheraton à l'occasion du WORLD WELLNESS WEEKEND !

Profitez du week-end pour vous revigorer après une semaine au boulot. Au programme ; un soin du visage, un massage relaxant, des conseils en beauté avec un spécialiste, du yoga, un atelier de peinture et bien plus..

En optant pour les abonnements annuels Gold & Silver, vous bénéficiez d'avantages irrésistibles.

Pour plus d'informations, contactez le 71 100 310.

Adresse : Avenue de la ligue Arabe Sheraton Tunis Hotel

17 September 2020
Malaysia

Ampsa celebrates World Wellness

Published on: Thursday, September 17, 2020

By: Lorena Binisol

Text Size:



Jeanette (centre) with spa therapists.

KOTA KINABALU: Association of Malaysian Spas (Ampsa), with the support of Tourism Malaysia, celebrated World Wellness Weekend 2020 for the third time, said President Datin Jeanette Tambakau recently.

In preparation for the auspicious event, months-filled activities were lined up with Ampsa #MyWellness Series, available through social media and webinars. Focusing on virtual sharing/social media live due to covid-19, the online activities covered five pillars of wellness which is Sleep, Nutrition, Movement, Mindfulness and Sense of Purpose.

“The activities for Malaysia kicked off with interviews on SpaViews by SpaVeda, a platform for local and international spa personalities including experts in the industry to share ideas and opinions.

<http://www.dailyexpress.com.my/news/158503/ampsa-celebrates-world-wellness/>

Login to read the full article here.

16 September 2020
Italy

<https://tg24.sky.it/cagliari/2020/09/16/nel-borgo-di-lollove-due-giornate-allinsegna-del-benessere>




sky tg24 COVID-19 SPECIALE ELEZIONI IL LONGFORM SUL VOTO SCUOLA SPETTACOLO


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SARDEGNA

Nel borgo di Lollove due giornate all'insegna del benessere

16 set 2020 - 16:54

SHARE:   



19 e 20 settembre in programma il World Wellness Weekend

Ricevi ogni sera le notizie più lette del giorno **ISCRIVITI**
 Dichiaro di aver preso visione dell'[informativa privacy](#).

Due giorni di puro benessere a Lollove (Nuoro), il più piccolo borgo medievale d'Italia, verranno proposti il 19 e 20 settembre per la terza edizione dell'evento mondiale di benessere World Wellness Weekend - InEvoSpa Lollove, che vede come ambasciatrice in Sardegna Giovanna Lorrà.


Otto le attività delle varie discipline olistiche a beneficio del corpo e della mente, che potranno praticare i visitatori: dallo Yoga Nidra, al Laboratorio di Danza Emozionale, all'Hatha Yoga, fino al Trattamento Bowen, che si svolgeranno nel complesso della Casa Museo di Roberto Chessa e in angoli suggestivi dell'abitato con la collaborazione dei dieci residenti.


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DIRETTA LIVE

Si è verificato un problema con l'accesso ai contenuti protetti. (Errore di Codice: 232403)

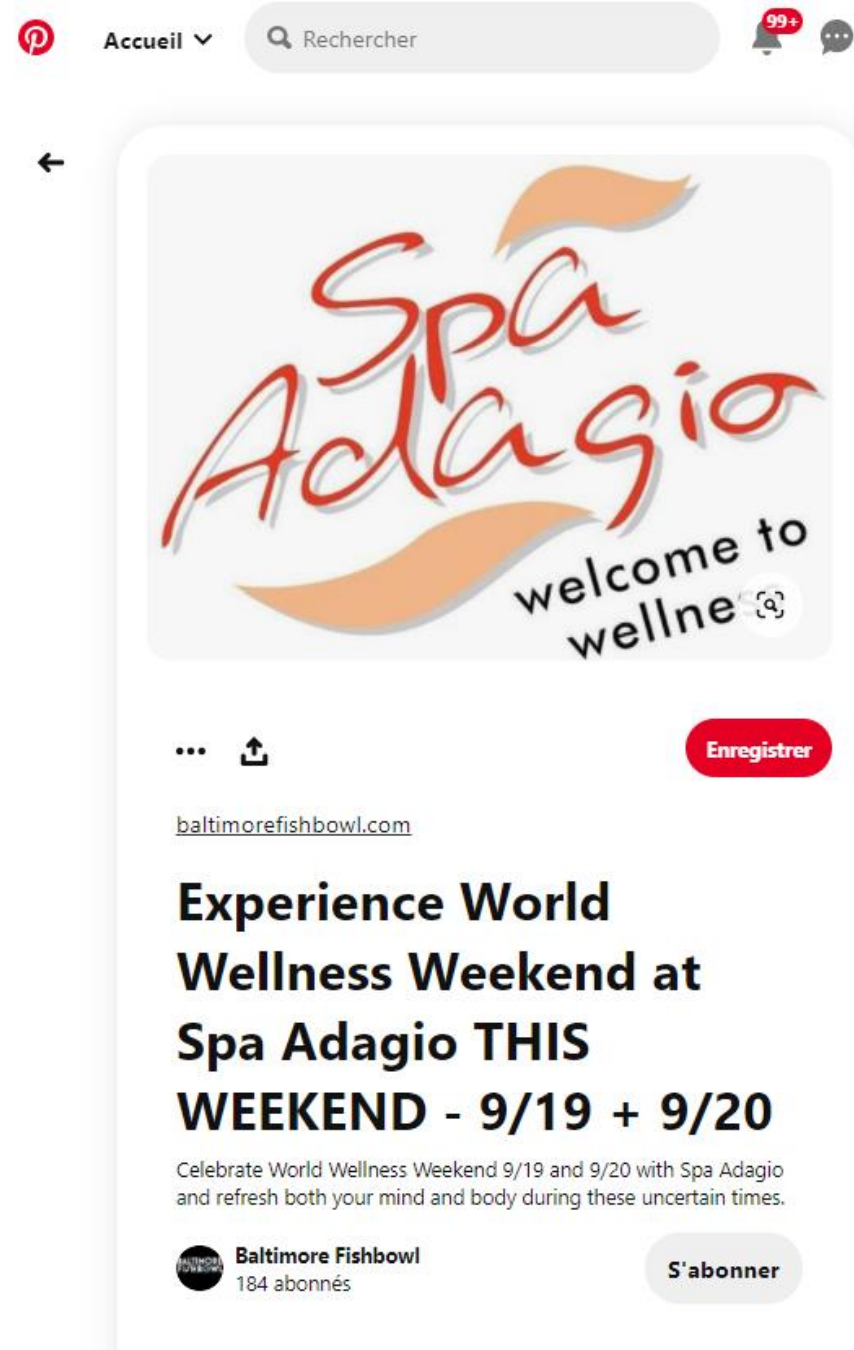
NUOVA MINI COUNTRYMAN. NORTHWOOD EDITION.
SCOPRILA IN TUTTE LE CONCESSIONARIE MINI.



RICHIEDI PREVENTIVO 

16 September 2020
USA

<https://www.pinterest.com/pin/73887250126409309/?autologin=true>



The screenshot shows a Pinterest interface. At the top, there is a navigation bar with the Pinterest logo, the word "Accueil" with a dropdown arrow, a search bar containing the word "Rechercher", and notification icons for 99+ messages and a profile menu. The main content is a pin from "Baltimore Fishbowl" featuring a graphic for "Spa Adagio" with the text "welcome to wellne" and a share icon. Below the graphic are options to "Enregistrer" (save) and a link to "baltimorefishbowl.com". The main text of the pin reads: "Experience World Wellness Weekend at Spa Adagio THIS WEEKEND - 9/19 + 9/20". A short description follows: "Celebrate World Wellness Weekend 9/19 and 9/20 with Spa Adagio and refresh both your mind and body during these uncertain times." At the bottom, there is a profile card for "Baltimore Fishbowl" with 184 followers and a "S'abonner" (follow) button.

Accueil ▾ Rechercher 99+

←


Spa Adagio
welcome to wellne

... ↗ Enregistrer

[baltimorefishbowl.com](https://www.baltimorefishbowl.com)

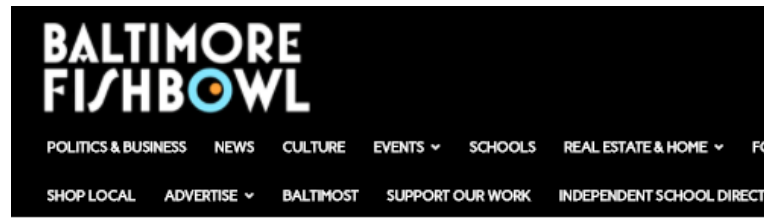
**Experience World
Wellness Weekend at
Spa Adagio THIS
WEEKEND - 9/19 + 9/20**

Celebrate World Wellness Weekend 9/19 and 9/20 with Spa Adagio and refresh both your mind and body during these uncertain times.

 **Baltimore Fishbowl**
184 abonnés

S'abonner

16 September 2020
Italy



[Around Town](#) [Events](#) [Health and Fitness](#) [Sponsored Post](#) [Weekend Events](#)

Experience World Wellness Weekend at Spa Adagio THIS WEEKEND – 9/19 + 9/20

By **Sponsored Post Staff** · September 18, 2020

0

Share the News



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This weekend, September 19 and September 20, is [World Wellness Weekend](#) – a weekend dedicated to inspiring and empowering people to make healthier choices. [Spa Adagio](#), a Wellness Ambassador for Baltimore, will be participating, offering a wide variety of holistic personalized spa treatments. Check out [Spa Adagio's Facebook page](#) throughout the weekend for [wellness videos](#), tour the spa on Saturday and Sunday evening from 7pm-8pm (*by appointment only*), meet Anette Langsdorf, Yoga Teacher 500 E-YRT, at Saturday's Open House, make an appointment for a treatment and start the upcoming season with a refreshed mind and body.

Since 2017, the World Wellness Weekend has encouraged professional wellness leaders across the world to open their doors, showcase the expertise of their teams, engage their local communities and raise their profile. This weekend offers creative ways to encourage people to experience wellness and become the best versions of themselves. Take a look at the [World Wellness Map](#) to see local participating venues.

Regina Schneider, Owner of [Spa Adagio](#), offers a number of treatments at her studio. Her credentials include LMT/Chiropractor Board MD, Nationally Certified USA, Sleep Consultant, Massage and Spa Educator. Regina's goal is to share that Baltimore has a Wellness Ambassador in [Spa Adagio](#), and how very important it is to stay mentally and physically healthy, especially during these uncertain times. If you can't make it over the weekend, check out the [Facebook Page for wellness videos](#).

<https://baltimorefishbowl.com/stories/experience-world-wellness-weekend-at-spa-adagio-this-weekend-9-19-9-20/>

16 September 2020
Australia

<https://mailchi.mp/2d9877048d46/stay-calm-and-carry-on-immunity-protection-and-wellness-support-3889513>

Synthesis
the heart of organics

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Congratulations
to our Replenish Elixir
Promo Winner!

Mary Drossos

Thank you to all who joined!
Watch out for our next promo for a chance
to win \$500 worth of Synthesis Skincare.



Dear <<First Name>>,

Did you know that the ancient Greeks practiced self-care long before its recent revival in popularity?

They called it "*philautia*" which translates most closely to 'self-love' or 'love of self.' This is totally different from selfishness or self-obsessiveness, and when practiced truly, provides the foundation upon which all other love is built. The more you love yourself, the more you could love others.

As Aristotle put it, "*all friendly feelings for others are an extension of man's feelings for himself.*"

And, as well as building a more harmonious society, self-care also tends to improve our immunity, reduce stress, anxiety, and other emotional imbalances!



16 September 2020
Italy



Nuoro. Presentato il 'World Wellness Weekend' in programma a Lollove [IL SERVIZIO]

Nuoro. Presentato il 'World Wellness Weekend' in programma a Lollove [IL SERVIZIO]

<https://www.telesardegna.net/index.php/servizi/6542-nuoro-presentato-il-world-wellness-weekend-in-programma-a-lollove-il-servizio>

16 September 2020
Malaysia

JE FONCE

Nous continuons à prendre soin de vous.



HOME / LIFE

How about a free wellness session this weekend?

Wednesday, 16 Sep 2020 07:42 AM MYT



Registration is open for this year's World Wellness Weekend on September 19 and 20. — AlexanderNovikov / iStock.com pic via AFP

LONDON, Sept 16 — It's time to sign up for the fourth annual World Wellness Weekend to be held on September 19 and 20. Participants will be able to take advantage of free introductory sessions for a wide range of disciplines offered by venues around the globe.

Sophrology, musical relaxation, yoga, Pilates, massages, skin tests and hiking, there will be something for everyone with more than 1,000 businesses opening their doors to promote the cause of well-being.

JE FONCE

Nous continuons à prendre soin de vous.



Carrefour.fr

IN LIFE

JUST IN POPULAR

- 2 hours ago
Vietnamese college student spends RM90,000 to build life-sized Batmobile after watching 'The Dark Knight'
- 2 hours ago
Kuala Lumpur through KL20X20 Photography Project exhibition in eight locations around city
- 4 hours ago
Positivity, yoga, feng shui: Pinterest users are seeking emotional well-being
- 6 hours ago
T-rex skeleton could fetch record price at New York auction

<https://www.malaymail.com/news/life/2020/09/16/how-about-a-free-wellness-session-this-weekend/1903617>

16 September 2020
France

<http://www.lyonfemmes.com/weekend-mondial-du-bien-etre/>

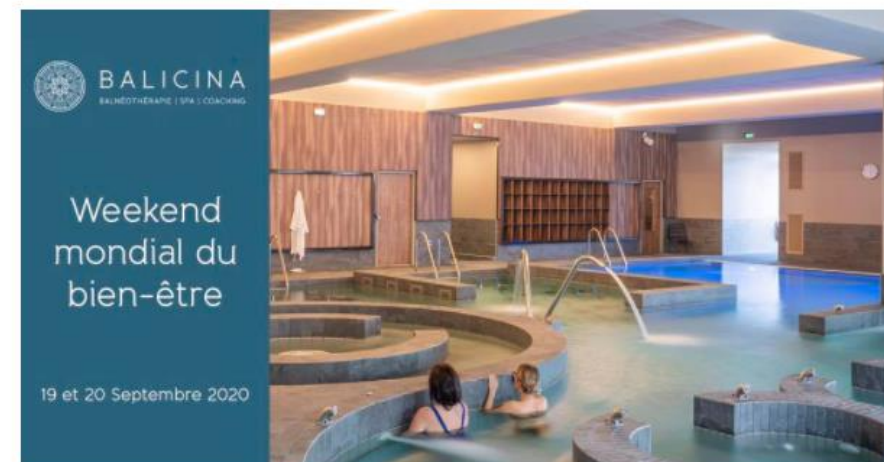


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Weekend mondial du bien-être

Publié le 16 septembre 2020

Poster un commentaire



Le weekend mondial du bien-être, c'est pour bientôt !

Balicina, vous propose les 19 et 20 septembre une multitude d'ateliers pour vous initier au mieux-être et à la balnéothérapie.

De la sophrologie à la découverte des activités sportives aquatiques, en passant par une initiation au Shiatsu, il y en aura pour tous les goûts !

Et pour les enfants ? Un atelier ludique spécialement conçu pour eux afin de les sensibiliser au mieux-être et à l'hygiène !

Au programme :

– Les bons gestes et réflexes à adopter pour la prévention des cancers de la peau (30 min)

Échangez avec un professionnel de santé sur la peau et les dangers du soleil.

16 September 2020
Italy



Due giorni dedicati a corpo e mente: Lollove ospita evento sul benessere

16 settembre 2020 Culture



Condividi

FINO A 166 PARTENZE AL GIORNO
DA E PER LE ISOLE.
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PRENOTA SUBITO



Due giorni di puro benessere a Lollove (Nuoro), il più piccolo borgo medievale d'Italia, verranno proposti il 19 e 20 settembre per la terza edizione dell'evento mondiale di benessere **World wellness weekend – InEvoSpa Lollove**, che vede come ambasciatrice in Sardegna **Giovanna Lorrai**.

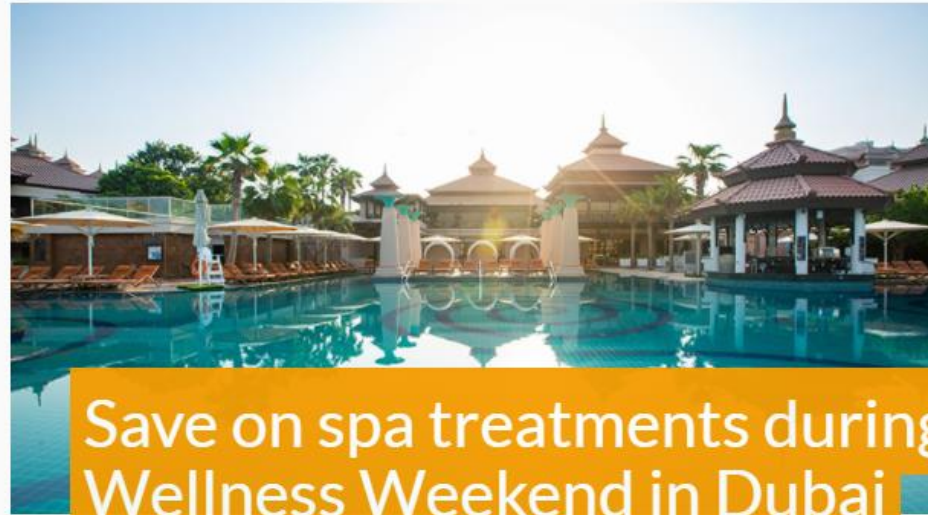
Otto le attività delle varie discipline olistiche a beneficio del corpo e della mente, che potranno praticare i visitatori: dallo Yoga Nidra, al Laboratorio di danza emozionale, all'Hatha

Yoga, fino al Trattamento Bowen, che si svolgeranno nel complesso della **Casa museo di Roberto Chessa** e in angoli suggestivi dell'abitato con la collaborazione dei dieci residenti.

“L'evento che ha come fondamento quello di far conoscere le attività di benessere che vengono svolte all'interno delle Spa, nasce nel 2017 – ha spiegato l'ambasciatrice della manifestazione nella conferenza stampa di presentazione nello **Spazio Ilisso** a Nuoro insieme alla titolare **Vanna Fois** -. Io non ho una Spa canonica, ma ne ho una enorme che è la Sardegna. Quest'anno abbiamo scelto il borgo suggestivo di Lollove nel quale poter offrire un benessere completo: chi arriva potrà partecipare alle attività, visitare il borgo, la casa muse, ma potrà anche raggiungerci in bicicletta a partire da Predistrada a Nuoro. Anche al cibo verrà riservata un'attenzione speciale: i pasti saranno un'esperienza emozionale per occhi e palato con materie prime a chilometro 0. Il menù prevede ricette identitarie all'insegna del comfort food, realizzate a cura di Lollovers di **Simone Ciferni**, la cui famiglia è proprietaria dell'apprezzata locanda “Da ZiaFranzisca”. Per arrivare al borgo bisogna prenotarsi attraverso la app **InEvoSpaNaturaleSardegna** viste le misure anti Covid.

<https://www.sardiniapost.it/culture/due-giorni-dedicati-a-corpo-e-mente-lollove-ospita-evento-sul-benessere/>

16 September 2020
Dubai



← Ads by Google

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Why this ad? ▾

f t w e Beauty Spas Well-being

Written by: Sarah Gamboni 17 hours ago

We could all do with a little pampering right about now...

If there's ever been a year that needed a weekend devoted to wellness, it's 2020. World Wellness Weekend coming to Dubai to give us the TLC we need, with discounted spa treatments and free facials at two of the city's top spas.

Visit these leading Dubai spas on September 19 and 20 to save on selected treatments during World Wellness Weekend in Dubai.

At Anantara The Palm Dubai

The Thai-inspired spa at Anantara The Palm Dubai is celebrating World Wellness Weekend with enticing discounts on a range of treatments.

For this weekend only, save 25 per cent when you book a Thalion, Ayurveda or Magnesium Wellness treatment at the Anantara Spa. You can read our [review of Anantara's magnesium rebalance treatment here](#).

If you'd like to bring the spa experience home with you, you can also save 25 per cent on selected wellness products in the spa's retail store.

EDITOR'S PICKS



Here's why Kite Beach Centre in Umm Al Quwain is the UAE's best-kept secret



<https://whatson.ae/2020/09/save-on-spa-treatments-during-world-wellness-weekend-in-dubai/>

16 September 2020
Italy

ANSA.it · Sardegna · Nel borgo di Lollove due giornate all'insegna del benessere

Nel borgo di Lollove due giornate all'insegna del benessere

Il 19 e 20 settembre in programma il World Wellness Weekend

Redazione ANSA

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17 settembre 2020

12:20

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Due giorni di puro benessere a Lollove (Nuoro), il più piccolo borgo medievale d'Italia, verranno proposti il 19 e 20 settembre per la terza edizione dell'evento mondiale di benessere World Wellness Weekend - InEvoSpa Lollove, che vede come ambasciatrice in Sardegna Giovanna Lorrai.

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Per arrivare al borgo bisogna prenotarsi attraverso l'applicazione NuoroApp.

https://www.ansa.it/sardegna/notizie/2020/09/16/nel-borgo-di-lollove-due-giornate-allinsegna-del-benessere_1ae6723b-6779-4eba-8a14-f3a4184e77a6.html

16 September 2020
United States

PROFILES

Jean-Guy de Gabriac & World Wellness Weekend

SEPTEMBER 16, 2020

The fourth annual World Wellness Weekend is upon us! We asked Founder Jean-Guy de Gabriac to share his thoughts on wellness and why it matters now more than ever. Here's what he shared.

Wellness Starts with "We"

People need wellness now more than ever—physical wellness, mental wellness, emotional wellness, and social wellness—and we need to strengthen our immune systems. We can do that by being more active and finding moments of calm each day, even if brief, to build resiliency.

Wellness does not start with "me," but with "we." We should become the artisans of healthier and more vibrant lifestyles. Wellness does not just help us to survive, it helps us to thrive. This is the goal of World Wellness Weekend that will be celebrated this weekend, September 19th to 20th. Those participating in the World Wellness Weekend are encouraged to take the Wellness Pledge and positively impact the lives of people near or far, through solidarity and a sense of purpose. The pledge encourages those to team up with a "wellness buddy" to ripple the benefits of enhanced wellbeing.



<https://www.insidersguidetospas.com/features/jean-guy-de-gabriac-world-wellness-weekend/>

What professionals do in spas, beauty salons, and fitness clubs is essential for the wellbeing of humanity.

16 September 2020
Hungary

<https://allevents.in/budapest/hatha-j%C3%B3ga-az-aquincum-hotelben-world-wellness-weekend/200020160600756>



Hatha jóga az Aquincum Hotelben - World Wellness ...

Sat Sep 19, 2020



Hatha jóga az Aquincum Hotelben - World Wellness Weekend

?? Szeretettel várjuk másfél órás, teljes testet átmozgató jóga óránkra, ahol betekintést nyerhet a hatha jóga világába. A jóga órát az Aquincum Hotel gyönyörű zöld parkjában tartjuk.

Időpontok: szeptember 19. és 20. mindkét nap 16 órakor.

? Találkozási pont az Aquincum Hotel parkjában

Címünk: 1036 Budapest, Árpád fejedelem útja 94.

Az esemény eső esetén sem marad el, a jógaórákat megtartjuk az Aquincum Hotel egyik termében.

? Az esemény ingyenes, de előzetes ? regisztráció szükséges a spa@aquincumhotel.com e-mail címen, vagy a World Wellness Weekend weboldalán: https://map.world-wellness-weekend.org/venue/the-aquincum-hotel-budapest/?fbclid=IwAR0L5Lxr9QZTsgk1kld0vxCa0zxCEnwSTUuSYo8Vx6NztgTQ09sog_7ThKk

Várjuk szeretettel!

16 September 2020
Australia

<https://www.visitmelbourne.com/regions/Mornington-Peninsula/Events/Classes-and-workshops/World-Wellness-Weekend-with-Peninsula-Hot-Springs>

Official site for Melbourne, Victoria, Australia

MELBOURNE

INSPIRATION DISCOVER VICTORIA MELBOURNE PLAN

Mornington Peninsula

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03 5950 8777



Website Email

World Wellness Weekend with Peninsula Hot Springs

BOOK NOW

19 - 20 Sep 2020

OVERVIEW MORE INFO



Peninsula Hot Springs, Virtual event, Fingal, Victoria, 3939

Peninsula Hot Springs are delighted to share their World Wellness Weekend program for 2020 with you. This year is going to look a little different as they invite you to participate in a series of virtual events.

Hosted on Saturday 19th and Sunday 20th September, this year's program will be available online and free for the whole community and they encourage you to get involved.

16 September 2020
France

<https://www.dna.fr/culture-loisirs/2020/09/16/week-end-bien-etre-bouger-mediter-prendre-soin-de-soi>

Culture - Loisirs

Jeux vidéo Gastronomie Cinéma Musique Scènes

Niederbronn-les-Bains

Un week-end bien-être pour bouger, méditer, prendre soin de soi

Niederbronn-les-Bains, station touristique et thermale, a souhaité participer pour la deuxième année consécutive au « World Wellness Week-end ».

16 sept. 2020 à 11:50 - Temps de lecture : 2 min

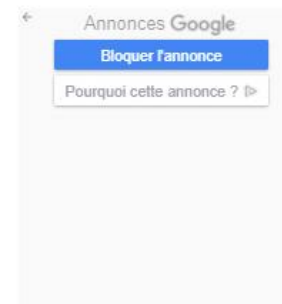
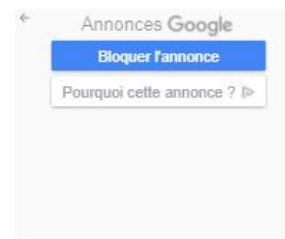
Vu 457 fois



La piscine « Les Aquaites » proposera des animations spécifiques. Photo DNA



Chaque année, pendant le troisième week-end de septembre, des professionnels de la forme, de la beauté, du sport, du bien-être et du tourisme se mobilisent dans une centaine de pays pour inviter le grand public à bouger, méditer, prendre soin de soi... Seul, entre amis ou en famille.



16 September 2020
United Kingdom

Caroline Matthews · 21 hours ago · 2 min read

World Wellness Weekend: How self-kindness and sustainability are helping spark more joy in our lives



Wellness comes in many forms, but for a great many of us, it hinges on doing right by our bodies, our minds...and the environment.

With green credentials increasingly creeping into our personal care decisions, it's no longer enough for wellness to cost the earth... whether literally or figuratively speaking.

This World Wellness Weekend, it's the perfect time therefore, to reflect on the mutual importance of self-kindness and sustainability in sparking more joy in our lives... something

<https://www.health-magazine.co.uk/contact>

16 September 2020
France


https://www.cyclingalsace.com/ou-dormir/hotels/F219004645_week-end-mondial-du-bien-etre-niederbronn-les-bains.html

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WEEK-END MONDIAL DU BIEN-ÊTRE



©Office de Tourisme de Niederbronn-les-Bains

Week-end mondial du bien-être - Niederbronn les Bains

Chaque année, pendant le 3ème week-end de septembre, des professionnels de la forme, de la beauté, du sport, du bien-être et du tourisme se mobilisent dans une centaine de pays pour inviter le grand public à bouger, méditer, prendre soin de soi... seul, entre amis ou en famille.

16 September 2020
Australia



World Wellness Weekend

WEDNESDAY, 16 SEPTEMBER 2020 - TRAVEL NEWS



Incorporate everyday wellness into your lifestyle for that year round holiday glow.

How we sleep, eat, move, relax and socialise, either keeps body and mind in a state of vitality or creates an imbalance with repercussions on our health.

On September 19 & 20, 2020 from sunrise in Fiji to sunset in Hawaii, be inspired and empowered to make healthier choices and enjoy an active lifestyle with family & friends with the World Wellness Weekend. The current health situation around the world reminds us how important it is to have a strong immune system.

<https://www.auvergnerhonealpes-tourisme.com/fiches/world-wellness-week-end-vichy-candidate-au-patrimoine-mondial-de-lunesco/>


16 September 2020
France

 Actuellement, **31963** évènements sont |

LA RECHERCHE Categories A pa



Week-end mondial du bien-être

 Village 67110 Niederbronn les Bains - 67110 - Niederbronn-les-Bains
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WEEK-END MONDIAL DU BIEN-ÊTRE :
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<https://www.flanerbouger.fr/events/fete/67110-week-end-mondial-du-bien-etre-niederbronn-les-bains-757473>

Week-end mondial du bien-être

Chaque année, pendant le 3ème week-end de septembre, des professionnels de la forme, de la beauté, du sport, du bien-être et du tourisme se mobilisent dans une centaine de pays pour inviter le grand public à bouger, méditer, prendre soin de soi... seul, entre amis ou en famille.



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Horaires *

Date : **du 18 septembre 2021 au 19 septembre 2021**

Horaire : **de 09h00 à 18h00**

(*) : Les manifestations pouvant être supprimées, annulées, ajournées, prenez contact avec les organisateurs avant de vous déplacer.

Lieu :

67110 - Niederbronn-les-Bains - Village 67110 Niederbronn les Bains

Contact :

Téléphone : **0388808974**

Email : info@niederbronn-les-bains.fr

16 September 2020
France



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<https://www.provenceazur-tv.fr/cest-le-sud-le-150920/>



16 September 2020
Italy

ANSA.it › Sardegna › [Nel borgo di Lollove due giornate all'insegna del benessere](#)

Nel borgo di Lollove due giornate all'insegna del benessere

Il 19 e 20 settembre in programma il World Wellness Weekend

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18:54

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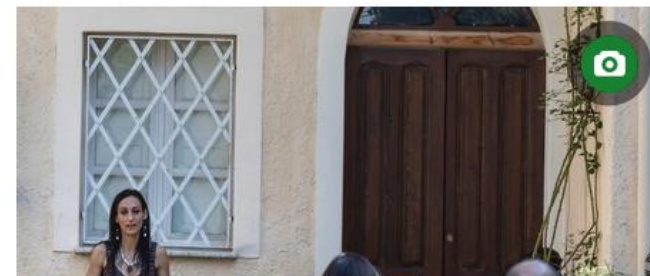
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(ANSA) - NUORO, 16 SET - Due giorni di puro benessere a Lollove (Nuoro), il più piccolo borgo medievale d'Italia, verranno proposti il 19 e 20 settembre per la terza edizione dell'evento mondiale di benessere World Wellness Weekend - InEvoSpa Lollove, che vede come ambasciatrice in Sardegna Giovanna Lorrà.

Otto le attività delle varie discipline olistiche a beneficio del corpo e della mente, che potranno praticare i visitatori: dallo Yoga Nidra, al Laboratorio di Danza Emozionale, all'Hatha Yoga, fino al Trattamento Bowen, che si svolgeranno nel complesso della Casa Museo di Roberto Chessa e in angoli suggestivi dell'abitato con la collaborazione dei dieci residenti.

"L'evento che ha come fondamento quello di far conoscere le attività di benessere che vengono svolte all'interno delle Spa, nasce nel 2017 - ha spiegato l'ambasciatrice della manifestazione Giovanna Lorrà nella conferenza stampa di presentazione nello Spazio Ilisso a Nuoro - lo non ho una Spa canonica, ma ne ho una enorme che è la Sardegna. Quest'anno abbiamo scelto il borgo suggestivo di Lollove nel quale poter offrire un benessere completo: chi arriva potrà partecipare alle attività, visitare il borgo, la casa muse, ma potrà anche raggiungerci in bicicletta a partire da Predistrada a Nuoro.

https://www.ansa.it/sardegna/notizie/2020/09/16/nel-borgo-di-lollove-due-giornate-allinsegna-del-benessere_1ae6723b-6779-4eba-8a14-f3a4184e77a6.html

16 September 2020 Asia



Registration is open for this year's World Wellness Weekend on Sept. 19 and 20. Image: iStock/AlexanderNovikov

It seems there is no better moment than this weekend to recharge your batteries and forget all of the tension you may have built up in recent months. It might also be the perfect time to learn a little more about how to feel better.

Enter the fourth annual World Wellness Weekend happening on Sept. 19 and 20, which offers a chance to do just that with classes and activities at venues all over the planet.

No less than a thousand wellness centers will be opening their doors to teach you how to cultivate harmony between mind and body in the course of two days of events, which may have come at just the right time in the wake of months of stress occasioned by the COVID-19 pandemic.

Participants will be able to take advantage of free introductory sessions for a wide range of disciplines offered. Sophrology, musical relaxation, yoga, Pilates, massages, skin tests and hiking – there is bound to be something for anyone with the many businesses opening their doors to promote the cause of well-being, regardless of one's level of training or physical fitness.

This year's program is structured around the five pillars of wellness which are essential to the promotion of health and the prevention of disease: sleep and restoration, nutrition and nourishment, vitality and movement, serenity and mindfulness, and purpose and solidarity.

To join the events, you may visit www.world-wellness-weekend.org, which is available in 13 languages, or go directly to <https://map.world-wellness-weekend.org> to find venues and activities near you. Once you have decided what activity you'd like to join, you may register via email or use the online form on the website.

From Sao Paulo to Bordeaux via Bangkok

<https://pop.inquirer.net/99731/how-about-a-free-wellness-session-this-weekend>

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Sharjah Ladies Club Promotes Healthy Living, by Celebrating World Wellness Weekend

[Print](#)

Sharjah, United Arab Emirates-Wednesday 16 September 2020 [AETOS Wire]

With World Wellness Weekend due to be celebrated on the 19th and 20th of September, Sharjah Ladies Club announced that they will be participating in the event for the second time with a range of both physical and virtual activities. Sharjah Ladies Club aims to bring women towards one goal by empowering and inspiring them to lead a healthier lifestyle, as well as providing opportunities to develop their skills and relax in world-class facilities while taking all safety precautions.

Now in its fourth year, World Wellness Weekend was created to promote wellbeing and a more active lifestyle, encouraging people to think about their physical and mental health. More than 120 countries now participate in the two-day celebrations, organizing fun, free and supporting events for thousands of people. This year, Sharjah Ladies Club is joining by organizing a variety of scheduled virtual activities for all women and children.

Director General of Sharjah Ladies Club, Mrs. Khawla Al Serkal, said: "World Wellness Weekend fits perfectly with values and ethos of Sharjah Ladies Club. Everything we do centers on empowerment, self-improvement, as well as physical and mental wellbeing, giving women the power to lead better and more fulfilling lifestyles. By offering them dynamic activities over this special weekend dedicated to health, we are bringing together all women and focusing minds on what wellbeing means to the modern woman."

A Weekend to Enjoy

On the 19th of September, Dalouk Wellness Spa will be hosting an online lecture from Altearah's international trainer, which takes place between 5pm and 6pm. For the second day, September 20th, ladies can book a special consultation with an international trainer from Esse between 1pm and 5pm, to explore how they can take better care of their skin. A complimentary scalp massage or anti-aging eye massage will also be offered when purchasing selected treatments.

Orchid Beauty Boutique, meanwhile, will be celebrating this event by organizing a virtual workshop on the Science of Hair and Scalp, led by a specialist trainer from Kerastase. Clients are being encouraged to bring along a 'wellness buddy', and will be rewarded with free treatments including a scalp and foot massage.

How to Get Involved

Fitness 180° Center will be offering a full day of energetic workouts between 9am and 6pm on the 19th, including flexibility, challenges, pound classes, soul ride and a boot camp. On both days, the Collage Talent Center will be running teen fitness classes and a mother and child movement class, enabling women to spend quality time with their children and focus on family health. In addition to these fitness events, the sports complex will provide beach activities for tennis sessions and a day of fun in the sun.

Speaking ahead of World Wellness Weekend, Alya Al Harmoudi, Business Management Head at Sharjah Ladies Club said: "This is an incredibly exciting event for Sharjah Ladies Club, and we want to get as many people as possible involved. We're encouraging women to explore our schedule and find something which appeals to them. This is a perfect opportunity to inspire all women and we would love to see as many ladies as possible participate in this global event, so please join us on the 19th and 20th of September."



نادي سيدات الشارقة
Sharjah Ladies Club

Language

> Arabic

Tweets by @ShjLadiesClub



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Khawla Al Serkal, Director General of Sharjah Ladies Club (Photo: AETOSWire)

Latest News

- > Sharjah Ladies Club Promotes Healthy Living, by Celebrating World Wellness Weekend
- > Fourth Edition of the Noon Arts Award

<https://www.aetoswire.com/news/sharjah-ladies-club-promotes-healthy-living-by-celebrating-world-wellness-weekend/en>

16 September 2020
France

[www.gralon.net](#) > ... > [Sorties Niederbronn-les-bains](#) ▾

[Week-end Mondial Du Bien-être Niederbronn-les-bains Bien-être ...](#)

Week-end mondial du bien-être à Niederbronn-les-Bains , Profitez d'un moment de détente près de chez vous ! Bien-être, Détente, Week-end.

<https://www.gralon.net/evenements/67/evenernement-week-end-mondial-du-bien-etre-403434.htm>

15 September 2020
United States



3 Key Ways to Drive Patients to your Practice in the New Normal



[Click here to download the transcript.](#)

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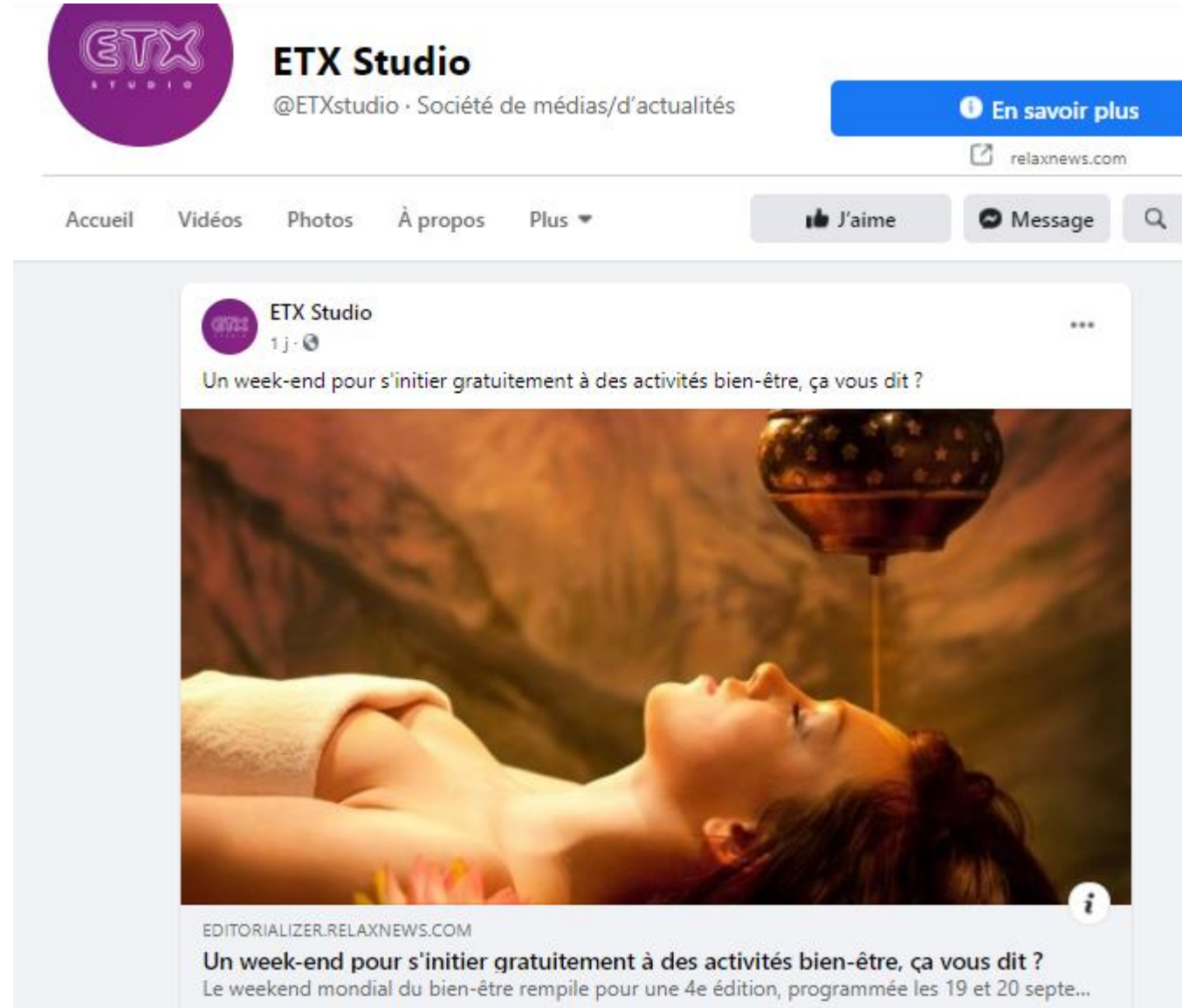
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<https://acupuncturecouncil.com/2020/09/11/3-key-ways-to-drive-patients-to-your-practice-in-the-new-normal/>

15 September 2020
France




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Un week-end pour s'initier gratuitement à des activités bien-être, ça vous dit ?



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Un week-end pour s'initier gratuitement à des activités bien-être, ça vous dit ?
Le weekend mondial du bien-être rempile pour une 4e édition, programmée les 19 et 20 septe...

<https://www.facebook.com/ETXstudio/posts/10159569443183968>

15 September 2020
France

<https://www.francebleu.fr/emissions/la-vie-en-bleu-au-quotidien/pays-d-auvergne/le-bien-etre-au-quotidien>


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Replay du mardi 15 septembre 2020

Le bien être au quotidien : World Wellness Weekend


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La Vie en Bleu au Quotidien
Du lundi au vendredi de 09h06
Par [Lucie Agostinho](#)
France Bleu Pays d'Auvergne

Mardi 15 septembre 2020 à 9:07 - Mis à jour le mardi 15 septembre 2020 à 11:32

C'est gratuit! Le week-end du 19 et 20 septembre 15 stations thermales proposent des activités décalées et détente



Le bien-être passe par des activités qui nous sortent de la routine.

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15 September 2020
Asia

How about a free wellness session this weekend?

By AFP Relaxnews | September 16th, 2020



Announce retirée par **cnteo** L.

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Registration is open for this year's World Wellness Weekend on Sept. 19 and 20. Image: iStock/AlexanderNovikov

It seems there is no better moment than this weekend to recharge your batteries and forget all of the tension you may have built up in recent months. It might also be the perfect time to learn a little more about how to feel better.

Enter the fourth annual World Wellness Weekend happening on Sept. 19 and 20, which offers a chance to do just that with classes and activities at venues all over the planet.

No less than a thousand wellness centers will be opening their doors to teach you how to cultivate harmony between mind and body in the course of two days of events, which may have come at just the right time in the wake of months of stress occasioned by the COVID-19 pandemic.

Participants will be able to take advantage of free introductory sessions for a wide range of disciplines offered. Sophrology, musical relaxation, yoga, Pilates, massages, skin tests and hiking — there is bound to be something for anyone with the many businesses opening their doors to promote the cause of well-being, regardless of one's level of training or physical fitness.

This year's program is structured around the five pillars of wellness which are essential to the promotion of health and the prevention of disease: sleep and restoration, nutrition and nourishment, vitality and movement, serenity and mindfulness, and purpose and solidarity.

<https://pop.inquirer.net/99731/how-about-a-free-wellness-session-this-weekend>

15 September 2020
France

The screenshot shows the website for 'Sortir Marseille'. The header is green with the logo and navigation icons for search, Facebook, and Twitter. Below the header is a green bar with menu items: 'TOUT L'AGENDA +', 'CONCERTS +', 'EXPOS +', 'FESTIVALS +', 'SPECTACLES +', and 'SPORTS & LOISIRS +'. The main content area has a dark background with a 'RETOUR' button in the top left. The event title is '4e Week-end Mondial du Bien-être World Wellness Weekend'. Below the title are icons for 'Rassemblement - Rencontre | Démonstration | Conférence | Bien-être', a calendar icon for 'Le 18 Sep 2020', and a location pin for 'Différents lieux de Marseille - Marseille'. There are social sharing icons for Facebook, Twitter, and email. On the right, there is a promotional image for the event showing a person in a yoga pose at sunset, with the text 'Week-end du Bien être' and '19 et 20 sept. 2020'. Below the image is the text 'DR Office Métropolitain de Tourisme et Congrès de Marseille'. At the bottom, there is a light blue bar with three sections: 'QUAND ?' with a calendar icon and 'Le 18 Sep 2020' (18/09/2020); 'COMBIEN ?' with a Euro icon and 'Gratuit'; and 'OÙ ?' with a location pin icon and 'Différents lieux de Marseille - Marseille'.

<https://www.sortiramarseille.fr/agenda/4e-week-end-mondial-du-bien-etre-world-wellness-weekend/>

Pour la 2e année consécutive l'Office Métropolitain de Tourisme et des Congrès de Marseille et la ville de Marseille sont partenaires du 4e Week-End Mondial du Bien-Etre. Cette année une programmation dense et originale vous est proposée ! : Les prestataires ont usés de leur imagination pour vous inviter à vous sentir bien en ce début d'automne !

Variez les plaisirs du bien-être en suivant des conférences sur les petits rituels du bien-être, en faisant une randonnée au coeur du Marseille urbain ou une pause yoga au coeur des calanques... Soyez acteur de votre bien-être au sein d'un lieu unique !

Vendredi 18 conférence-atelier

Profitez d'un moment exceptionnel avec Juliette Siozac en suivant une conférence-atelier live sur la magie des petits rituels bien-être dans sa vie quotidienne Ateliers Mon Moment Magique.

Les ateliers sont animés par plus de 500 ambassadrices et ambassadeurs dans le monde entier. Ils invitent les petits et les grands à grandir en confiance en soi, accueillir ses émotions et développer son calme intérieur

En direct sur la page Facebook de Mon Moment Magique

www.facebook.com/MonMomentMagique

15 September 2020
USA



https://sg.style.yahoo.com/free-wellness-session-weekend-125159980.html?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guc_e_referrer_sig=AQAAAMy_4TWLn5z6UW5KtXfX92dFnsZubxfBURdu-oSGiy3CTNXM7zXm60T4j4A8na8PU2vCQD8CUihZ_oevuZGdD56bmqjP7toA0_W3dz6C7p9lBnb7gBWrrTvy7lb_7j-l3kOFyTL585rymF1sMM4hniGFrHaWrUjL-dhtpMUfQgre



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How about a free wellness session this weekend?

AFP AFP Relax 15 September 2020

It's time to sign up for the fourth annual World Wellness Weekend to be held on September 19 and 20. Participants will be able to take advantage of free introductory sessions for a wide range of disciplines offered by venues around the globe. Sophrology, musical relaxation, yoga, Pilates, massages, skin tests and hiking, there will be something for everyone with more than 1,000 businesses opening their doors to promote the cause of well-being.

Here comes the weekend and there's no better moment to recharge your batteries and forget all of the tension that you may have built up in recent months. It also might be a time to learn a little more about how to feel better, and the World Wellness Weekend offers a chance to do just that with classes and activities at venues all over the planet. No less than a thousand wellness centers will be opening their doors to teach you how to cultivate a harmony between mind and body in the course of two days of events, which have come at just the right time in the wake of months of stress occasioned by the global health crisis.

This year's program is structured around the five pillars of wellness which are essential to the promotion of health and the prevention of disease: sleep and restoration, nutrition and nourishment, vitality and movement, serenity and mindfulness, and purpose and solidarity. So there will be something for everyone, regardless of their level of training or physical fitness.

To join in events, you simply have to visit www.world-wellness-weekend.org, which is available in 13 languages, or go directly to <https://map.world-wellness-weekend.org> to find venues and activities near you. Once you have decided what you would like to do, you just have to register via email or using the online form on the website.

From São Paulo to Bordeaux via Bangkok

15 September 2020
France



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Le week-end mondial du bien-être le 19 et 20 septembre

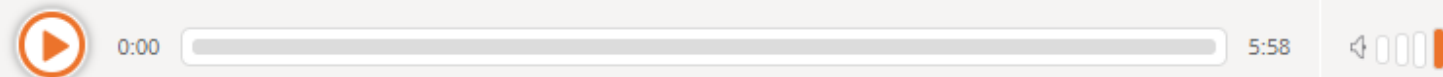


Présentée par **Laurent Sciauvau**

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INVITÉ "INITIATIVES LOCALES" | MERCREDI 16 SEPTEMBRE À 11H10 |

Stéphane Huin, le directeur de la communication et du développement d'Auvergne Thermale, de la route des villes d'eaux et de Thermotel.



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<https://rcf.fr/vie-quotidienne/vie-pratique/le-week-end-mondial-du-bien-etre-le-19-et-20-septembre>

15 September 2020
Italy

<https://www.milanoevents.it/2020/09/15/arriva-il-world-wellness-weekend/>

Arriva il World Wellness Weekend

Di Arianna De Felice - 15 Settembre 2020



Agenda MY EVENTS

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Promuovi il tuo evento. Scopri come, clicca qui.

Sabato 19 e domenica 20 si terrà la quarta edizione internazionale e la terza italiana che celebra il benessere sociale. E' in arrivo il World Wellness Weekend!

World Wellness Weekend

Due giorni ricchi di momenti di relax ed esperienze esclusive, offerte a titolo gratuito da SPA, centri benessere e termali, palestre e saloni di bellezza sparsi su tutto il territorio. Seguendo la scia delle edizioni precedenti, i professionisti e le strutture di settore che hanno aderito al progetto sono visualizzabili sulla Mappa Mondiale del Benessere, una vetrina privilegiata per presentare e promuovere non solo le attività proposte durante la due giorni di fine estate, ma anche eventuali offerte e pacchetti speciali validi tutto l'anno.

15 September 2020
France

Un week-end pour s'initier gratuitement à des activités bien-être, ça vous dit ?



Bien-être

Publié le 15/09/2020 à 13:01 , mis à jour à 13:32

(ETX Studio) - Le weekend mondial du bien-être rempile pour une 4e édition, programmée les 19 et 20 septembre, avec la possibilité de s'initier à une multitude d'activités aux quatre coins du globe. Sophrologie, sieste musicale, yoga, pilates, massages, diagnostic de peau, ou encore randonnée, nul doute que vous trouverez votre bonheur parmi les activités proposées par les plus de 1.000 établissements partenaires dans le monde.

<https://www.ledauphine.com/culture-loisirs/2020/09/12/la-station-thermale-va-participer-au-4e-week-end-mondial-du-bien-etre>

15 September 2020
France



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LES ACCROS DU PEIGNOIR ET LE WORLD WELLNESS WEEKEND



Les Accros du Peignoir et le Week-end du Bien-Être les 19 et 20 septembre prochains...
Préparez-vous à deux journées sacrément anti-morosité et de remise en forme fantastique, dans les Stations Thermales de la Route des Villes d'eaux...

Suivez sans limite le credo de ces Accros de l'amour de leur forme physique, morale... « Osez Prendre Soins de Vous »...
Vous succomberez au bonheur de passer des heures dans cette tenue... Tiens pour en avoir la « Palme d'Or de l'Art de vivre... en Peignoir »...
Alors usez et abusez de tous les programmes que vous proposent ces 15 Villes d'eaux.
Pour s'amuser, pour se détendre, se faire masser,

DERNIERS ARTICLES...



Les Accros du Peignoir et le World Wellness Weekend
15/09/2020



Geneviève Mahin
14/09/2020



Gel douche homme Cent Ciel
06/09/2020



Soin Idéal Mains Clarins Men
06/09/2020



Partir à Châtel-Guyon
06/09/2020

<http://www.monguidethalassospa.fr/fr/les-accros-du-peignoir---le-world-wellness-weekend-226.php>

15 September 2020
France

<https://www.asm-omnisports.com/sante-bien-etre-vitalite/actualites/week-end-mondiale-du-bien-etre-activite-physique-gratuite-a-chatel-guyon/>

Navigation bar with social media icons (mail, Facebook, LinkedIn, Twitter, RSS, YouTube, Instagram) and links: [Réservez en ligne](#), [#ASMLaMaison](#), [Courir à Ladoux 2020](#)

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WEEK-END MONDIALE DU BIEN ÊTRE : ACTIVITÉ PHYSIQUE GRATUITE À CHÂTEL-GUYON



15
sept.



Les 19 & 20 septembre 2020, c'est la 4e édition du World Wellness Weekend, un weekend qui porte sur le bien être et ses 5 piliers : sommeil et récupération, nutrition et équilibre, vitalité et mouvement, sérénité et présence ainsi que sens de la vie et solidarité.

Cet événement mondial met en mouvement plus de 100 pays et les stations thermales du massif central. Dans ce cadre, la ville de Châtel-Guyon et son tout nouveau centre thermal : AIGA Resort y participe.

Concernant le pilier vitalité et mouvement et en partenariat avec AIGA Resort, l'ASM Vitalité vous propose une activité gratuite dans le parc thermal le 20/09 à 11h. Cette séance sera animée par Alexandre, coach ASM Vitalité.

Cette activité est gratuite mais soumise à réservation : [Information et réservation](#)

Nous vous attendons nombreux !

15 September 2020
France

<https://www.centrepresseaveyron.fr/2020/09/15/un-week-end-pour-sinitier-gratuitement-a-des-activites-bien-etre-ca-vous-dit-9072520.php>

CentrePresse.fr Aveyron

Rechercher sur le site... Q

JOURNAL

Affligem CUVÉE LÉGÈRE

L'ABUS D'ALCOOL EST DANGEREUX POUR LA SANTÉ. À CONSOMMER AVEC MODÉRATION.

Accueil > Santé > Bien-être

Un week-end pour s'initier gratuitement à des activités bien-être, ça vous dit ?



Les inscriptions sont ouvertes pour le weekend m... + ALEXANDERNOVIKOV / ISTOCK.COM

Publié le 15/09/2020 à 13:01 / Mis à jour le 15/09/2020 à 13:32

S'ABONNER

Partager Bien-être

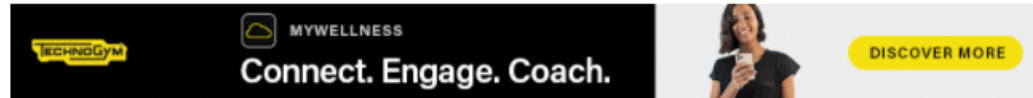
(ETX Studio) - Le weekend mondial du bien-être rempile pour une 4e édition, programmée les 19 et 20 septembre, avec la possibilité de s'initier à une multitude d'activités aux quatre coins du globe. Sophrologie, sieste musicale, yoga, pilates, massages, diagnostic de peau, ou encore randonnée, nul doute que vous trouverez votre bonheur parmi les activités proposées par les plus de 1.000 établissements partenaires dans le monde.

15 September 2020
United States

World Wellness Weekend Is Approaching: How to Get Involved

We want to invite all gyms and health clubs on September 19-20, 2020, to participate in a global initiative to get people active and healthy. See how.

[Alexandra Black Larcom](#) · September 15, 2020



2020 has been a challenging year for the fitness industry. The global COVID-19 pandemic ushered in facility closures, significant changes to business and safety operations, and a tectonic shift in how people access fitness. One key challenge during this time has been the pervasive assumption by policymakers and the public that health clubs are not safe, not essential, and not part of the solution.

This September, we have an opportunity to reach out to our communities to show them just how important clubs are for health and well-being alongside a global initiative called World Wellness Weekend.

What is World Wellness Weekend?

Health clubs around the globe have the same mission: getting more people through their doors and leading healthy, active lives. But in most parts of the world, health clubs reach fewer than 20% of people, and in many cases the people we're not reaching are not sufficiently physically active—or active at all. At the same time, the pandemic—and its uneven effect on people with pre-existing health conditions—has underlined the importance of a healthy, physically active lifestyle.

World Wellness Weekend is an opportunity to get more people active and showcase how your club is part of the solution.

On Saturday and Sunday, September 19-20, spas, fitness centers, salons, yoga studios, and sports organizations will celebrate [World Wellness Weekend](#) by offering their wellness services to the community—welcoming them inside the club or going outside the four walls of the gym in person or virtually to bring new experiences to new people. This weekend provides an opportunity for fitness, beauty, tourism, and sport professionals to showcase their diverse offerings, and for

<https://www.hospitalitynet.org/opinion/4100404.html>

15 September 2020
France

<https://professionbienetre.com/business2/salons/10045-le-week-end-mondial-du-bien-etre-a-l-heure-du-digital>



ÉDITION CABINE



ÉDITION SALON



ÉDITION BIEN-ETRE

Le «Week-end mondial du bien-être» à l'heure du digital

15/09/2020 | Salons & Events | Siska von Saxenburg



TENDANCES



Nail art : aidez votre cliente à choisir sa forme idéale

Comment le digital, devenu indissociable de notre quotidien, se marie-t-il avec le bien-être ? Pour Jean-Guy de Gabriac, fondateur du «World Wellness Week-End», qui aura lieu les 19 et 20 septembre, l'événement n'aurait jamais pu avoir lieu sans l'apport de la technologie.

Profession bien-être : Vous avez toujours privilégié le digital. A-t-il pris une place encore plus importante, cette année, dans votre organisation ?

Jean-Guy de Gabriac : Plus que jamais ! Mais ce n'est pas une nouveauté. Le digital a toujours été au cœur du développement du «Week end mondial du bien-être». Et ce, pour quatre raisons. D'abord, la rapidité de réaction. Comment, sans digital, permettre à un établissement de s'inscrire en ligne en 3 minutes pour apparaître sur la carte, de façon à attirer une clientèle locale ? Et au-delà de cette proximité, avec un site en 13 langues, la page de l'établissement sensibilise aussi des expatriés et des voyageurs internationaux.

15 September 2020
France

The screenshot shows the MY PROVENCE website interface. At the top, there is a navigation bar with the logo 'MY PROVENCE' and several utility buttons: 'FRANÇAIS', 'AUTOUR DE MOI', 'MES FAVORIS', and 'CARTES POSTALES'. Below this is a horizontal menu with categories: 'PASS', 'CULTURE', 'FOOD', 'NATURE', 'SORTIES', 'ADRESSES', 'AGENDA', and 'CIRCUITS'. The main content area features a large banner for the '4E WEEK-END MONDIAL DU BIEN-ÊTRE WORLD WELLNESS WEEKEND' in Marseille, scheduled for September 19 and 20, 2020. The banner includes two red buttons labeled 'RESEAU' and 'DIAPORAMA'. Below the banner, there are social media sharing icons for location, bookmark, heart, Facebook, Twitter, and email. The main text describes the event as a partnership between the Office Métropolitain de Tourisme et des Congrès de Marseille and the city of Marseille, offering a dense and original program. It mentions activities like conferences, urban hikes, and yoga. A sidebar on the right provides details about the organizer (Office Métropolitain de Tourisme et des Congrès de Marseille), the location (11 La Canebière, 13001 Marseille), and the contact phone number (08 26 50 05 00). At the bottom, it lists 'Fitness et yoga' and 'Massilia Fit' as related items.

Accueil > Agenda > Rassemblements > Marseille > 4e Week-end Mondial du Bien-être World Wellness Weekend

4E WEEK-END MONDIAL DU BIEN-ÊTRE

WORLD WELLNESS WEEKEND

Marseille - Rassemblement - Le 19 septembre
19 et 20 sept. 2020

RESEAU DIAPORAMA

📍 📌 ❤️ | 📱 🐦 ✉️

Pour la 2e année consécutive l'Office Métropolitain de Tourisme et des Congrès de Marseille et la ville de Marseille sont partenaires du 4e Week-End Mondial du Bien-Etre. Cette année une programmation dense et originale vous est proposée ! : Les prestataires ont usés de leur imagination pour vous inviter à vous sentir bien en ce début d'automne !

Variez les plaisirs du bien-être en suivant des conférences sur les petits rituels du bien-être, en faisant une randonnée au coeur du Marseille urbain ou une pause yoga au coeur des calanques... Soyez acteur de votre bien-être au sein d'un lieu unique !

Fitness et yoga
Massilia Fit

Organisateur
Office Métropolitain de Tourisme et des Congrès de Marseille
11 La Canebière
13001 Marseille

Lieux
Différents lieux de Marseille
13001 Marseille

Téléphone
08 26 50 05 00

<https://www.myprovence.fr/agenda-culturel/rassemblements/marseille/176054-4e-week-end-mondial-du-bien-etre-world-wellness-weekend>

14 September 2020
France

Accueil » Idée de la semaine » Les stations thermales à l'oeuvre pour le week-end du bien-être



7 Jours à
Clermont
7 JoursClermont



Commenter

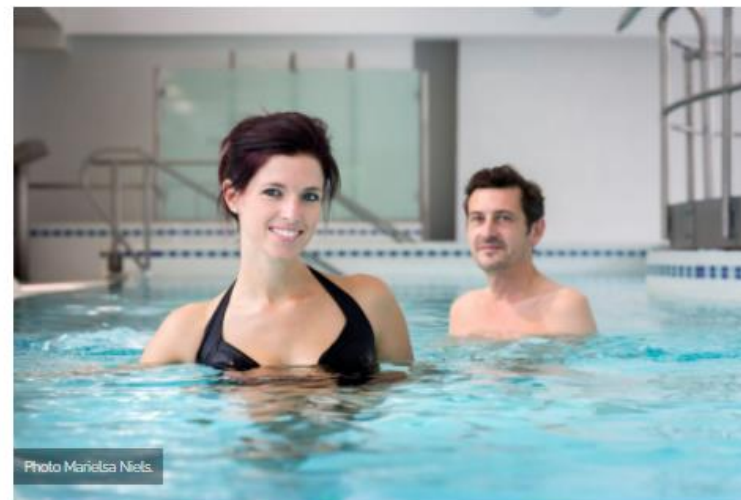


Photo Mariësa Niels

IDÉE DE LA SEMAINE • INITIATIVE

Les stations thermales à l'oeuvre pour le week-end du bien-être

14/09/2020 7 Jours à Clermont 2 Minute(s)

Le "World Wellness Week-end" se déroulera les 19 et 20 septembre. Il sera l'occasion pour les quinze stations de la Route des Villes d'eaux du Massif-Central de proposer de nombreuses activités et animations.

Organisée à l'échelle internationale, le World Wellness Week-end (Week-end mondial du bien-être) sera relayé dans les stations thermales auvergnates sur l'initiative de La Route des Villes d'eaux du Massif-Central et des Accros du peignoir, les 19 et 20 septembre. Avec pour leitmotiv « Osez prendre soin de vous ». Ce sera la quatrième édition d'une opération qui a vu le jour en France et rayonne, désormais, dans 120 pays. L'idée originelle ? Organiser un week-end bien-être et anti-morosité, aux derniers jours de l'été, et donner à chacun envie de prendre soin de soi, de bouger, d'adopter de bons réflexes entre amis, en couple ou en famille, alors que l'automne se profile. Un remède anti-blues, en quelque sorte.

Des bons plans, également

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soutenez
7 JOURS
à Clermont
webmédia
totalement et délibérément
indépendant

Faire un don **cliquez**

Derniers articles



Olivier Bianchi à l'aube d'un second mandat

Il y a 41 minutes



"Clermont en Rose" nouvelle victime de l'épidémie

Il y a 3 heures



"We love 2023" : une tournée de promotion pour la Coupe du Monde de rugby

Il y a 12 heures



Les libres expressions de Louis-Pierre Boudot

Il y a 12 heures



Videofformes fait coup double à l'occasion des Journées Européennes du Patrimoine

Il y a 13 heures

<https://www.7joursaclermont.fr/les-stations-thermales-a-loeuvre-pour-le-week-end-du-bien-etre/>

14 September 2020
France



À LA UNE HOROSCOPE ASTRO-POLITIQUE ASTRO-ZEN ASTRO-SHOPPING ASTRO-ART HOROBOOK ASTRO-JEU
AGENDA

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Articles les plus populaires



LE SIGNE DES PRÉSIDENTS DE LA Ve

Par Joyce Duval / Découvrez les signes du zodiaque et les ascendants des sept Présidents de la Cinquième République Française. ...



LE ZODIAQUE DE LA PLACE DU CAPITOLE A TOULOUSE

Par Joyce Duval / La place du Capitole de la ville rose possède un magnifique trésor que l'on peut admirer au sol les jours où il n'y a...



CALENDRIER DES LUNES DE SEPTEMBRE

Vivez un mois de septembre lumineux avec le très pratique Calendrier des Lunes de l'Ecole du Zodiaque. La lune change de signe tous les ...



COVID 19 > PETIT PIC EN SEPTEMBRE

La rentrée de septembre pointe le bout de son nez et les instances gouvernementales nous incitent à la prudence et à rester masquer. Mais ...



SOLEIL > LES 2 SIGNES DE SEPTEMBRE

par Joyce Duval / Astrologue de presse Découvrez chaque mois, dans Horomag, l'actualité du Soleil et les deux signes qu'il visite au c...

<http://horomag.blogspot.com/2020/09/le-wonderful-world-wellness-weekend.html>

lundi 14 septembre 2020

LE WONDERFUL WORLD WELLNESS WEEKEND > C'EST CE WEEK-END!

Le Weekend Mondial du Bien-être (World Wellness Weekend, en anglais) initié par Jean-Guy de Gabriac a lieu ce week-end, samedi 19 septembre et dimanche 20 septembre. Préparez-vous à célébrer cette quatrième édition dans la joie et la bonne humeur et à découvrir un florilège d'activités!



En 2020, pas moins de 130 pays dans le monde entier ont décidé de participer à l'événement. Plus de 1000 établissements partenaires autour du bien-être et la prévention de la santé se sont proposés pour vous faire bénéficier d'expériences sensorielles souvent méditées et enchantées. En France, ils sont plus d'une centaine.

Un Wonderful Week-end !

Initié par Jean-Guy de Gabriac, le World Weekend Wellness augure l'arrivée de la saison de l'automne. La date choisie coïncide avec la période de l'année où le Soleil - l'astre de la vie et de la vitalité - vient réchauffer le signe zodiacal de la Balance dont la planète chérie n'est autre que Vénus, symbole de l'art de vivre et de la beauté.

Aussi, n'hésitez pas à prendre date et à vous faire du bien – d'autant que **toutes les activités et animations proposées sont gracieusement offertes** – et surtout, faites en profiter votre famille, vos proches, vos amis, vos collègues... Vous avez bien lu. Samedi 19 et dimanche 20 septembre, des milliers de professionnels du bien-être vous proposeront gratuitement un large choix d'activités pour vous faire plaisir et vous initier - quelle que soit votre condition physique, et même si vous êtes en situation de handicap - aux meilleures pratiques relatives au bien-être et à la prévention santé.

Y a quoi comme activités ?

Pour vous faire une idée, voici quelques exemples d'activités Bien-être et Santé proposées en France.

14 September 2020
Australia

SOCIALLY DISTANCED 2020 WORLD WELLNESS WEEKEND LOOKS TO CREATE TOGETHERNESS



SEPTEMBER 14, 2020

EVENTS / WELLNESS

The upcoming 2020 edition of the World Wellness Weekend (WWW) is to be presented as a combination of online streaming and socially-distanced group wellness activities around the world.

Now in its fourth year, WWW aims to highlight the importance of wellness and help people adopt healthier lifestyles - as well as foster positive relationships with their bodies and minds - by offering the public opportunities to take part in activities over the two-day period.

Founded by Jean-Guy de Gabriac, owner of consultancy and training company Tip Touch International, the event will be celebrated in over 100 countries and seeks to democratise wellness on 19th and 20th September.

The WWW team has also confirmed the participation of 30 cities whose Mayors and/or Tourist Offices are officially organising feel-good wellness activities for their residents.

de Gabriac explains "wellness creates togetherness, even six feet apart.

"Waiting for a vaccine is not a sustainable way of life, instead, wellness is the way forward. The most pro-active and constructive approach right now is to encourage everyone to take control of their wellbeing and become an example that can inspire and empower people around them."

<https://www.ausleisure.com.au/news/socially-distanced-2020-world-wellness-weekend-looks-to-create-togetherness/>

14 September 2020
France

MENU ☰

Rechercher

La Provence

EN DIRECT RÉGION FAITS DIVERS POLITIQUE OM SORTIES-LOISIRS VIDÉOS

Marseille : journée yoga & brunch healthy chic au Sofitel !

Par A.W.



<https://www.laprovence.com/actu/en-direct/6109013/marseille-journee-yoga-brunch-healthy-chic-au-sofitel.html>

Voilà un duo chic et gourmand pour affronter la rentrée tout en douceur.

PHOTO DR

14 September 2020
Mexico



Foto: Istockphoto

World Wellness Weekend México 2020: el festival para olvidarte del estrés

Disfruta un fin de semana dedicado a la salud y el bienestar en la nueva edición de World Wellness Weekend

Por María Fernanda Segura Publicado: lunes 14 septiembre 2020

<https://www.timeoutmexico.mx/ciudad-de-mexico/fitness-and-spa/world-wellness-weekend-mexico-2020>

14 September 2020
France

Au programme du World Wellness week-end

NÉRIS-LES-BAINS

Publié le 14/09/2020



L'office de tourisme, les Thermes et le Spa des Nériades participent à la quatrième édition du World Wellness week-end, les samedi 19 et dimanche 20 septembre (*).

La route des villes d'eaux du Massif Central et les Accros du Peignoir se sont également engagés dans cette célébration mondiale du bien-être et du temps pour soi.

Les animations

Samedi, de 8 heures à 20 heures, massage individuel sur réservation à l'Institut Beauté Active (six personnes maximum, gratuit) ; de 11 h 03 à 12 heures, découverte de la sonologie en peignoir à l'espace animation (six personnes maximum, gratuit) et marche santé avec bâtons dans la cité thermale au départ de la place des Thermes ; de 11 h 03 à 20 heures, week-end mondial du Bien-être 2020 à l'espace animation (six personnes maximum, gratuit) ; de 14 h 30 à 15 h 30, yoga du rire à l'espace animation (six personnes maximum, gratuit) ; de 16 heures à 17 heures, découverte de la sophrologie à l'espace animation (six personnes maximum, gratuit) ;

https://www.lamontagne.fr/neris-les-bains-03310/actualites/au-programme-du-world-wellness-week-end_13836474/#refresh

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← Annonces Google

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Pourquoi cette annonce ? ▷

← Annonces Google

Bloquer l'annonce

Pourquoi cette annonce ? ▷

13 September 2020
France

Drôme

La station thermale de Montbrun-les-Bains va participer au Week-end mondial du bien-être

13 sept. 2020 à 12:01 | mis à jour à 14:16 - Temps de lecture : 1 min

1 | Vu 4994 fois



Les thermes Valvital proposeront samedi 19 septembre une nocturne dès 20 h 30. Photo Le DL/Archives

<https://www.ledauphine.com/culture-loisirs/2020/09/12/la-station-thermale-va-participer-au-4e-week-end-mondial-du-bien-etre>



Pour la première fois, la station thermale de Montbrun-les-Bains se joindra samedi 19 septembre à la 4e édition du World Wellness Weekend (WWW). Le but de ce week-end mondial du bien-être est d'aider à faire des choix plus sains et à profiter d'un style de



Leasing & renting personnalisés pour votre entreprise

Honda Motor Europe...

En savoir plus



Leasing & renting personnalisés pour votre entreprise

Augmentez la mobilité de votre entreprise et rentrez votre moto dans vos frais, sans toucher à votre capital. Contactez les experts Honda Motor Europe.

Les Accros du Peignoir arrivent à Bourbon

BOURBON-L'ARCHAMBAULT

Publié le 13/09/2020



Entre la marche nordique, la tisane de simples et l'aquabike, le programme de bien-être à Bourbon ne manque pas d'attrait. © Droits réservés



Comme les années précédentes, la cité thermale de Bourbon-l'Archambault participe au « World Wellness Weekend », en français, « Les Accros du Peignoir » porté par la Route des Villes d'Eaux du Massif Central.

Les samedi 19 et dimanche 20 septembre, le public pourra découvrir de nombreuses activités, gratuites pour beaucoup, ayant trait au bien-être.

Le programme

Samedi 19 septembre : de 11 h à 12 heures, accueil des commerçants et artisans du centre-ville en peignoir ; marche nordique, balade dans le centre-ville et dans le parc encadrée par un coach ; à 14 heures, sieste musicale au parc thermal, face à la forteresse ; à 15 heures, balade sensorielle dans le jardin des simples de la Maison des Chanoines à la forteresse (constitution d'une tisane dont les vertus seront éclairées par Valérie Amiel, « La fleur et l'abeille » (tout gratuit).

À 17 heures, promenade sophrologique (gratuit dans la limite des places disponibles sur réservation), pause détente avec accès à la piscine thermale (5 € ; sur réservation).

13 September 2020
France

https://www.lamontagne.fr/bourbon-l-archambault-03160/actualites/les-accros-du-peignoir-arrivent-a-bourbon_13836217/#refresh

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Pourquoi cette annonce ? ▷

13 September 2020
France

[www.tousvoisins.fr](#) > ... > Conférence Marseille ▾

4e Week-end Mondial du Bien-être World Wellness Weekend ...

13 sept. 2020 - 4e Week-end Mondial du Bien-être World Wellness Weekend à Marseille. [COVID-19] En raison des mesures gouvernementales liées au ...

[https://www.tousvoisins.fr/marseille/confere
nce](https://www.tousvoisins.fr/marseille/confere
nce)

13 September 2020
France



[Accueil](#) → [Vivez Marseille](#) → [Le blog Marseille à la carte](#) → [Week-end du Bien-être à Marseille](#)

Pour la 2^{ème} année consécutive l'Office Métropolitain de Tourisme et des Congrès de Marseille et la ville de Marseille sont partenaires du 4^{ème} [Week end Mondial du Bien Être](#) les 19 et 20 septembre prochains.

Cette année une programmation dense et originale vous est proposée ! : Les prestataires ont usés de leur imagination pour vous inviter à vous sentir bien en ce début d'Automne !

Variez les plaisirs du Bien-Être en suivant des conférences sur les petits rituels du Bien-Être, en faisant une randonnée au cœur du Marseille urbain ou une pause Yoga au cœur des Calanques...

Soyez acteur de votre Bien-Être au sein d'un lieu unique !

Les prestataires présents sur cette page s'engagent à vous recevoir dans le respect des mesures sanitaires imposées par la présence de la covid-19. N'hésitez-plus !

<https://www.marseille-tourisme.com/vivez-marseille-blog/le-blog-marseille-a-la-carte/week-end-bien-etre-a-marseille/>

NB : En ce contexte de crise sanitaire particulier, n'oubliez pas de respecter les gestes barrières et de porter votre masque !

13 September 2020
Italy



HOME PERCORSO BENESSERE AUFUSS DETOX EVENTI WELLNESS WELLNESS EXPERIENCE

Austria Emirati Arabi Uniti Francia Giappone Islanda Italia Norvegia Spagna

domenica 13 settembre 2020

WORLD WELLNESS WEEKEND 2020

Nonostante la pandemia di coronavirus che si sta diffondendo in tutto il mondo, gli organizzatori e gli ambasciatori del **World Wellness Weekend** sono riusciti anche quest'anno a promuovere l'evento globale dedicato al benessere, che viene celebrato in oltre 100 paesi il terzo weekend di settembre.

Numerosi centri termali e SPA, beauty e wellness center, palestre e associazioni sportive il **19-20 Settembre 2020** hanno accettato di organizzare in sicurezza, eventi, workshop e attività ricreative gratuiti all'insegna dello sport e del wellness.

Basta anche solo un'ora di fitness per condividere la filosofia di vivere il benessere come cultura e stile di vita sano e consapevole, come indicano i **5 pilastri del benessere**: attività fisica, alimentazione sana, sonno e riposo, serenità e consapevolezza, motivazione e solidarietà.



<https://spa-advisor.blogspot.com/>

12 September 2020
Hong Kong

WORLD WELLNESS WEEKEND 2020

by Kimiko Tan



<https://destinationdeluxe.com/world-wellness-weekend/>

Join thousands of wellness enthusiasts around the world as they participate in World Wellness Weekend on September 19-20

The current health situation the world is facing reminds us of how important it is to build a strong immune system. A healthy body starts with a healthy mind, which can be developed by paying more attention to one's individual wellness needs.

This coming September 19-20, 2020, join thousands of wellness pioneers around the world for World Wellness Weekend. Fun, creative, and meaningful wellness activities are organized in over 120 countries for this special event.



11 September 2020 Mexico

<https://mexicotravelchannel.com.mx/servicios/20200911/participa-en-el-world-wellness-weekend-2020/>

The screenshot shows the Mexico Travel Channel website interface. At the top, there is a navigation bar with categories like PLAYAS, PUEBLOS MÁGICOS, ECOTURISMO, USA, MUNDO, and SERVICIOS. Below this is a grid of five video thumbnails with titles: '5 destinos para conocer los sonidos de México', 'Hasta la raíz, video en favor de los desaparecidos', 'Mujeres en la música en México: creación, unión y sororidad', '2Cellos: el combustible pesado de un dúo clásico instrumental', and 'Basketcolor: las canchas de Ciudad Juárez se colorean'. Below the grid are social media icons for Facebook, Twitter, and Pinterest.

The main content area features a large image of a woman sitting on a wooden dock by a lake at sunset, with the caption 'Pixabay/Shaharlar Lenin'. Below this is a blue banner for 'qonto' with the text 'Ouvrez un compte pro en ligne' and 'Gestion des dépenses pro' and 'Cartes paramétrables'.

The article text reads: 'Atención, amantes del turismo **wellness**: los próximos sábado **19** y domingo **20 de septiembre** se llevará a cabo el **World Wellness Weekend 2020**, evento enfocado en el bienestar y en la reconexión de las personas con el planeta.

¿Dónde y en qué consiste? Como su nombre lo indica, es un fin de semana mundial en el que con el **#WorldWellnessWeekend** más de **5 mil establecimientos** en **120 países** donarán una actividad de **60 minutos** durante ese fin de semana, con **acceso libre** a todos los interesados que quieran acercarse al mundo del bienestar.

Lee también **Conoce los hoteles imperdibles de Parras, en Coahuila**

On the right side, there is a section titled '¿Dónde ir?' with a video thumbnail. Below it is a Google AdSense advertisement for 'Anuncios Google' with a button 'Enviar comentarios' and a link '¿Por qué este anuncio?'. At the bottom right, there is a 'Lo más visto' section with three featured articles: 'Sierra de Órganos: donde el viento crea música' (09/09/2020), 'Conoce los hoteles imperdibles de Parras, en Coahuila' (02/09/2020), and '5 Datos que no sabías de la Independencia de México' (14/09/2020).

9 September 2020
France

<https://www.thermesderoyat.fr/weekend-mondial-du-bien-etre/>



Weekend mondial du Bien-être – 19 & 20 septembre

9 SEPTEMBRE 2020 | IN ACTUALITE

SAMEDI 19 SEPTEMBRE

- « **Levers du décor** » : parcours insolite entre tuyaux, pompes, vannes et moteur dans les sous-sols de l'Établissement Thermal.

Découverte en peignoir (fournis)

Photo collector à 11 h 03 précises

10 h 30/12 h – RV devant l'Office de Tourisme

25 personnes maxi – Inscription obligatoire OT ou 04 73 29 74 70

- « **Identifions ensemble les plantes comestibles et médicinales du Parc Thermal** » : avec Pierre, apprenez leurs bienfaits et vertus.

9 September 2020
United Kingdom

<https://www.leisuremanagement.co.uk/detail.cfm?pagetype=detail&subject=news&codeID=346228>

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09 Sep 2020

Upcoming World Wellness Weekend 2020 aims to democratise wellness

BY MEGAN WHITBY

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World Wellness Weekend 2020 marks the event's fourth anniversary
photo: Shutterstock; Syda Productions

World Wellness Weekend (WWW) is fast approaching and will be going ahead via a combination of online streaming and socially-distanced group wellness activities around the world, on 19-20 September 2020.

Now in its fourth year, WWW aims to highlight the importance of wellness and help people adopt healthier lifestyles – as well as foster positive relationships with their bodies and minds – by offering the public opportunities to take part in activities over the two-day period.


Founded by Jean-Guy de Gabriac, owner of consultancy and training company Tip Touch International, the event will be celebrated in over 100 countries and seeks to democratise wellness.

The WWW team has also confirmed the participation of 30 cities whose Mayors and/or Tourist Offices are officially organising feel-good wellness activities for their residents.

"Wellness creates togetherness, even six feet apart," said de Gabriac.


"Waiting for a vaccine is not a sustainable way of life, instead, wellness is the way forward. The most pro-active and constructive approach right now is to encourage everyone to take control of their wellbeing and become an example that can inspire and empower people around them."

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Upcoming World Wellness Weekend 2020 aims to democratise wellness



By Megan Whitby 09 Sep 2020



World Wellness Weekend 2020 marks the event's fourth anniversary / Shutterstock: Syla Productions



"The most pro-active and constructive approach right now is to encourage everyone to take control of their wellbeing"
- www.leisureopportunities.co.uk/sectors/news/Jean-Guy+de+Gabriac/ Jean-Guy de Gabriac

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<https://www.leisureopportunities.co.uk/news/Upcoming-World-Wellness-Weekend-2020-aims-to-democratise-wellness/346228>

8 September 2020
United Kingdom

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Kids Yoga, Tai Chi, Zumba coming to Kildare Town for Wellness Weekend



by KildareNow reporter 8 Sept 2020
Email: editor@kildarepost.com

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<https://www.leinsterleader.ie/news/home/572104/kids-yoga-tai-chi-zumba-coming-to-kildare-town-for-wellness-weekend.html>

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8 September 2020
France

LE WEEK-END MONDIAL DU BIEN-ÊTRE – ZOOM SUR LE PROGRAMME EN FRANCE

ACTUS / menu / Salons & Événements /



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Wellness



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Le Week-end Mondial du Bien-être – Zoom sur le programme en France

Publié le mardi, 08 septembre 2020

Les 19 et 20 septembre prochains, des milliers de **professionnels du bien-être** vont proposer un large choix d'activités pour initier le plus grand nombre de personnes quelle que soit leur condition physique, et même celles en situation de handicap, aux meilleures pratiques en lien avec le bien-être et la prévention santé.



Quand on sait aujourd'hui que les maladies chroniques tuent chaque année 32 millions* de personnes (maladies cardiaques, respiratoires, cancer, AVC, diabète type II) et le lien de cause à effet entre l'hygiène de vie et la santé, pratiquer une activité physique, prendre le temps d'apprendre à mieux vivre, à mieux se nourrir, à découvrir semblent être un antidote naturel au mal-être du 21^{ème} siècle.

Pour retrouver les établissements et de nouvelles activités proches de chez soi : il suffit de consulter la carte Wellness sur wellmap.fr avec géolocalisation en 1 clic, puis de s'inscrire directement, soit par e-mail, soit via le formulaire de contact pour participer.

Cette année, **plus de 1 000 établissements partenaires dans le monde** et plus d'une centaine en France vont proposer des activités wellness, qui pour cette édition s'appuient sur les cinq grands piliers :

- Sommeil et récupération
- Nutrition et équilibre
- Vitalité et mouvement
- Sérénité et présence
- Sens de la vie et Solidarité

https://www.senseofwellness-mag.com/toute-les-actualites-spa-et-wellness/actus/salons-evenements/item/2458-le-week-end-mondial-du-bien-etre-zoom-sur-le-programme-en-france?utm_source=newsletter_7189&utm_medium=email&utm_campaign=week-end-mondial-du-bien-etre-tout-sur-le-programme-en-france-chateau-berger-s-installe-aux-emirats-treatwell-arrive-a-lyon-relancez-votre-activite-avec-les-bb-days-nouvelles-annonces-emploi

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Joanna Stekiwicz · 6 hours ago · 2 min read

The democratisation of wellness



A WWW walkie from Jari Jari Spa in Malaysia

Taking place on 19 and 20 September 2020, World Wellness Weekend (WWW) aims to connect people by creating free, fun, meaningful and accessible wellness activities at participating properties or online.

Says WWW founder, Jean-Guy de Gabriac of Tip Touch International: "No-one really knows when a COVID-19 vaccine will be available to the greatest number of people and whether the antibodies will last a lifetime, or just a few months. Waiting for a vaccine is not a sustainable way of life. Wellness is the way. The most proactive and constructive approach is to encourage everyone to be the craftsman of their own well-being and to become an example that can inspire and empower friends or colleagues as #WellnessBuddies."

<https://www.probeauty.co.za/post/the-democratisation-of-wellness>

8 September 2020
France



Week-end mondial du bien-être 2020

BONS PLANS

Date: samedi 19 septembre 2020 00:00 - dimanche 20 septembre 2020 00:00

Lieu: Toute la France

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INFORMATIONS

Site internet www.weekend-wellness.fr

Adresse France

cpourlesfemmes 253 650 Visites/mois -
cpourlesparents 182 000 Visites/mois -
cpourlesados 192 600 Visites /mois -
cpourleshommes 215 000 Visites/mois

<https://www.cpourlesados.com/cpourlesados/ca-agenda/341-week-end-mondial-du-bien-etre-2020#.X2JQt2gzaUm>

8 September 2020
France



Week-end mondial du bien-être 2020

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Date: samedi 19 septembre 2020 00:00 - dimanche 20 septembre 2020 00:00

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<https://www.cpourlesparents.com/cp-accueil/agenda/341-week-end-mondial-du-bien-etre-2020#.X1d4gOgza70>



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<https://www.cpourleshommes.com/cpourleshommes/ch-agenda/341-week-end-mondial-du-bien-etre-2020#.X1d4hegza70>



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INFORMATIONS

Site internet	www.weekend-wellness.fr
Adresse	France



La entrevista de la semana: Francisco Lugo, de World Wellness Weekend

Publicado el 7 septiembre, 2020 — en Entrevistas/Industria — por Jessica Servín

El embajador de este foro anual, que se realizará el 19 y 20 de septiembre de manera virtual, nos habló sobre el enfoque que tendrán este año y los hoteles que se suman a la iniciativa.

1. ¿Cuál es el objetivo del World Wellness Weekend (WWW)?

Su objetivo es empoderar a las personas para tomar decisiones conscientes sobre su salud y bienestar integral. Esta iniciativa se inspira en el objetivo número tres de las Naciones Unidas que es el de garantizar una vida sana y promover el bienestar para todos en todas las edades.

2. ¿Qué retos han tenido que enfrentar para organizarlo este año ante las restricciones por la pandemia?

Nos ha llevado a evolucionar y replantear la forma de hacerlo. Desde el inicio de la pandemia estuvimos trabajando en plataformas digitales y redes sociales para hacer llegar nuestro mensaje, así como conferencias y webinars con profesionales del bienestar.

3. ¿Qué temas tocará este año, en qué se centrará?

El enfoque principal ha sido, en palabras de nuestra líder en México, Bonnie Baker de Grupo Sattvea, el de "plantearnos cómo podemos convertirnos en una mejor sociedad para el planeta, pues el concepto wellness va más allá de lo físico, trabajar otro nivel de conciencia en cuanto a nuestra relación con la Tierra".

4. ¿Cómo se participa en las distintas actividades del WWW?

La iniciativa pone como requisito único el brindar una actividad gratuita a la comunidad (de trabajadores, de la sociedad o de clientes) de una hora en el fin de semana que celebramos el WWW en cualquiera de sus cinco pilares. Nuestro objetivo es empoderar e inspirar a las personas para iniciar una vida saludable y los establecimientos o profesionales suscritos tienen proyección nacional e internacional y pueden prepararse para recibir más visitantes.



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LO MÁS LEÍDO



La entrevista de la
semana: Francisco
Lugo, de World
Wellness Weekend

7 September 2020
Mexico

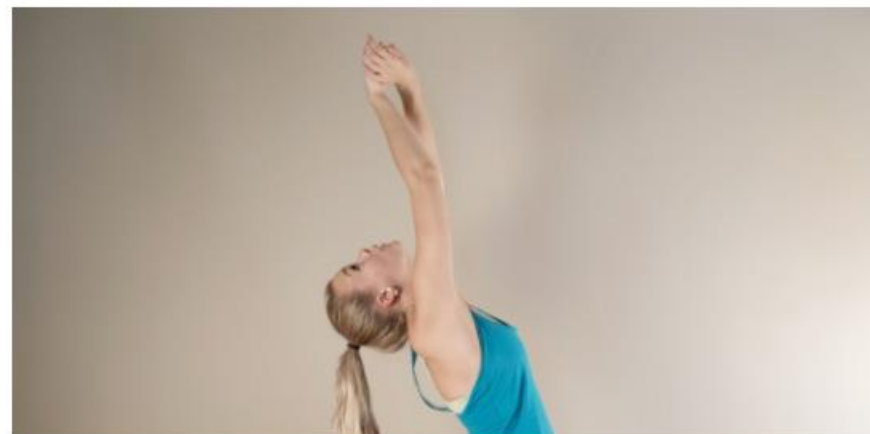
<http://neextt.com/entrevista-francisco-lugo-world-wellness-weekend/>

7 September 2020
France

<https://www.clermontinfos63.fr/actualite-18614-les-accros-du-peignoir-en-piste-pour-le-week-end-mondial-du-bien-etre.html?fbclid=IwAR2NigVrAL9nn0yyJEYJ0q-KSsyL41gSXeeqsdMjG3lDidV8ppRElOSJU54>

LES ACCROS DU PEIGNOIR EN PISTE POUR LE WEEK-END MONDIAL DU BIEN-ÊTRE

08h45 - 07 septembre 2020



Bien-être, détente. Le week-end mondial du wellness est un moment où l'on prend soin de soi. Rendez-vous dans les stations thermales d'Auvergne (Photo Manélsa Niels).

Les 19 et 20 septembre, c'est la 4e édition du Weekend Mondial du Bien-Être, un weekend anti-morosité qui va donner envie à chacun de prendre soin de soi, de bouger, d'adopter des bons réflexes, entre amis, en couple ou en famille.

Convaincue du bien-fondé de cet événement, La Route des Villes d'Eaux du Massif Central et les Accros du Peignoir se mobilisent pour faire connaître à cette occasion leurs activités de bien-être et convertir le plus grand nombre à celles-ci, autour du leitmotiv « Osez prendre soin de vous », qui prend tout son sens dans le contexte actuel.

Juste au moment de l'équinoxe d'automne, l'idée du Weekend Mondial du Bien-Être est de prolonger les bienfaits de l'été avec des activités de bien-être originales et fun. Pour éviter le blues automnal grâce à des conseils personnalisés, partout en France, des professionnels de la forme, de la beauté et du tourisme ouvrent leurs portes pour initier ou perfectionner le plus grand nombre, gratuitement, dans des activités de bien-être.

Have You Registered For World Wellness Weekend 2020?

7 September, 2020

7 September 2020
Australia



World Wellness Weekend is back for 2020 with a sentiment that rings true now more so than ever; Everyone needs a bit of wellness in their life.

Jean-Guy de Gabriac, the founder of **World Wellness Weekend** (WWW), is truly passionate about and proud of how fast WWW has grown since 2017. From 160 venues in France and Belgium that participated four years ago, it has now grown to include over 2,000 venues in 98 countries making it the biggest wellness event worldwide.

WWW will take place over 19-20 September and will spread the message of wellness through encouraging wellness activities, which is needed more than ever before. Any wellness professional or business can take part, all you have to do is "organise at least one fun and free 60-minute group workshop, promoting healthy lifestyles, through nutrition, or physical activities, or mindfulness, or sustainability," says Jean-Guy.

You then register on the WWW website and get the chance to promote your services and offers on there. You can be as creative and innovative as you like when deciding on your offering for WWW. In the past, "hot tubs were installed in the trunk of a car (Effervescences in Royat -France), golfers enjoyed Golf in bathrobe (La Lague Golf Resort - France), there was a "Water Drinkers" Race (Vic sur Cère - France), a workshop about the Art of Napping (Vichy - France), Zumba at Club Med Mandara Spa (Malaysia), Ju Jitsu (Tulum - Mexico) to only name a few," says Jean-Guy.

<https://www.spaandclinic.com.au/wellness/have-you-registered-for-world-wellness-weekend-2020>

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MARSEILLE : Week-end « Mondial du Bien-être » et Journées Européennes du Patrimoine

Written by aureliapadmin. Posted in BOUCHES DU RHONE, EVASION, LES NEWS DE PACA



Un week-end qui fait du bien au corps et à l'esprit: pour les 19 et 20 septembre, l'Office métropolitain de Tourisme et des Congrès a imaginé un double programme pour se faire du bien tout le week-end !

L'année dernière, le World Wellness Weekend, tombera au même moment que les journées Européennes du Patrimoine qui seront cette année sur le thème : « Patrimoine et Education, apprendre pour la vie ! ». Apprendre à se sentir bien, il n'y a pas de plus beau précepte à enseigner à nos enfant.

Le week-end des 19 et 20 Septembre sera donc riche en initiatives des plus classiques aux plus insolites prévues pour petits et grands dans toute la ville. La programmation sera gratuite ou à moindre coût selon les activités proposées. Cette année étant très particulière, le respect des normes sanitaires telles qu'elles ont été définies par la charte « Marseille Safe Welcome », sera de rigueur, notamment bien entendu le port du masque, les visites limitées en nombre de personnes, la distanciation physique.

Certaines visites, conférences ou activités bien-être seront accessibles en ligne pour éviter le déplacement des personnes les plus à risques. La Société des Eaux de Marseille, partenaire privilégié de l'Office Métropolitain de Tourisme et de la Ville de Marseille pour ce weekend d'exception, offrira un goodies SEM à chaque participant aux visites des 19 et 20 Septembre au départ du 11, la Canebière. Le lancement de la « tisane Marseille », concoctée spécifiquement par l'herboristerie du Père Blaize, comme une balade digestive entre garrigue et champs de lavande, est également prévu le 19 Septembre à la boutique de l'Office de Tourisme où elle sera en vente.

4ème édition du World Wellness Weekend (2ème édition marseillaise) et la 37ème édition des Journées Européennes du patrimoine Le World Wellness Weekend

<http://www.presseagence.fr/lettre-economique-politique-paca/2020/09/07/marseille-week-end-mondial-du-bien-etre-et-journees-europeennes-du-patrimoine/>

7 September 2020
United Kingdom

spa business 2020 ISSUE 3

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DIARY DATES

19-20 September 2020
World Wellness Weekend
Global

Wellness professionals and venues around the world prepare fun, free and meaningful activities both onsite and online.

www.world-wellness-weekend.org

<https://www.spabusiness.com/digital/index1.cfm?mag=Spa%20Business&codeid=3654&linktype=homepage&ref=n>

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Joanna Stankowicz · 7 hours ago · 2 min read

WWW replaces social distancing with social wellness



A WWW walk from Anantara Al Balad Resort Salalah

Many properties within the Accor, Corinthia, Hilton, Jumeirah, Mandarin Oriental, Mandara, Marriott, Shangri-La, Six Senses, Waldorf Astoria and WTS International groups will participate in World Wellness Weekend (WWW) on 19 and 20 September 2020.

The properties will host free on-site workshop for associates, guests, or local residents, and also present online videos (i.e. tutorials, wellness tips and exercises) in stunning surroundings.

In line with enhanced COVID-19 hygiene and safety measures, group sessions will be socially distanced, and in locations where international travel is restricted, the events will be hosted online via social media.

<https://www.probeauty.co.za/post/www-replaces-social-distancing-with-social-wellness>

7 September 2020
France



RENTÉE CHARGÉE POUR L'OFFICE DE TOURISME INTERCOMMUNAL DE NÉRIS-LES- BAINS



© 07 SEPTEMBRE 2020 À 08H59

<https://rjfm.net/news/rentree-chargee-pour-l-office-de-tourisme-intercommunal-de-neris-les-bains-6232>

C'est un mois de septembre chargé qui s'annonce à Nérís-les-Bains.



< [Previous news](#)

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AVANI HOTELS & RESORTS GET IN SHAPE FOR WORLD WELLNESS WEEKEND 2020

Making fitness fun and accessible for all travellers, Avani Hotels & Resorts join the global celebrations to mark #WorldWellnessWeekend on 19 and 20 September 2020.

Category: [Worldwide](#) - [Communication/Marketing](#)

More Ultimate Luxury Experiences: [Spa & Wellness](#)

This is a press release, published for free on 2020-09-07

A global movement that empowers millions of fitness and wellness lovers in 120 countries around the world, Avani Hotels & Resorts support the five key pillars of World Wellness Weekend: Sleep and Restoration, Nutrition and Nourishment, Vitality and Movement, Serenity and Mindfulness, Purpose and Solidarity.

Whether it is the pursuit of deep relaxation or an energy boost to invigorate and refresh, World Wellness Weekend allows guests a flexible approach to balance in line with Avani Hotels & Resorts commitment to doing everything in the right measure.

Guests are also encouraged to tag [@Avani_Hotels](#) and [#WorldWellnessWeekend](#) and share their wellness movement, even from home.

<https://www.journaldespalaces.com/en/press-release-58752-Avani-Hotels-Resorts-Get-in-Shape-for-World-Wellness-Weekend-2020-tw.html>

4 September 2020
France



[Accueil](#) > [Le blog « Ardèche Secrète »](#) > [Week-end mondial du bien-être à Vals-les-Bains](#)

WEEK-END MONDIAL DU BIEN-ÊTRE À VALS-LES-BAINS

Publié le 4 septembre 2020 par [Mélissa](#)

♥ 0 personne(s) aime(nt)

C'est la fin de l'été, on se sent tout ramollo, déprimé, pas du tout prêt à affronter l'automne qui arrive à grands pas. Ça vous le fait aussi à vous ? Heureusement, j'ai la solution pour laisser notre blues au placard et commencer la saison automnale dans un bon mood ! Le week-end du **19 et 20 septembre**, c'est le **week-end mondial du bien-être**. Un week-end antimorosité, qui donne envie de prendre soin de soi, de bouger... oui il faut l'avouer, on en a tous un peu besoin, de bien-être ! Non ?



<https://www.aubenas-vals.com/week-end-mondial-bien-etre-a-vals-bains/>

4 September 2020 France

Maintenant en France /

Week-end Mondial du Bien-être

Par [La rédaction](#), publié le 4 septembre 2020, 05:00



© Wellness Worldwide Weekend — Yoga au bord du lac...

Pour sa 4e édition, le Week-end Mondial du Bien-être (World Wellness Weekend) invite les professionnels du bien-être (centres thermaux, spas, centres de thérapies douces...) à proposer de tester gracieusement 1 heure d'activité. De quoi prendre de bonnes résolutions pour se faire du bien, partout en France.

Préparez-vous à vous adonner aux pratiques bien-être les samedi 19 septembre et dimanche 20 septembre prochains lors de la 4e édition du Weekend Mondial du Bien-être (World Wellness Weekend).

Partout en France et dans le monde, des activités gratuites sont proposées par des professionnels du bien-être pour permettre à tous, y compris aux personnes en situation de handicap, d'accéder le temps d'un week-end, aux meilleures pratiques bien-être et santé, aux plus originales parfois même dans des lieux incroyables comme des **monuments** historiques en extérieur pour vivre des moments d'exception.

INFOS PRATIQUES.



WEEK-END MONDIAL DU BIEN-ÊTRE LES
19 ET 20 SEPTEMBRE 2020



PARTOUT EN FRANCE ET DANS LE MONDE
(VOIR LA CARTE INTERACTIVE POUR
DÉCOUVRIR LES ÉTABLISSEMENTS
PARTICIPANTS)

EN SAVOIR PLUS.

RETROUVEZ LES LIENS EXTERNES DE L'ÉVÈNEMENT :



WORLD WELLNESS WEEKEND

<https://www.france.fr/fr/maintenant-en-france/weekend-mondial-du-bien-etre>

3 September 2020
Italy

<https://web.nuoroapp.it/tutti-2/c/0/i/49466428/inevospa-world-wellness-weekend-lollove>



The screenshot shows a mobile application interface for an event. At the top, there is a navigation bar with a back arrow on the left and the 'nuoroapp' logo on the right. Below the navigation bar is a large banner image of a group of people on a beach with their arms raised. The banner contains the text 'Wellness Weekend' in a light blue font, 'InEvoSpa' in a large white font, and 'Lollove 19-20 Settembre' in a smaller white font. Below the banner are social media sharing buttons for Facebook ('CONDIVIDI') and Twitter ('TWEET'), along with icons for a bookmark and a message. The main title of the event is 'InEvoSpa // World Wellness Weekend Lollove'. Below the title, the location is listed as 'Antico Borgo di Lollove Nuoro' and the dates as 'Dal giovedì 03 settembre 2020 al domenica 20 settembre 2020'. A large blue text box contains the event description: 'InEvoSpa di Giovanna Lorrà, per il progetto InEvoSpaNaturaleSardegna, riporta in Sardegna il 19-20 settembre, l'evento mondiale di benessere World Wellness Weekend, di cui Giovanna è Ambasciatrice per l'Isola. A fare da cornice alla manifestazione, completamente immersa nella natura, sarà l'antico borgo medioevale di Lollove, piccola e suggestiva frazione di Nuoro. Tutta l'iniziativa è all'insegna di un'impronta sostenibile e rigorosamente salutista. Due giorni di puro benessere grazie alla proposta diversificata di ben 8 ore di attività, tutte gratuite e in assoluta sicurezza, a seguito dell'applicazione delle disposizioni vigenti.' At the bottom right of this text box is a button that says 'vedi programma >>'. The background of the page features a faint architectural drawing of a building.

3 September 2020
USA



HOME | NEWS | INDUSTRY NEWS

Anantara to Host World Wellness Weekend

World Wellness Weekend is approaching, and this hotel and resort group has big plans.

Sep 3rd, 2020



Luxury hospitality brand Anantara has announced it plans to host a World Wellness Weekend on September 19-20, 2020.

Anantara supports the five pillars of *World Wellness Weekend*: Sleep and Restoration, Nutrition and Nourishment, Vitality and Movement, Serenity and Mindfulness, Purpose and Solidarity.

The 20 Anantara hotels and resorts that are participating span across 11 different countries. Each location will have its own set of wellness activities specific to their location.

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Sep 2nd, 2020



Demandforce Launched Mobile App for Spas and Salons

Aug 28th, 2020



<https://www.dayspamagazine.com/news/industry-news/news/21174098/anantara-to-host-world-wellness-weekend>



3 September 2020
India



**THE WORLD IS IN CRISIS....
WE ALL NEED MORE WELLNESS!**

SEP 19-20, 2020 IN 100 COUNTRIES



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sattvonation We are excited to announce " World Wellness Weekend" which will be celebrated in 120 countries, 6 continents, 60+ organizations, on 19-20th September 🌍🇮🇳🧘🏻‍♀️😊❤️☀️

World Wellness Weekend is 4th edition of wellness weekend which will be simultaneously celebrated in all 120 countries with various wellness activities.

Sattva Nation and Oneline Wellness committed to bring lot of engaging and wellness activities on these two days with most promising wellness



Aimé par world_wellness_weekend et 16 autres personnes

IL Y A 3 JOURS

Ajouter un commentaire...

Publier

<https://www.instagram.com/p/CEqwywnHWdS/>

3 September 2020 Hungary



The Aquincum Hotel Budapest
@AquincumHotelBp



World Wellness Weekend at the Aquincum Hotel
Budapest – FREE

Join us on September 19th and 20th for running on
Margaret Island at 9 am and for Hatha Yoga at 4 pm on
both days. Meeting point: in front of the hotel.

✉ pre-registration is required by email:
spa@aquincumhotel.com

[Traduire le Tweet](#)



<https://twitter.com/AquincumHotelBp/status/1301515683591868422>

3 September 2020
USA



<https://www.hospitalitynet.org/opinion/4100404.html>



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Navigating The Role Of Caregiver During Covid

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UpComing Virtual Events For You And Your Loved One(s):

Notifications will be sent on future events —there is a great wellness event taking place September 19 & 20 in conjunction with **World Wellness Weekend**. On Saturday, September 19, Be Well in Paradise in conjunction with Spiritual Communities Network will offer a full day of virtual Zoom presentations, 9 a.m. until 6:30 p.m., hosted by Peggy Sealfon, co-founder of Be Well in Paradise, and Gwen Petersen, founder of Spiritual Communities Network. Sunday, September 20, presenters are currently creating a variety of virtual experiences, including a livestream musical concert. More information will be provided closer to the time. Feel free to connect with me for further information. This is a wonderful way to provide some virtual entertainment for your loved one, as well as taking some time to relax and unwind yourself!



About the Author:

*Lisa Gates has worked within the senior living industry for eight years as an Administrator for an adult day health program and served in various sales and marketing capacities with Brookdale Senior Living. She has helped numerous families navigate through their journey as a caregiver, with an emphasis on dementia and Alzheimer's. In addition, she has held numerous sales and consulting roles within the real estate and hospitality industry. She is the Co-founder and CEO of a nonprofit (501-c-3) **Metamorphosis-3**, which was created in 2019. Its mission is to*

provide programs for isolated seniors, caregivers, and intergenerational programs. This nonprofit will provide services in all geographic areas.

2 September 2020
USA



HOME | NEWS | EVENT COVERAGE

Celebrate World Wellness Weekend September 19 to 20

Sep 2nd, 2020



Despite the many challenges related to COVID-19, wellness professionals and venues around the globe are actively preparing fun, free and meaningful activities (both on-site and online) for the fourth annual World Wellness Weekend (WWW), taking place September 19-20, 2020. The purpose of WWW is to connect people and encourage everyone to "Be Inspired. Be Well" via accessible and free wellness activities.

One major change happening this year is the theme: the democratization of wellness. WWW has adjusted its #WellnessForAll tag to #WellnessByAll in response to recent social distancing protocols happening due to the pandemic.

<https://www.dayspamagazine.com/news/event-coverage/article/21173786/celebrate-world-wellness-weekend-september-19-to-20>

2 September 2020
Netherlands

<https://www.hospitalitynet.org/opinion/4100404.html>

25 **hospitalitynet**

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INDUSTRY UPDATE

OPINION ARTICLE 2 September 2020

Travel And Life In The Times Of Corona – More Lessons From Hong Kong And Istanbul! – Part II

By **L. Aruna Dhir**, A Hospitality & Feature Writer and Columnist

0 Likes 0 Comments share this article in



Ralph Radtke — Photo: L. Aruna Dhir

As I write this piece, my newsfeed is like sunshine, carrying rays of hope and filled with news of joy, optimism, hope, and togetherness. A Destination Spa is preparing itself to observe the World Wellness Weekend, an initiative founded by Jean-Guy de Gabriac, around mid-September. Preidhof - Luxury Dolce Vita Resort will invite Team and Guests to join senior Healer Irmgard Mossmair in her eye-opening Forest Bathing experiences.



A Destination Spa is preparing itself to observe the World Wellness Weekend, an initiative founded by Jean-Guy de Gabriac, around mid-September. Preidhof - Luxury Dolce Vita Resort will invite Team and Guests to join senior Healer Irmgard Mossmair in her eye-opening Forest Bathing experiences.

September 2020
France



GOOD NEWS



Du bien-être pour tous!

À l'occasion du Week-end mondial du bien-être, les 19 et 20 septembre, partout en France des clubs de sport, centres de remise en forme, de balnéothérapie... proposeront des séances gratuites pour faire découvrir leurs activités à un nouveau public! Une occasion inespérée de tester - pourquoi pas? - le yoga suspendu, de voir si on est capable de tenir debout sur un paddle (et d'y prendre plaisir!), de tester la

méditation, de se lancer dans des randonnées culturelles ou de grimper sur un vélo elliptique. Et toutes ces activités seront aussi disponibles aux personnes à mobilité réduite! Cerise sur la basket: cet événement étant corrélé aux Journées européennes du patrimoine, certaines activités seront organisées dans des lieux historiques! Renseignements sur wellmap.fr

SPREADING WELLNESS WORLDWIDE

In its fourth instalment, World Wellness Weekend is about to be bigger than ever. Here's how you can participate.

Jean-Guy de Gabric, the founder of World Wellness Weekend (WWW), is truly passionate about and proud of how fast WWW has grown since 2017. From 160 venues in France and Belgium that participated four years ago, it has now grown to include over 2,000 venues in 98 countries, making it the biggest wellness event worldwide.

Set to take place on September 19 and 20 this year, WWW will spread the message of wellness through encouraging wellness activities, which is needed more than ever before. Any wellness professional or business can take part, all you have to do is "organise at least one fun and free 60-minute group workshop, promoting healthy lifestyles, through nutrition, or physical activities, or mindfulness, or sustainability," says Jean-Guy. You then register on the WWW website (see info at the end of this article), and get the chance to promote your services and offers on there.

You can be as creative and innovative as you like when deciding on your offering for WWW. In the past, "hot tubs were installed in the trunk of a car (Effervescences in Royat - France), golfers enjoyed Golf in bathrobe (La Lague Golf Resort - France), there was a "Water Drinkers" Race (Vic sur Cère - France), a workshop about the Art of Napping (Vichy - France), Zumba at Club Med Mandara Spa (Malaysia), Ju Jitsu (Tulum - Mexico) to only name a few," says Jean-Guy.

In Australia, one of the early supporters of WWW is Charles Davidson, founder of Penriths Hot Springs. "World Wellness Weekend presented a perfect opportunity for Penriths Hot Springs to speak to our 220,000+ e-mail database of hot springs subscribers and specifically to our visitors during that third weekend of September about the importance of conscious connection and wellness. It was something we could get passionately involved



in that speaks to our common purpose. Thank you for making it possible," he says.

Katherine Droga, who is the founder of Australia's first Wellness Tourism Summit and Australia's Ambassador for World Wellness Weekend says she is "excited to support and get behind this great initiative. In this time of COVID-19, maintaining or enhancing your own wellbeing has never been more important. Initiatives like this help to raise the value and importance of taking good care of ourselves.

"Whether you are a local wellness accommodation provider, spa, beauty operator, nature based tourism attraction, retreat provider or wellness practitioner I encourage you to jump online and join this great global initiative. The benefits for professionals of getting involved are two-fold. By providing a free activity for locals to enjoy on September 19-20, provides you with great exposure for your business on the world wellness weekend platform and PR but more importantly it helps to contribute and support your local communities wellbeing. Any wellness and travel professional who gets involved with a free activity also has the opportunity to promote another paid offer which also further helps your own business during these challenging times."

Participants of WWW have evolved from wellness businesses to include entire organisations (such as the UNITED NATIONS Global Sustainability Index Institute) and even mayors and the tourism industry. For 2020, the Visitors Bureau of the City of Marseille (2nd largest city in France)

will actively support WWW, as well as Niederbronn-Les-Bains, a large wellness city in the Alsace area of France.

Of course, the global pandemic is being taken into consideration during the planning of WWW 2020, with Jean-Guy explaining he has several options for different scenarios.

"If lockdowns are lifted and all businesses reopen, then WWW will serve as a powerful unifying communication platform to make the public want to discover fun and meaningful activities to strengthen the immune system and boost morale in all participating Spas, Salons, Holistic Health Clinics, Hotels, Resorts, Hot Springs, Fitness clubs, Yoga studios in 100+ countries.

However, Jean-Guy is also prepared for a stricter lockdown scenario, in which case, "we are already working on a contingency plan with the European Commission to combine our actions on social networks: our #WellnessAtHome and their #BeActiveAtHome.

Since 2018, WWW has been an official partner of the European Week of Sports and we will encourage millions of people to be more active, more often, in relation to their #WellnessBuddies (fitness, yoga...) to practice simultaneously, everyone at home, regularly via Facetime, WhatsApp, Skype or Zoom," Jean-Guy explains and adds that "we are very likely, anyway, to combine these two scenarios."

For more information and to register to participate in WWW, visit MAPWORLDWELLNESSWEEKEND.ORG

https://issuu.com/theintermediagroup/docs/spaclinic_volume_82/1?fr=sYzI4MjE3NDkyNzg

31 August 2020
Italy

World Wellness Weekend: il fine settimana del benessere a Lollove

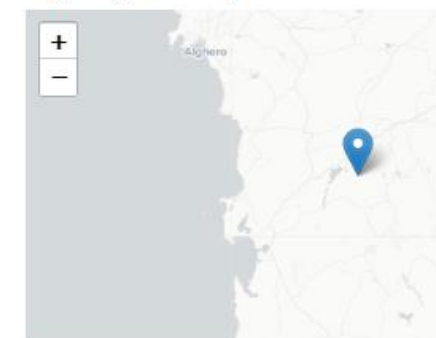
Focus Sardegna 31 agosto 2020 10:10 Notizie da: Regione Sardegna

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Nascondi annuncio Perché questo annuncio? ▸



Mappa Regione Sardegna



https://it.geosnews.com/p/it/sardegna/world-wellness-weekend-il-fine-settimana-del-benessere-a-lollove_30688616

← Annunci Google

Nascondi annuncio

Perché questo annuncio? ▸

InEvoSpa di Giovanna Lorrai, per il progetto InEvoSpaNaturaleSardegna, riporta in Sardegna il 19-20 settembre, l'evento mondiale di benessere World Wellness Weekend, di cui Giovanna è Ambasciatrice per l'Isola.

Leggi la notizia integrale su: [Focus Sardegna](#)

Regione Sardegna



31 August 2020 USA



Move From a Foundation of Wellbeing

Home Global Wellness Institute > Global Wellness Brief > Wellness Moonshot Calendar > Move From a Foundation of Wellbeing

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Author: Renee Moorefield, PhD | Date: August 31, 2020 | Comment: No Comments



OCTOBER 2020 | MOVE

FULL MOON: THURSDAY, OCTOBER 1
AND SATURDAY, OCTOBER 31
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"In these unusual and trying times, it is perhaps more important than ever to remember the profound benefits of movement. Making a concerted effort to live a life that includes physical activity is challenging, but the rewards of doing so unlocks a multitude of benefits that can help individuals and communities live healthier, happier lives." —Josh McCarter, CEO, Mindbody

As we [touched on in an earlier Wellness Moonshot](#), movement is a biological drive as necessary as sleep or food, a natural medicine to stave off illness and disease and a vital source of empowerment for individuals and groups. As a wellness leader, you likely already know [the science and strategies for using physical activity to elevate](#) your daily life, family health, and the communities and organizations you serve. When we move, a [host of mental, physical, emotional and social benefits](#) arise, which helps us feel more energized, engaged, effective and alive.

Let Us Know How It's Going!

This month we're fortunate to have two days of the full moon, October 1 and 31! Share where you are on your wellness leadership journey with [#wellnessmoonshot](#), and we'll spread your inspiration to the growing network of wellness leaders worldwide.

Think of each month's Wellness Moonshot as a guide or "lesson plan" to empower wellness. Plus, invite others to join The Wellness Moonshot! Our next step in this wellness leadership journey highlights how you can nurture wellness at work, at home, and in your community through your role as mentor and coach.



Showcase your support for a world free of preventable disease with [The Wellness Moonshot Calendar](#).

Resources

- Take the ["Are You a Wellness Leader?"](#) quiz to see where you can grow.
- Find authoritative studies on the benefits of exercise at [Wellness Evidence](#).
- Explore GWI's [Wellness at Work](#), [Mental Wellness](#) and [Yoga Therapy](#) Initiatives.
- Learn about the global economy of physical activity in GWI's [Move to Be Well](#) report.
- Read the [Wellness Q&A Series](#) to see how various industries and businesses are renewing their efforts post-COVID.
- Consider using your movements to support [World Mental Health Day](#) and [World Wellness Weekend](#).

<https://globalwellnessinstitute.org/global-wellness-institute-blog/2020/08/31/october-move/>

31 August 2020
Italy

Home > News > World Wellness Weekend: il fine settimana del benessere a Lollove

NEWS

World Wellness Weekend: il fine settimana del benessere a Lollove

Focusardegna © Agosto 31, 2020



InEvoSpa di Giovanna Lorrai, per il progetto InEvoSpaNaturaleSardegna, riporta in Sardegna il 19-20 settembre, l'evento mondiale di benessere World Wellness Weekend, di cui Giovanna è Ambasciatrice per l'Isola.

A fare da cornice alla manifestazione, completamente immersa nella natura, sarà l'antico borgo medioevale di Lollove, piccola e suggestiva frazione di Nuoro.

Tutta l'iniziativa è all'insegna di un'impronta sostenibile e rigorosamente salutista.

Il programma prevede la possibilità di raggiungere il borgo in bicicletta, con partenza dal capoluogo barbaricino alle ore 8,00. La pedalata guidata e gratuita è resa possibile dal supporto del CTS Nuoro. L'arrivo a Lollove prevede un'accoglienza ristoratrice con una squisita tisana di benvenuto dell'erboristeria Montricos. L'avvio delle attività sarà siglato dal suono vibrante e magico del Gong, creato dalle mani esperte del sassarese Daniele Pala, musicista con la passione del riciclo creativo.

https://www.focusardegna.com/index.php/news/1200-world-wellness-weekend-il-fine-settimana-del-benessere-a-lollove?fbclid=IwAR0cntT6msiotS9Kjo263RnmFb8R5GBcOm6edcAggrpZ70p_UvQrXQ-DpDc

26 August 2020
South Africa



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Joanna Starkowicz · 6 days ago · 2 min read

Latest updates on World Wellness Weekend



A 'wellto' (wellness salsa) from the Oyster Box Spa team

Despite the many challenges related to COVID-19, spa and wellness professionals and venues are actively preparing fun, free and meaningful activities (both on-site and online) for World Wellness Weekend (19 and 20 September).

In line with enhanced hygiene and safety measures, group sessions will be socially distanced, and in locations where international travel is restricted, the events will be hosted online via social media.

World Wellness Weekend South Africa ambassador, Taryn Lilley, confirms that a fitness club in Johannesburg, Capoeira Valente, will be providing a beginner's introductory class for the Brazilian martial art known as Capoeira.

<https://www.probeauty.co.za/post/latest-updates-on-world-wellness-weekend>

26 August 2020
Thailand



Le Lézard

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Classified in: [Tourism and vacations](#), [Covid-19 virus](#)

Anantara Hotels, Resorts & Spas Set to Celebrate World Wellness Weekend Around the Globe

Annonce retirée par [criteo](#).

Signaler cette annonce

Choisir sa pub ▶

BANGKOK, Aug. 26, 2020 /PRNewswire-PRWeb/ -- Inspiring thoughtful choices for a better life, Anantara Hotels, Resorts & Spas invites guests and communities to join an international celebration of wellness with a host of activities and holistic experiences to commemorate World Wellness Weekend on September 19 & 20, 2020.

To mark this year's World Wellness Weekend, almost 20 Anantara hotels and resorts in 11 different countries will host a series of wellness activities ranging from yoga, guided meditations, sleep restoration workshops, chanting, breath work, sound healing therapies, alms offerings to Buddhist monks, personal training sessions, Muay Thai classes, high-intensity interval training, aqua aerobics, workshops on nutrition and nourishment, and healthy culinary discoveries.

From the serenity of yoga to the feat of martial arts, and the gift of a good night's sleep, Anantara Spa supports the five key pillars of World Wellness Weekend: Sleep and Restoration, Nutrition and Nourishment, Vitality and Movement, Serenity and Mindfulness, Purpose and Solidarity.

In Thailand, Anantara Siam Bangkok Hotel, Anantara Chiang Mai Resort and Anantara Lawana Koh Samui Resort will offer guests rich journeys in wellness including an authentic immersion with the Buddhist tradition of alms giving and merit-making, relaxing foot and neck massages, aqua aerobics sessions, yoga activities and refreshing nutrient-packed juices to enjoy.

<https://www.lelezard.com/en/news-19394037.html>

26 August 2020
France



Les Français se mobilisent pour le « Week-end mondial du bien-être »

26/08/2020 | Salons & Events | Siska von Saxenburg



Sensibilisés par la crise sanitaire, les Français se mobilisent pour le Week-end mondial du bien-être, dont la quatrième édition se déroulera les 19 et 20 septembre, notamment en France, malgré les mesures de distanciation physique.

On aurait pu penser que la crise sanitaire aurait étouffé dans l'œuf cette initiative. Mais il n'en est rien. Pas moins de 120 pays sur cinq continents y participent : le Français Jean-Guy de **Gabriac**, coordinateur international de l'événement, a réussi son pari de réunir les professionnels du bien-être à travers le monde pour un événement non commercial, destiné à convaincre le public de s'occuper de soi.

Mais l'année 2020 ne sera décidément pas une année comme les autres. Parallèlement aux activités en présentiel, respectant les mesures de sécurité, on retrouvera donc au programme des activités en ligne et en vidéo, pour respecter les mesures imposées dans certains pays.

<https://professionbienetre.com/business2/salons/9953-les-francais-se-mobilisent-pour-le-week-end-mondial-du-bien-etre?highlight=WyJnYWJyaWFjIl0=>

26 August 2020
Thailand

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Anantara Hotels, Resorts & Spas Set to Celebrate World Wellness Weekend Around the Globe

26 August 2020 - 12:00PM

PR Newswire (US)

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BANGKOK, Aug. 26, 2020 /PRNewswire-PRWeb/ -- Inspiring thoughtful choices for a better life, Anantara Hotels, Resorts & Spas invites guests and communities to join an international celebration of wellness with a host of activities and holistic experiences to commemorate World Wellness Weekend on September 19 & 20, 2020.

To mark this year's World Wellness Weekend, almost 20 Anantara hotels and resorts in 11 different countries will host a series of wellness activities ranging from yoga, guided meditations, sleep restoration workshops, chanting, breath work, sound healing therapies, alms offerings to Buddhist monks, personal training sessions, Muay Thai classes, high-intensity interval training, aqua aerobics, workshops on nutrition and nourishment, and healthy culinary discoveries.

From the serenity of yoga to the feat of martial arts, and the gift of a good night's sleep, Anantara Spa supports the five key pillars of World Wellness Weekend: Sleep and Restoration, Nutrition and Nourishment, Vitality and Movement, Serenity and Mindfulness, Purpose and Solidarity.

In Thailand, Anantara Siam Bangkok Hotel, Anantara Chiang Mai Resort and Anantara Lawana Koh Samui Resort will offer guests rich journeys in wellness including an authentic immersion with the Buddhist tradition of alms giving and merit-making, relaxing foot and neck massages, aqua aerobics sessions, yoga activities and refreshing nutrient-packed juices to enjoy.

Elsewhere in South East Asia, perched on a dramatic cliffside overlooking the Indian Ocean, Anantara Uluwatu Bali Resort will offer guests a complimentary healing meditation under the pillar of Serenity & Mindfulness and a nutrition workshop to educate guests on the importance of mindful eating under the pillar of Nutrition & Nourishment. In Cambodia, Anantara Angkor Siem Reap Resort will also participate in World Wellness Weekend.

<https://uk.advfn.com/stock-market/stock-news/83139708/anantara-hotels-resorts-spas-set-to-celebrate-w>

27 August 2020
United Kingdom



PEACE LOVE BALANCE HARMONY WELLBEING

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All Posts Beauty Skincare Coaching New Life Transformation Spirituality More -

Kelly Singh • Aug 27 • 3 min read

World Wellness Weekend! - Live Well - Be Well - Saturday 19th and Sunday 20th September 2020



Wellness is a responsible relationship between your body and yourself. The way we live has a great impact on our health and wellbeing. How we sleep, eat, move, relax and socialise, either keeps body and mind in a state of vitality; or creates an imbalance with repercussions on our health.

On *September 19th & 20th, 2020* just before the Equinox, when daytime & night time are

<https://www.pureblissretreats.co.uk/post/world-wellness-weekend-live-well-be-well-saturday-19th-and-sunday-20th-september-2020>

27 August 2020
USA

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Anantara to Host World Wellness Weekend

August 27, 2020 | [Contact Author](#)



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Luxury hospitality brand Anantara has announced it plans to host a World Wellness Weekend on September 19-20, 2020.

Anantara supports the five pillars of [World Wellness Weekend](#): Sleep and Restoration, Nutrition and Nourishment, Vitality and Movement, Serenity and Mindfulness, Purpose and Solidarity.

The 20 Anantara hotels and resorts that are participating span across 11 different countries. Each location will have its own set of wellness activities specific to their location.

In China, Anantara Guiyang Resort will host outdoor meditation by the resort's Thai Guru in the garden. In Thailand, Anantara Siam Bangkok Hotel will offer guests an authentic immersion with the Buddhist tradition of alms giving and merit-making, relaxing foot and neck massages, aqua aerobics sessions and yoga activities. In the Maldives, Naladhu Private Island Maldives will stream an Abhyanga tutorial. In Zambia, The Royal Livingstone Victoria Falls Zambia Hotel by Anantara, guests can invigorate their senses and collate their thoughts against the roar of the mighty Zambezi River with complimentary yoga on the sun deck and a nature trail hike to Victoria Falls, one of the natural wonders of the world.

Due to COVID-19, hotels will have enhanced hygiene and safety measures, group sessions will be properly socially distanced. In locations where international travel is restricted, the events will be shared online via social media.

<https://www.skininc.com/spabusiness/leaders/spas/Anantara-to-Host-World-Wellness-Weekend-572240631.html>

24 August 2020
Mexico



NEWS DESTINATION LIFESTYLE DINING WEDDINGS WELLNESS CELEBRITIES

> Blog > News > October Wellness 2020 At Villa Del Palmar Cancun

NEWS

Published on August 24, 2020 — 0 Comments

October Wellness 2020 at Villa del Palmar Cancun



Wellness is a buzzword that we hear a lot these days. It simply means the state of being in good health. The current pandemic situation is a persistent reminder of how vital it is to **keep fit** and eat right in order to have a strong immune system. Before we kick off **October Wellness 2020** at Villa del Palmar Cancun Luxury Beach Resort & Spa, we will run a couple of activities to coincide with **World Wellness Weekend** (WWW).

<https://www.villapalmarcancun.com/blog/news/october-wellness-2020-at-villa-del-palmar-cancun>

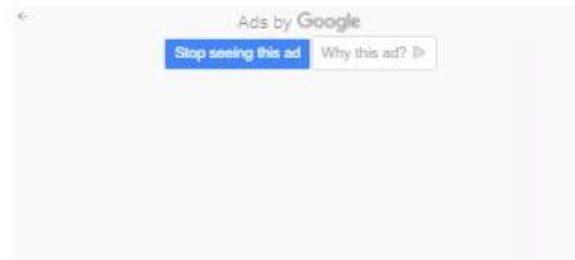
20 August 2020
Asia



SPA

Anantara Hosts World Wellness Weekend

Julia Tom 2 weeks ago 4 min read



Inspiring thoughtful choices for a better life, Anantara Hotels, Resorts & Spas invites guests and communities to join an international celebration of wellness with a host of activities and holistic experiences to commemorate World Wellness Weekend on 19 and 20 September 2020.

To mark this year's World Wellness Weekend, almost 20 Anantara hotels and resorts in 11 different countries will host a series of wellness activities ranging from yoga, guided meditations, sleep restoration workshops, chanting, breathwork, sound healing therapies, alms offerings to Buddhist monks, personal training sessions, Muay Thai classes, high-intensity interval training, aqua aerobics, workshops on nutrition and nourishment, and healthy culinary discoveries.

<https://www.rustourismnews.com/2020/08/20/anantara-hosts-world-wellness-weekend/>


18 August 2020
Italy

<http://www.tottusinpari.it/2020/08/18/il-19-e-20-settembre-a-lollove-la-v-edizione-della-world-wellness-weekend-sardegna/?fbclid=IwAR0IUruuQRBihQ4gWu85MTvHMNgW-g7E3a991hK7V9mPjc4AYMwckN6z8EM>

TOTTUS IN PARI
emigrati e residenti: la voce delle due "Sardegne"


18 AGOSTO 2020 DI TOTTUS IN PARI
IL 19 E 20 SETTEMBRE A LOLLOVE, LA IV EDIZIONE DELLA "WORLD WELLNESS WEEKEND - SARDEGNA"

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TOTTUS IN PARI, 830

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CELEBRATE
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19 - 20 SEPTEMBER 2020
WWW.WORLDWELLNESSWEEKEND.ORG

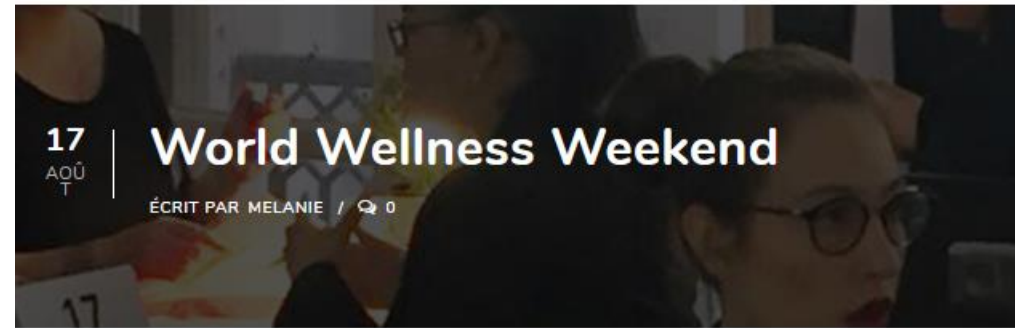
evento segnalato da GIOVANNA LORRAI

InEvoSpa riporta in Sardegna l'evento benessere più atteso dell'anno!
Questo è un anno davvero particolare in cui, nonostante le incognite date dal periodo di emergenza che ancora stiamo attraversando, ho sentito fosse ancor più doveroso organizzare il World Wellness Weekend, perché ora più che mai dobbiamo agire in modo preventivo, per prenderci davvero cura per noi stessi.

L'obiettivo è da sempre quello di far conoscere nuove pratiche e attività per:

- fortificare il nostro corpo
- aumentare le nostre difese immunitarie

17 August 2020
France



<https://www.probeauty.co.za/post/world-wellness-weekend-well-on-track>

En 3 ans, le World Wellness Weekend a été célébré par 2 356 établissements dans 98 pays. 60 organisations soutiennent cet événement qui se déroule le troisième week-end de septembre. Pour cette 4^e édition, le fondateur de l'événement, Jean-Guy de Gabriac, veut atteindre les 5 000 établissements dans 120 pays. La France s'est particulièrement bien mobilisée en 2019 et 96% des établissements reconduisent leur participation au WWW les 19 et 20 septembre 2020. Afin de continuer sur cette dynamique, Jean-Guy de Gabriac a choisi deux Ambassadeurs fédérateurs pour l'hexagone : M. Romain Dupont, président du Label Spas de France qui regroupe plus de 200 Spas et Mme Catherine Sertin, fondatrice et directrice de l'école éponyme, qui nous explique son engagement pour cette 4^e édition.

Pour consulter l'article en intégralité [cliquez ici](#)

16 August 2020
South Africa



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 Joanna Starkowicz · 4 days ago · 2 min read

World Wellness Weekend well on track

Updated: 2 days ago



Some 60 World Wellness Weekend (WWW) ambassadors and coordinators across the globe are encouraging the general public to register online for this year's event (19 and 20 September) and to state where they will practice their favourite wellness activity.

This is due to the fluctuation of COVID-19 lockdown regulations from one country or region to another, and the limited number of people who can meet in a closed place, or at a public place outdoors. WWW activities could range from a contemplative city hike in a historic centre, to a yoga session in a public park, to a guided relaxation on a beach, to a 3km run, to a bike ride along scenic routes, etc.

<https://www.probeauty.co.za/post/world-wellness-weekend-well-on-track>

3 July 2020
United Kingdom



<https://professionalbeauty.co.uk/site/newsde tails/world-wellness-weekend-launches-new-website>



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World Wellness Weekend launches new website



Jul 03, 2020

By Eleanor Vousden

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International Spa News

Industry News

Spa and Wellness

As many countries start re-opening their businesses, the World Wellness Weekend has launched a brand-new website with many upgraded features to give exposure to wellness-related professionals around the globe.

The fourth edition of the [World Wellness Weekend](#) is taking place on September 19 & 20, 2020, and now has a new website with a whole host of features.

The new World Wellness Weekend website will be available in 11 different languages (including Arabic, Russian, Greek, Hindi and Thai) and includes the following features.


A World Wellness Map

A "one-click [geo-locator](#)" helps you to find wellness professionals near you, wherever you are in the world. Users can enter the name of a city in any language (eg. London, Londres, or Londra are all recognised) or click 'locate me' to find the closest registered venues to them.

A Wellness Pledge

Website visitors can take the [Wellness Pledge](#) to positively impact their wellbeing. Decide on your personal wellness objective such as becoming more active more often, being able to be more flexible to prevent back pain or manage stress better.

July-August 2020 France



Sense of Wellness
Le Magazine de l'Innovation Spa & Wellness à 360°

www.senseofwellness-mag.com #15 Eté Summer 2020 115€

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Dossier
Tour du monde du Spa en temps de crise

(LAB NEWS) Wellness BUSINESS News

En 3 ans, le World Wellness Weekend a été célébré par 2 396 établissements dans 98 pays. 60 organisations soutiennent cet événement qui se déroule le troisième week-end de septembre. Pour cette 4^e édition, le fondateur de l'événement, Jean-Guy de Gabriac, veut atteindre les 5 000 établissements dans 120 pays.



World Wellness Weekend
5 000 établissements pour la 4^e édition

Un nouveau site web
Objectif ambitieux pour cette 4^e édition et pour y parvenir Jean-Guy de Gabriac, aide de ses 50 ambassadeurs, a lancé un nouveau site web : www.world-wellness-weekend.org avec de nombreuses fonctionnalités pour donner plus de visibilité aux professionnels du bien-être dans plus de 100 pays. Désormais, le site sera en 11 langues : Français, Anglais, Espagnol, Italien, Portugais, Néerlandais, Grec, Russe, Arabe, Hindi et Malais, afin que les établissements de leurs villes et pays puissent s'inscrire facilement dans leur langue pour s'adresser à une clientèle locale. Les établissements pourront aussi traduire tout (ou en partie) les activités proposées dans d'autres langues pour informer des clients internationaux (tourisme voyage sera à nouveau possible). Gros point fort de ce nouveau site : la géolocalisation en clic. Ainsi, les internautes saisiront les premières lettres d'une ville ou cliquent simplement sur « Localiser moi » avec leur smartphone, tablette ou ordinateur portable pour voir les établissements enregistrés tout près d'eux. Pour soutenir la reprise du secteur, le Blog propose des conseils d'experts et des établissements participants, sur les 5 piliers du bien-être (sommeil, nutrition, vitalité, sérénité, solidarité) avec (bientôt) des séquences vidéo. Les établissements peuvent ainsi promouvoir les activités fun et gratuites qu'ils organisent les 19 et 20 septembre 2020, et annoncer leurs prochains événements (ex : Offres promotionnelles, Week-end Yoga en juillet, Séjours thématiques...), de quoi vous inciter à vous inscrire sans attendre septembre ! On aime aussi le fait que le public puisse appeler ou envoyer directement un e-mail aux établissements et partager la page d'un lieu sur Facebook, Twitter... pour encourager leurs amis à les rejoindre.

Over the last 3 years, the World Wellness Weekend has been celebrated by 2,396 establishments in 98 countries. 60 organisations support the event that takes place during the third weekend of September. For this 4th edition, the event's founder Jean-Guy de Gabriac aims to reach 5,000 participating establishments in 120 countries.

5,000 establishments for the 4th edition

An ambitious goal for this 4th edition and to get there, Jean-Guy de Gabriac, with the help of his 50 ambassadors, has launched a new website www.world-wellness-weekend.org with various features to increase visibility for Wellness professionals in over 100 countries. The website is now available in 11 languages: French, English, Spanish, Italian, Portuguese, Dutch, Greek, Russian, Arabic, Hindi and Malay, enabling establishments from cities and countries all over the world to sign up easily and communicate to a local clientele. One of the new website's biggest strengths is its one-click geolocalisation feature. Users need only to type the first letters of a town or simply click on "I locate me" to see the list of nearby participating establishments. To support the recovery of the sector, the Blog provides recommendations by experts and participating establishments. Participants can promote the fun and free activities they are organising on 19 and 20 September 2020 as well as announce their upcoming events.

(LAB NEWS) Wellness BUSINESS News



60%
des établissements ont organisé des activités sur 2 jours en 2019

60% of establishments organised activities over 2 days in 2019

67%
ont organisé 2 à 4 activités gratuites

67% organised 2 to 4 free activities

96%
des établissements français de 2019 participent de nouveau en 2020

96% of the French establishments that participated in 2019 have joined the 2020 edition

11
nombre de langues du nouveau site www.weekend-wellness.org

11 - the number of languages available on the new website www.weekend-wellness.org

3 min
c'est le temps nécessaire pour vous inscrire en ligne

3min - the time required to sign up online

224 millions
nombre de personnes touchées via la couverture média 2019

224 million - the number of people reached through media coverage 2019

Trois scénarios envisagés

Si le confinement est levé et tous les établissements rouvrent, alors le WWW sera une plateforme de communication fédératrice puissante pour donner envie au public de découvrir des activités fun et efficaces pour renforcer le système immunitaire et booster le moral dans les Spas, instituts de beauté, hôtels, Thèmes, Thalassos qui participent.

Si le confinement est levé, mais que les regroupements de plus de 50 ou 100 personnes sont interdits, alors le WWW proposera aux établissements participants un concept de mini-ateliers Wellness.

Si malheureusement une nouvelle vague d'épidémie a lieu en septembre et que la population est à nouveau confinée, le WWW a déjà pris les devants avec la Commission Européenne pour associer ses actions sur les réseaux sociaux : #WellnessAtHome et #BeActiveAtHome.

Three possible scenarios

If lockdown has been lifted and all establishments have reopened, then the WWW will be a powerful platform to unite and communicate, inspiring the general public to discover fun activities that are effective in strengthening the immune system and boosting morale in the participating Spas, beauty salons, hotels, bathosotherapy and thalassotherapy centres.

If lockdown has been lifted but gatherings of over 50 or 100 people are prohibited, then the WWW will roll out a concept of mini Wellness workshops for participating establishments. Should a new wave of coronavirus cases cause the population to go back into lockdown in September, the WWW has anticipated the scenario with the European Commission to join actions on social media: #WellnessAtHome and #BeActiveAtHome.

3 min
c'est le temps nécessaire pour vous inscrire en ligne

3min - the time required to sign up online

224 millions
nombre de personnes touchées via la couverture média 2019

224 million - the number of people reached through media coverage 2019

www.senseofwellness-mag.com

(LAB NEWS) Wellness BUSINESS News

World Wellness Weekend

Deux nouveaux ambassadeurs pour la France

La France s'est particulièrement bien mobilisée en 2019 et 96% des établissements reconduisent leur participation au WWW les 19 et 20 septembre 2020. Afin de continuer sur cette dynamique, Jean-Guy de Gabriac a choisi deux Ambassadeurs fédérateurs pour l'hexagone : **M. Romain Dupont, président du Label Spas de France** qui regroupe plus de 200 Spas et **Mme Catherine Sertin, fondatrice et directrice de l'école éponyme, qui nous explique son engagement pour cette 4^e édition.**



Two new ambassadors for France

France was particularly active in 2019 and this year 96% of establishments are renewing their commitment to the WWW on 19 and 20 September. Building on this momentum, Jean-Guy de Gabriac has chosen two Ambassadors to unite the country: **Mr Romain Dupont, chairman of the Label Spas de France** that gathers over 200 Spas and **Mrs Catherine Sertin, the founder and director of the eponymous school, who talked with us about her pledge to this 4th edition.**

Right from World Wellness Weekend's first edition, you've swung into action with the energy that we are used to seeing from you. Now you are the French Ambassador. What attracted you to the WWW? Catherine Sertin: This event enables the general public to discover our Wellness and beauty professions and attracts local clients. We have just been through the complicated lockdown period and are now facing the challenge of reuniting the necessary, so we want to support participating establishments by promoting their business via an event that unites people and that is just what the World Wellness Weekend is doing.

The Catherine Sertin School has decided to thank the health care professionals who were on the frontlines of this pandemic. Can you please tell us more about this Catherine? C.S.: To us, the World Wellness Weekend taking place on 19 and 20 September is a timely opportunity to give back to health care professionals through a moment of wellbeing, to partner with Catherine Salazar Chevalier, who chairs the FEPPEC Foundation that accompanies women who have been diagnosed with cancer, we will be inviting health care professionals for a half day of beauty on Saturday 19 September.

Just like each year, you have called your students but you also wish to involve other establishments that are members of the FEPPEC (Federation of professional beauty schools). C.S.: Indeed beauty, the World Wellness Weekend can galvanise businesses and will give students from FEPPEC schools the opportunity to participate in a sales and marketing initiative and access its outcomes. For companies, it's an opportunity to promote attractive offerings and benefit from the support of an industry for the event, as the FEPPEC has confirmed that the 85 beauty school members will be sending letters to the beauty salons and Spas who rapidly make a request.

www.senseofwellness-mag.com

June - July 2020 United Kingdom



World Wellness Weekend returns for 2020

GLOBAL: The fourth annual World Wellness Weekend is aiming to "Make a Difference in Global Wellbeing" following the impact of the Covid-19 pandemic. From September 19-20, more than 5,000 spa and wellness centres in 120 countries will unite in a celebration of health, according to the event's founder, Jean-Guy de Gabriac.

"As 90% of Covid-19 fatalities suffered from obesity or non-communicable diseases, we can say that health is the new wealth," says de Gabriac. "The fourth World Wellness Weekend will address the five pillars of sleep, nutrition, vitality, serenity and solidarity with fun, meaningful, free 60-minute activities to boost morale and strengthen immunity."

This year, there will be an additional focus on inclusion. In association with the International Health, Racquet & Sportsclub Association, the event will help connect with people with disabilities and special needs, encouraging fitness and spa professionals to find ways to make their business more accessible.

There will also be a push to engage with healthcare workers to promote their greater wellbeing.

De Gabriac says the event is striving to increase participation across the globe through a range of new developments.

"Our brand-new website, in 11 languages, encourages thousands of venues in over 100 countries to register online and promote their wellness activities year-round as well as on World Wellness Weekend," he says. "A one-click geo-locator called 'Locate Me', shows the nearest registered venues with options for the public to share on social media and encourage their wellness buddies to tag along."

www.world-wellness-weekend.org

www.europeanspamagazine.com

26 June 2020
Guadeloupe



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HEXAGONE GUADELOUPE GUYANE MARTINIQUE LA REUNION MAYOTTE NELLE CALEDONIE POLYNESIE F COLLECTIVITES OCCITANIE

Le Weekend Mondial du Bien-être, un rendez-vous qui fait du bien -Du 19 au 21 septembre 2020

26 juin 2020 Agenda Soyez le premier à commenter!

Imprimer E-mail

Pour la quatrième fois, plus de 100 pays vont célébrer le Week-end Mondial du Bien-être (World Wellness Weekend). C'est une occasion rêvée de tester des activités bien-être, dans des milliers d'établissements qui ouvriront gratuitement leurs portes, pour plonger dans l'expérience wellness, au coin de la rue... ou à l'autre bout du monde.

Vidéo de présentation: https://youtu.be/yOq6L_bfdxY

A partir du lever du soleil à Fiji le samedi 19 septembre jusqu'au coucher du soleil à Hawaï le dimanche 20 septembre, le grand public sur 6 continents sera encouragé, via des activités gratuites, à explorer les 5 Piliers du Bien-être : savoir comment mieux dormir ; manger frais, coloré et équilibré en fonction de la saison ; bouger davantage avec souplesse et plaisir ; développer son capital sérénité ; et donner un sens à sa vie en aidant les autres.

Le Weekend Mondial du Bien-être est une initiative lancée en France et en Belgique en 2017, qui rayonne aujourd'hui dans le monde entier. Cette fête du bien-être, populaire et solidaire, est massivement soutenue en France par La Route des Villes d'Eaux (18 communes thermales), l'Office de Tourisme et des Congrès de Marseille et de Montbrun-les-Bains, l'ANETT (Association Nationale des Élus des Territoires Touristiques), les villages VVF, la Fédération Française de Cyclo-tourisme, la Fédération Française de Randonnée Pédestre, la Fédération Française de Fitness, CIDESCO, CNAIB-Spa, la FIEPPEC, Label Spas de France et l'Union Nationale des Spa Managers...

Durant le Weekend Mondial du Bien-être du 19 au 21 septembre 2020, il est possible de s'initier gratuitement, de jour comme de nuit, par exemple au yoga assis ou suspendu pour « s'ouvrir les chakras », avant une dégustation de vin biodynamique pour « réveiller ses papilles », tai chi en peignoir avec les Accros du Peignoir, stretch aqua-zen en eau thermale ou de mer, randonnées citadines, activités de sport-santé, cours de fitness (même pour les personnes en situation de handicap), des conférences et des ateliers pratiques pour apprendre à masser les épaules de son partenaire, ou à prendre de soin de sa peau dans un institut de beauté ou un spa...

Pour participer il suffit de consulter la carte Wellness sur <http://wellmap.fr>, trouver des établissements près de chez soi, puis de s'inscrire directement, soit par e-mail, soit via le formulaire de contact.

Il est possible de suivre World Wellness Weekend sur Facebook, Instagram, YouTube, Twitter.

Jean-Guy de Gabriac, expert international et formateur auprès de groupes hôteliers et marques cosmétiques depuis 2001, est le fondateur du Weekend Mondial du Bien-être – World Wellness Weekend : « Il n'y a pas de mission plus noble dans la vie

https://www.facebook.com/watch/live/?v=1217410108598908&ref=watch_permalink

24 June 2020
Mexico



https://www.facebook.com/watch/live/?v=1217410108598908&ref=watch_permalink

Miércoles a las 19:30hrs
con Yazmin Olguin

LIVE

Invitado Especial
Francisco Lugo
Embajador World Wellness Weekend México

A portrait of Francisco Lugo, a man in a light blue blazer, standing against a black background.

MÁXIMA
97.5 FM HD

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 StreamYard

Two small video thumbnails showing the hosts: Yazmin Olguin on the left and Francisco Lugo on the right.

10 formas de vivir una vida manera más tranquila

A small speaker icon in the bottom right corner of the video player.

23 June 2020
France



<http://www.monguidethalassospa.fr/fr/jean-guy-de-gabriac-196.php>

JEAN-GUY DE GABRIAC



Notre credo à tous... Savourer joie de vivre et harmonie pour vivre en pleine forme, aussi longtemps que possible... Jean-Guy de Gabriac le fondateur de cet événement, réalise à nouveau notre rêve lors du Weekend Mondial du Bien-être / World Wellness Weekend les 19 et 20 septembre?

Voilà depuis 3 ans que Jean-Guy réunit la planète entière le temps d'un week-end pour nous faire découvrir ou re-découvrir l'enchantement d'une tête heureuse dans un corps sain...

Vous êtes le fondateur du Weekend Mondial du Bien-Etre, une initiative française célébrée dans 98 pays l'an dernier... Donnez-nous vos sentiments... Ce goût d'être en harmonie avec soi-même ne se fait-il pas urgemment ressentir...

Absolument ! Le Covid19 nous rappelle brutalement notre rapport à notre mortalité et nous a obligé à nous concentrer sur l'essentiel durant le confinement. Aujourd'hui plus que jamais, alors que la vie reprend son cours, et que les établissements thermaux, les spas réouvrent, la santé et le bien-être physique et mental sont au coeur de toutes les préoccupations. Les manifestations sociales actuelles dans le monde entier ajoutent une dimension supplémentaire : il ne s'agit pas seulement d'être bien en soi, il s'agit d'être mieux ensemble. Les populations exigent des gouvernements plus de justice sociale, plus d'équité.

World Wellness Weekend : deux nouveaux ambassadeurs pour la France

Publié le samedi, 20 juin 2020



La France s'est particulièrement bien mobilisée en 2019 et 96% des établissements reconduisent leur participation au **World Wellness Weekend** les 19 et 20 septembre 2020. Afin de continuer sur cette dynamique, **Jean-Guy de Gabriac** a choisi deux Ambassadeurs fédérateurs pour l'hexagone : **M. Romain Dupont** (notre photo à droite), président du Label Spas de France qui regroupe plus de 200 Spas et **Mme Catherine Sertin** (notre photo à gauche), fondatrice et directrice de l'école éponyme, qui nous explique son engagement pour cette 4e édition.

Dès la première édition du World Wellness Weekend, vous vous êtes mobilisée avec le dynamisme que l'on vous connaît. Maintenant vous êtes l'Ambassadrice France. Qu'est-ce qui vous séduit dans le WWW ?

Catherine Sertin : Cet événement consiste à faire découvrir au grand public nos métiers du bien-être et de la beauté mais aussi à attirer une clientèle de proximité. Pour cela, chaque partenaire va créer une animation ou événement et communiquera auprès d'une large clientèle grâce au site www.worldwellness-weekend.org. Après la période complexe que nous venons de traverser durant le confinement et la complexité économique qui en découle, nous souhaitons être présents auprès de nos entreprises partenaires afin de promouvoir leur activité via un événement fédérateur comme le World Wellness Weekend qui est une opportunité à saisir pour dynamiser notre secteur et séduire de nouveaux client(e)s.

L'école Catherine Sertin a décidé de remercier les soignants qui subissent cette épidémie en première ligne. Expliquez-nous cela.

C.S. : Le Week-end Mondial du Bien-être qui se déroulera les 19 et 20 septembre 2020 nous semble tout à fait opportun pour offrir un moment de bienveillance au personnel médical. En partenariat avec Christine Salaun Chevalier qui préside le Fonds de dotation EREEL qui accompagne les femmes atteintes de cancer, nous allons inviter les soignants pour une demijournée beauté le samedi 19 septembre. Nous proposerons des soins visage et des soins corps ainsi que des poses de vernis et des mises en beauté. Le tout autour d'une pause gourmande grâce au partenariat d'une école hôtelière.

Comme chaque année, vos élèves sont mobilisés mais vous souhaitez aussi dynamiser les autres établissements adhérents de la FIEPPEC.

C.S. : Effectivement Isabelle, le Week-end Mondial du Bien-être peut permettre d'apporter une dynamique aux entreprises et donner l'occasion aux élèves des écoles de la FIEPPEC de participer à une action commerciale et d'en évaluer les retours clients. Pour les entreprises, c'est mettre en avant des offres attractives et bénéficier d'un stagiaire en soutien pour cet événement, puisque la FIEPPEC a confirmé que les 85 écoles d'esthétique adhérentes proposeront des stagiaires aux instituts et Spas qui en feront rapidement la demande. Nous sommes également soutenus par la CNAIB Spa qui encourage ses nombreuses adhérentes à se mobiliser ainsi que par M. Damien Freyther de la Maison Jean d'Estrées et par M. Fabrice Fontanel du Groupe ISIS et Lovely Spa Paris. Une mobilisation qui ne fait que commencer...

Nouveau site web : www.world-wellness-weekend.org

20 June 2020
France



Le Magazine de l'Innovation Spa & Wellness à 360°

<https://www.senseofwellness-mag.com/les-acteurs-des-spas-les-spa-people-et-professionnels-du-spa/acteurs-du-spa/interviews/item/2397-world-wellness-weekend-deux-nouveaux-ambassadeurs-pour-la-france>

16 June 2020
France



https://www.senseofwellness-mag.com/toute-les-actualites-spa-et-wellness/actus/salons-evenements/item/2386-world-wellness-weekend-5-000-etablissements-pour-la-4e-edition?utm_source=newsletter_7163&utm_medium=email&utm_campaign=world-wellness-weekend-veut-atteindre-les-5-000-etablissements-reouverture-des-thermes-d-auvergne-lancement-du-campus-de-l-esthetique-et-du-spa-e-cosmetic-360-open-innovation-reprise-reprise-des-offres-d-emploi

SALONS & ÉVÈNEMENTS

World Wellness Weekend, 5 000 établissements pour la 4e édition

Publié le mardi, 16 juin 2020

En 3 ans, le **World Wellness Weekend** a été célébré par 2 356 établissements dans 98 pays. 60 organisations soutiennent **cet événement qui se déroule le troisième week-end de septembre**. Pour cette 4e édition, le fondateur de l'événement, **Jean-Guy de Gabriac**, veut atteindre les 5 000 établissements dans 120 pays.



Un nouveau site web



Objectif ambitieux pour cette 4e édition et pour y parvenir **Jean-Guy de Gabriac**, aidé de ses 50 ambassadeurs, a lancé un nouveau site web : www.world-wellness-weekend.org avec de nombreuses fonctionnalités pour donner plus de visibilité aux professionnels du bien-être dans plus de 100 pays.

Désormais, le site sera en 11 langues :

Français, Anglais, Espagnol, Italien, Portugais,

Néerlandais, Grec, Russe, Arabe, Hindi et Malais, afin que les établissements de leurs villes

12 June 2020
United Kingdom



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11:00 **Click**  **to Play**

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

TheWayForward

Jean-Guy – World Wellness weekend update, Cali White – Treesisters update, Michele Kaye Nia – how good it is, JT and Meghna Patel the UK distributor of Hope's Relief



Presenter

Stewart St Clair

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<https://www.ukhealthradio.com/blog/episode/jean-guy-world-wellness-weekend-update-cali-white-treesisters-update-michele-kaye-nia-how-good-it-is-jt-and-meghna-patel-the-uk-distributor-of-hopes-relief/>

June 2020 United Kingdom



News

*in*brief



// **World Wellness Weekend**, founded by consultant **Jean-Guy de Gabriac**, has launched its new website world-wellness-weekend.org, which now facilitates 11 languages such as Arabic and Hindi, a "one-click geo-locator" for finding nearby wellness professionals, and a Wellness Pledge to promote positivity. Also newly available is online registration and a wellness blog.

THE DO'S AND DON'TS OF RENOVATION

INSIGHTS FROM A TOP-TO-BOTTOM SPA MAKEOVER

BY JAMISON STOIKE

38

30 Ruth Stricker Remembered

BY MICHAEL TOMPKINS



50 Conversations with Seth Mattison



World Wellness Weekend

48 "A Moment Not to Be Missed" World Wellness Weekend 2020

BY JAMISON STOIKE

PULSE.EXPERIENCEISPA.COM

4 PULSE ■ JUNE 2020

"A MOMENT NOT TO BE MISSED"

WORLD WELLNESS WEEKEND 2020 | SEPTEMBER 19-20

BY JAMISON STOIKE



IN JUST A FEW YEARS, World Wellness Weekend has grown into one of the world's premier celebrations of wellness and a compelling demonstration of the power of spa. And although only a year has passed since the last weekend event, World Wellness Weekend 2020 will likely be held in a vastly different world due to the scope and impact of the global COVID-19 pandemic.

Perhaps now more than ever, the world is primed to develop a deeper appreciation of wellness—coronavirus has served as a wake-up call for many. "Is it going to be just this one time?" says World Wellness Weekend founder Jean-Guy de Gabriac. "We don't want to live in fear, but we need to act." The wellness-centric lifestyle championed by de Gabriac's two-day event and by spas worldwide is key to strengthening our immune systems and reducing risk factors such as obesity. As a spa professional, World Wellness Weekend 2020 is your opportunity to put your spa or business front-and-center in your community as a conduit to a healthier life.

Accordingly, de Gabriac hopes that participating spas reach out to healthcare workers during this year's event. "We should extend the #wellness life to nurses," de Gabriac says. "They are overworked, underpaid, on the verge of burnout. Spas should open their doors



and say, 'you are welcome here.'" As part of an outreach program to local healthcare workers and first responders, de Gabriac suggests focusing on "serenity, breathing and healthy grieving" due to the mental and emotional toll of working on the frontlines of the COVID-19 pandemic.

Despite this, World Wellness Weekend 2020 will remain an upbeat, positive event. de Gabriac anticipates approximately 5,000 participating venues from 120 countries this year, up from 2,363 participants from 98 countries last year. Participants should treat the event as a holiday, like Valentine's

Day or Mother's Day: an opportunity to bring back old customers, attract new ones and offer unique packages and deals.

The centerpiece of any participating spa's celebration, however, will be a free 60-minute activity that opens new doors of wellness for the local community. The best events, says de Gabriac, are not by-the-book. Rather, they are outside-the-box experiences, for "wellness has to be experiential" to truly connect with those new to spa. "This industry needs to always reinvent itself for its guests," de Gabriac adds. "We need to add fun to the mix."

"We should extend the #wellness life to nurses. They are overworked, underpaid, on the verge of burnout. Spas should open their doors and say, 'you are welcome here.'"



Creating a unique experience is more than just an opportunity to capture the attention of guests and local media—it's also a great way to more deeply engage your talented team. Hold brainstorming sessions for potential event ideas, and offer support to those who are willing to freely share their ideas. The most memorable and successful experiences on World Wellness Weekend are often those that initially seemed the most unusual.

Furthermore, a critical aspect of participation is to involve other local businesses. Doing so will make your spa a

community leader and a go-to source for wellness while lifting up businesses around you. They, in turn, will refer customers to you in a virtuous cycle. If your spa is located in a commercial area, such as a downtown or a small-town main street, try setting up a "Wellness Street" or "Wellness Block" where spa-goers can engage with multiple businesses—from spas and salons to breweries, boutiques or bodegas—celebrating wellness together. de Gabriac sums up this concept nicely: "Wellness doesn't start with 'me.' It starts with 'we.'" ■

Encouraging Accountability

World Wellness Weekend is about encouraging a healthy lifestyle all year long—not just for one weekend or for one trip to the spa. Here are two ways to gently encourage your guests (or your staff) to stay accountable and dedicated to their wellness journey:

1. Make a "wellness donation" to themselves. Direct those who attend your World Wellness Weekend event to set up a reward system for living well—for example, setting aside a small amount for each week in which they exercised regularly, or for each consecutive day that they eat healthily. Then, at the end of the year, they can donate this money to a local charity that encourages wellness in others.

2. Find a "wellness buddy." Encourage participants and staff to find a wellness buddy. This can be someone they go to the gym with, cook healthily with and regularly check-in with about their wellness journey. Make sure that both they and their wellness buddy feel empowered to hold each other accountable.

SIGN UP TO CELEBRATE!

Interested in joining 5,000 spas in more than 120 countries for the celebration? Register online at world-wellness-weekend.org. Registering will put you on the official map of participating venues and open up helpful resources for designing and promoting your free wellness event.

24 May 2020
LATAM



Destinos

Sin confinamientos la Auvernia verde y termal

📅 24 mayo, 2020 👤 Susana Menéndez 📍 Auvernia



El fin del confinamiento llegó en Auvernia verde y termal en Francia hace dos semanas y el acceso a los sitios naturales está permitido.

Auvernia es una zona verde poco golpeada por la epidemia de Covid-19.

<https://www.wellnessdestiny.org/auvernia-verde-termal/>

20 May 2020
Russia

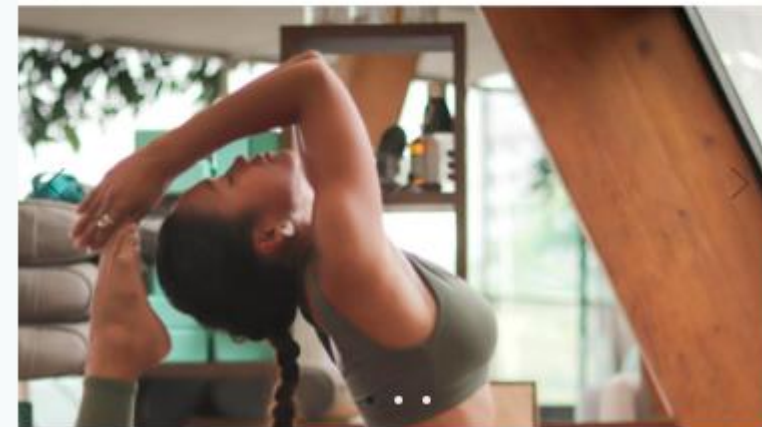


<https://cabinesrussie.ru/tpost/b835blm33b-httpswwwworld-wellness-weekendorg-teper>

<https://www.world-wellness-weekend.org> – теперь на русском языке!

20.05.2020 МЕРОПРИЯТИЯ

 Главная Страница Карта Wellness Пресса Wellness of WWW О WWW FAQ Завершите свой обзор



World Wellness Weekend запустил новый сайт с интересными возможностями для всех, кого привлекают идеи велнеса. Теперь сайт работает на 11 языках: французском, английском, испанском, итальянском, португальском, голландском, греческом, русском, арабском, хинди и малазийском.

В роли переводчиков выступили 50 Послов WWW, которые стремились сделать все возможное, чтобы в их странах предприятия индустрии красоты и велнеса легко могли:


- Ознакомиться с концепцией WWW и условиями участия
- Заявить о своих планах проведения WWW
- Указать свою ГЕО-ЛОКАЛИЗАЦИЮ в один клик
- С каждым днем и с каждым годом улучшать свое ЗДОРОВЬЕ

В разделе БЛОГ вы сможете ознакомиться с советами экспертов и участников WWW по всем пяти направлениям велнеса:


15 May 2020
United Kingdom





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Johann Ilgenfritz, CEO

Voices of Courage
Presenter
 Ken D. Foster

Spotlight Show
Presenter
 Janey Lee Grace




TheWayForward

Jean Guy – World Wellness, Cali White – Treesisters gets involved, Paula Love Clark – 2 books out. Jon Mason – Healing from a distance, JT and Daniel Tal Mor all about Lumen



Presenter

Stewart St Clair

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<https://www.ukhealthradio.com/blog/episode/jean-guy-world-wellness-cali-white-treesisters-gets-involved-paula-love-clark-2-books-out-jon-mason-healing-from-a-distance-jt-and-daniel-tal-mor-all-about-lumen/>

10 May 2020
International



Professional Beauty presents The World Spa & Wellness Conference, 12-14 May 2020

A three day online conference for the spa industry to discover insights and answers from around the globe, to educate, inspire and grow. Webinars will be hosted by world-leading experts, preparing businesses to reset and re-open their doors when it's time for the industry to kick-start again.

[Sign up for free here](#)

In partnership with:



These are some of the sessions not to be missed:

<https://professionalbeauty.co.uk/site/WSW>

2 May 2020
United Kingdom

leisurediary.com

<https://www.leisurediary.com/newsdetail.cfm?codeid=345402>

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01 May 2020

Gerry Bodeker, Marc Cohen and Anna Bjurstam to speak at virtual International Ayurveda and Yoga Conference
Spa brand Subtle Energies has announced that this year's International Ayurveda and Yoga Conference will be hosted online with free entry for all.

29 Apr 2020

Belgin Aksoy says COVID-19 is a wakeup call
In the era of coronavirus and lockdown, people all around the world are turning to wellness for support and comfort. On 13 June 2020 the ninth annual Global Wellness Day will be hosted to emphasise the importance of wellness and taking care of ourselves.

24 Apr 2020

Euphoria launches five-week virtual retreat inspired by Greek mythology
Holistic Greek destination spa, Euphoria, has announced the launch of a free five-week immersive virtual retreat inspired by Greek mythology and the five elements.

20 Apr 2020

Fourth World Wellness Weekend aims to draw more people to the wellness cause
This year's fourth World Wellness Weekend (WWW) is aiming to shake up perceptions of wellness and help incorporate wellness into more people's routines.

18 Apr 2020

HOTel&SPA 2020 cancelled – next event will be May 2021
Vladi Kovanic, director of VK Organisation – organiser of Forum HOTel&SPA – has cancelled the event for 2020.

31 Mar 2020

Expo 2020 Dubai likely to postpone until 2021 due to COVID-19 outbreak
Expo 2020 Dubai has announced that it will likely postpone the event by a year in the wake of the COVID-19 outbreak.

26 Mar 2020

BALPPA moves annual expo to November
The British Association of Leisure Parks, Piers and Attractions (BALPPA) has postponed its upcoming expo and tradeshow in the wake of the COVID-19 pandemic.

25 Mar 2020

'Heal the world' – Deepak Chopra calls us all to action with global meditation event
Deepak Chopra's wellness company – Chopra – has partnered with The Well to unite people in a call to action to stay home and have hope through a free live-streamed global meditation event called H(om)e.



<http://pulse.experienceispa.com/?fbclid=IwAR2NfXk26pm3YQGhtUrIEHQAYaw8RVeSeZb0tn-2eKhggQ1P7mBBvnwJvc>

MEMBER NEWS CONTINUED

Member News

1. **World Wellness Weekend**, founded by Jean-Guy de Gabriac of ISPA member Tip Touch International, released details around the fourth edition of the two-day wellness event. Taking place this fall on **September 19 and 20**, World Wellness Weekend aims to raise the profile of wellness through fun, unique activities at spas around the world.

New initiatives for 2020 include an increased emphasis on inclusion and making wellness accessible to those with disabilities and/or special needs, as well as providing wellness support for healthcare providers in the wake of the COVID-19 pandemic. Says de Gabriac, "We encourage venues participating in World Wellness Weekend to invite nurses for a special fitness or mindfulness event, or organize a 60-minute wellness workshop for nurses and doctors in their local hospital or clinic." Spas can learn more about the event and register to participate at world-wellness-weekend.org.

2. **Four Seasons** announced the launch of "Take the Leap", a three-part podcast series spotlighting tangible transformation through travel. Following the release of a global survey looking at varying perspectives on the value of time, Four Seasons further explores how travelers can make the most of this year's 366 days, through dynamic conversations with global adventurers. To listen, subscribe to "Take the Leap" on Spotify or Apple Podcast.
3. **Grand Velas Riviera Nayarit** will host its 2020 Wellness Getaway from May 1-3, featuring industry experts, fitness classes, self-awareness workshops, sessions on superfood and other mindful wellness activities. All special Wellness Getaway activities are included complimentary in the resort's nightly rate.



<https://www.spaopportunities.com/digital/index1.cfm?mag=Spa%20Opportunities&codeid=3616&linktype=homepage&ref=n&ref=linkedin&extraref=decode>

spa & wellness news

EVENTS

World Wellness Weekend will take place in September

This year's fourth World Wellness Weekend (WWW) is billed to shake up perceptions of wellness and strive to help incorporate wellness into more people's routines.

Now in its fourth year, the WWW aims to highlight the importance of wellness and help people adopt healthier lifestyles – as well as foster positive relationships with their bodies and minds – by offering the public opportunities to take part in activities over the two-day period.

According to the team behind WWW: "Too many people still perceive spas and salons as a luxurious activity for wealthy people and too many people think

that wellness is boring due to injunctions such as: take the stairs, walk 10,000 steps, drink water and reduce alcohol.

Founded by Jean-Guy de Gabriac, owner of consultancy and training company Tip Touch International, the event is scheduled for 19 - 20 September 2020 and will be celebrated by 5,000 properties from over 120 countries.

"COVID-19 is a reminder that being well and healthy should be our number one priority," said de Gabriac. "With half of humanity staying at home, the need to keep fit and flexible in our bodies and in our minds is essential."

NOTE: http://lel.sr/z3G3S_5



■ This will be the fourth World Wellness Weekend event



**COVID-19 is a reminder
that health should be
our number one priority**

Jean-Guy de Gabriac

29 April 2020
South Africa



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Joanna Starkowicz · Apr 29 · 1 min read

Plans for World Wellness Weekend forge ahead



Despite the radical uncertainty about the date of the re-opening of the Beauty, Spa and Tourism industries, the 4th World Wellness Weekend will be celebrated on 19 and 20 September 2020.

Says World Wellness Weekend founder, Jean-Guy De Gabriac: "Today, more than ever, health and wellness for all are a priority. Coronavirus is not only a pandemic, with an economic recession lurking, it is also a reminder that being well and healthy should our #1 priority to focus on proactive prevention to strengthening our immune system with rest, wiser choices in nutrition, physical exercise and R&R for our busy minds."

Newly appointed World Wellness Weekend Ambassador in Cape Town, Taryn Lilley, the spa manager at Cape Grace, adds: "Being a World Wellness Weekend Ambassador, it is my goal to reach as many health professionals as possible to spread the importance of the 5 Pillars of Wellness and to get everyone involved in celebrating this weekend of wellness globally.

"We are all going through challenging times and it is easy to get caught up in the negatives. Therefore, we need to try to focus on the things that we can control, like our thoughts, our health and our attitude or mindset. I am looking forward to growing this initiative in South Africa and can't wait to see all the exciting events that everyone has planned for it."

World Wellness Weekend is expected to be celebrated by 5,000 properties in 120 countries.

For more information about this global event, [click here](#)

<https://www.probeauty.co.za/post/plans-for-world-wellness-weekend-forge-ahead>

22 April 2020
United Kingdom

leisurediary.com

<https://www.leisurediary.com/newsdetail.cfm?codeid=345333>

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20 Apr 2020
Fourth World Wellness Weekend
will draw more people to the
wellness cause



This year's fourth World Wellness Weekend (WWW) is billed to shake up perceptions of wellness and strive to help incorporate wellness into more people's routines.

Now in its fourth year, the WWW aims to highlight the importance of wellness and help people adopt healthier lifestyles – as well as foster positive relationships with their bodies and minds – by offering the public opportunities to take part in activities over the two-day period.

According to the team behind WWW: "Too many people still perceive spas and salons as a luxurious activity for wealthy people and too many people think that wellness is boring due to injunctions such as: take the stairs, walk 10,000 steps, drink water and reduce alcohol.

Founded by Jean-Guy de Gabriac, owner of consultancy and training company Tip Touch International, the event is scheduled for 19 - 20 September 2020 and will be celebrated by 5,000 properties from over 120 countries.

The team believe the event will provide an opportunity for the industry to become more creative with activities which help people change their perception of and create a special bond with wellness.

"Coronavirus is a reminder that being well and healthy should be our number one priority," said de Gabriac. "With half of humanity staying at home, the need to keep fit and flexible in our bodies and in our minds is essential."

The event has secured the support and participation of 60 organisations and trade-bodies such as ISPA, IHRSA, Wellness Tourism Association, G3T and Green Spa Network.

WWW – a commercial undertaking – is an official partner of European Week of Sports – an initiative started by the European Commission to encourage people to be more active.

20 April 2020
United Kingdom

spa opportunities

<https://www.spaopportunities.com/index.cfm?pagetype=news&codeID=345333>

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10-12 May 2020
15th Asia Pool & Spa Expo
China Import & Export Fair Complex, Guangzhou, China

17-20 May 2020
GSN Buyers Conference - Green Spa Network
Lake Tahoe, California, United States

09 Jun 2020
ISA Summer Business Forum
The Lodge at Ashford Castle, Cong, Ireland

10-12 Jun 2020
Piscina & Wellness Mexico
Centro Citibanamex, Mexico City, Mexico

Fourth World Wellness Weekend will draw more people to the wellness cause

SHARE ↵

By Megan Whitby 20 Apr 2020



World Wellness Weekend was founded by Jean-Guy de Gabriac

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16 April 2020
Russia



World Wellness Weekend

World
Wellness
Weekend
19-20
сентября
2020



cabines_rus • Abonné(e)
Moscow, Russia

российские предприятия индустрии красоты и здоровья. Тем более, что это очень просто!

Переходите на наш сайт [↗](#) по ссылке в профиле, открывайте новость о WWW-2020 и вы найдёте описание условий участия и активную ссылку для регистрации!

1 sem



cabines_rus @jeanguydegabriac
#worldwellnessweekend
#worldwellnessweekend2020
#велнес
#всемирныйвелнесвыходной
#зож #пп
#всемирныйвелнесуикенд

1 sem Répondre



29 J'aime

16 AVRIL

Ajouter un commentaire...

Publier

https://www.instagram.com/p/B_C66nbl-m7/

16 April 2020
Russia



<https://cabinesrussie.ru/tpost/z4usevdb42-world-wellness-weekend-2020>

Новости рынка

World Wellness Weekend 2020

16.04.2020 МЕРОПРИЯТИЯ



19-20 сентября 2020

World Wellness Weekend



Международный праздник велнеса в 2020 году пройдет 19-20 сентября. Свое участие в WWW-2020 подтвердили 5000 заведений индустрии красоты и здоровья из 120 стран мира.

Жан-Ги де Габриак, основатель WWW: "Здоровье — это наши отношения с медициной. Велнес — это наши отношения с самими собой, это вопрос нашей личной ответственности".

16 April 2020
Russia



<https://cabinesrussie.ru/tpost/z4usevdb42-world-wellness-weekend-2020>

The screenshot shows the website for CABINES Beauty Spa Wellness. At the top, there are navigation links: "О нас", "Подписка", "Новости", "Статьи", "Каталог брендов", and "Контакты". Below the navigation is a banner with several promotional elements: a date badge for "13-15 МАЯ 2020", a section for "2000+ БРЕНДОВ ПРОФЕССИОНАЛЬНОЙ КОСМЕТИКИ" with "БЮТИ-НОВИНКИ" and "НОН-СТОП МАСТЕР-КЛАССЫ", and a "BEAUTY IS OUR DUTY" logo. The main heading is "Новости рынка" (Market News), with a sub-headline: "Здесь бьется пульс BEAUTY, SPA и WELLNESS бизнеса. Держите руку на пульсе!". Below this is a filter bar with buttons for "Твит", "Мероприятия", "Новые продукты", "Статьи", "Wellness-дайджест", and "Мнение эксперта". The content is organized into a grid of six cards:

- МЕРОПРИЯТИЯ**: Марафон «Поддержим медиков» (Marathon "We Support Doctors"). INTERCHARM launches a marathon to support doctors. Text: "На протяжении многих лет проект INTERCHARM объединяет представителей сферы красоты, помогает им в развитии, создает возможности для роста, адаптирует и поддерживает индустрию как в моменты подъема, так и в непростых ситуациях." Date: 23.04.2020.
- WELLNESS-ДАЙДЖЕСТ**: Три типа коронавируса (Three types of coronavirus). Text: "Научные исследования штаммов SARS-CoV-2 показали, что существует три типа коронавируса." Date: 21.04.2020.
- НОВЫЕ ПРОДУКТЫ**: Защита легких от коронавируса (Lung protection from coronavirus). Text: "Компания «Медикосуплай» представляет специализированную программу повышения резистентности организма к вирусным и бактериальным инфекциям." Date: 20.04.2020.
- WELLNESS-ДАЙДЖЕСТ**: Расслабляющий самомассаж: пошаговое руководство (Relaxing self-massage: a step-by-step guide). Text: "Умение помочь себе расслабиться и снять стресс в домашних условиях — лучший способ пережить период самоизоляции без ущерба для психики, без эмоциональных взрывов и перепадов настроения." Date: 18.04.2020.
- МЕРОПРИЯТИЯ**: Дни красоты в Уфе (Beauty Days in Ufa). Text: "«Красивые дни» в Уфе пройдут в новые сроки." Date: 17.04.2020.
- МЕРОПРИЯТИЯ**: World Wellness Weekend 2020 (World Wellness Weekend 2020). Text: "Международный праздник wellness в 2020 году пройдет 19-20 сентября. Свое участие в WWW 2020 подтвердили 5000 звездной индустрии красоты и здоровья 120 стран мира." Date: 16.04.2020.

15 March 2020
Italy



<https://spa-advisor.blogspot.com/?fbclid=IwAR3T7SQwiOp2RNqww5G8EKHR4x2yEbP1TI7FI9-n2ie47Roapgyz22aa78>



HOME PERCORSO BENESSERE AUFUSS DETOX EVENTI WELLNESS WELLNESS EXPERIENCE FORMAZIONE

domenica 15 marzo 2020

HOME FITNESS

Tante iniziative gratuite, app e siti utili per allenarsi a casa

In questo periodo di emergenza e grande difficoltà, le recenti limitazioni al nostro modo di vivere ci hanno imposto la necessità di rallentare, fermarci, cambiare profondamente le nostre abitudini: dalla riduzione agli spostamenti alla socializzazione, dal modo di lavorare alla riorganizzazione della vita privata, fino a coinvolgere anche i ritmi dell'esercizio fisico.

E' indubbio, fare sport è fondamentale per restare in forma, in salute, di buonumore, e scaricare le tensioni. Normalmente tra impegni lavorativi, casa e famiglia è difficile trovare tempo per l'attività fisica, che rappresenta uno dei pilastri del benessere, secondo l'evento mediatico globale **World Wellness Weekend**.



Oggi costretti a cambiare prospettiva e radicalmente le nostre abitudini quotidiane, si sta valutando l'idea di organizzare attività fisiche fra le mura domestiche: non servono ampi spazi e attrezzi per l'home fitness, solo un abbigliamento comodo e un tappetino.

Servono invece costanza, regolarità e determinazione, e soprattutto stabilire un obiettivo da raggiungere.

Secondo gli esperti, basta concedersi 30 minuti di allenamento al giorno per non cedere agli aspetti negativi della pigrizia casalinga e della vita sedentaria, perché **Regolarità = Benessere**

Per ottenere i migliori risultati è consigliato svolgere l'attività fisica a digiuno, perché lontano dai pasti è possibile bruciare maggiori quantità di calorie. Quindi per iniziare bene la giornata prendiamoci cura di noi stessi, per il nostro benessere psicofisico e per affrontare le attività quotidiane con nuove energie!

16 January 2020
Morocco

COACHING NEWS
MAGAZINE

COACHING NEWS
MAGAZINE

LE MAG CNM CHRONICS BEYOND MY CAREER ▾ DOSSIERS ▾ EVENTS ▾ BOÎTE

CNM CHRONICS — 16 JANVIER 2020

World Wellness Weekend : Interview du fondateur Jean- Guy de Gabriac

by COACHING NEWS MAGAZINE



Temps de lecture : 5 minutes

En exclusivité pour Coaching News Magazine, Jean-Guy de Gabriac, le fondateur du World Wellness Weekend nous livre une interview passionnante.

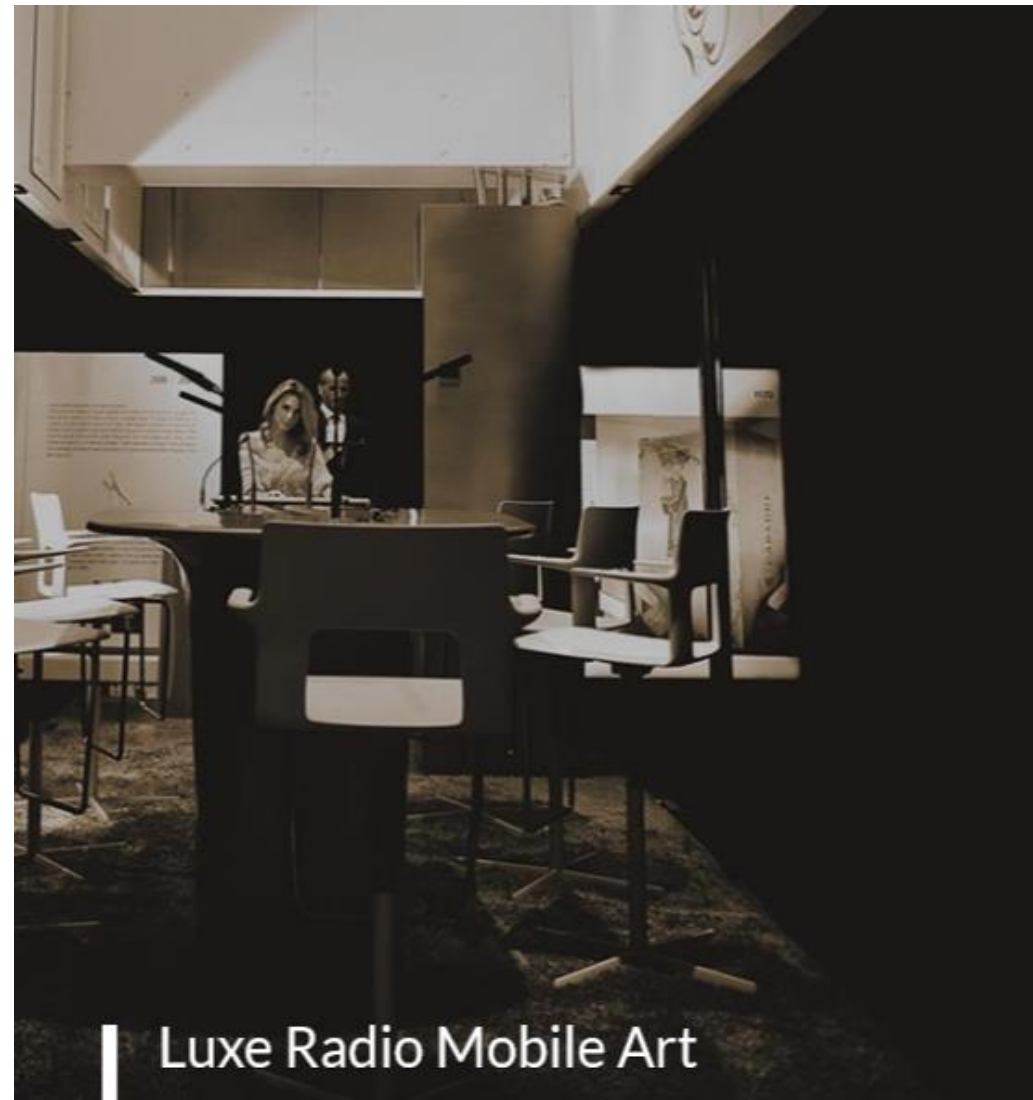


<https://coachingnews.ma/world-wellness-weekend-interview-exclusive-du-fondateur-jean-guy-de-gabriac/>

13 January 2020
Morocco



http://www.world-wellness-weekend.org/wp-content/uploads/2020/01/LUXE-Radio-Maroc-ITV-Jean-Guy-WWW-Janvier-2020.mp3?fbclid=IwAR1zhLPIW4ihLGDrk8XBMSH_SaVprBZzkOLFEA4Gqj2tE4szLyzXt_U_2Y



Interview Jean-Guy de Gabriac
About World Wellness Weekend
MOROCCO

January 2020
LATAM

SpaWell
mexicaribe

SpaCast™
Spa & Wellness
mexicaribe



The spa and wellness industry podcast:

Learn new skills, trends and the latest industry news from world-renowned experts

- 01 Spacast: The Benefits of Spa Management Software
- 02 Women In Wellness with Julie Inker
- 03 The Power of Seaweed, VORA
- 04 LEAD: 30 Years of Comfort in the Spa Industry
- 05 CND: The Ingredient Shaping the Industry with Color Up Therapeutics
- 06 Del concepto a la operación con Diana Padua
- 07 Sonotampio en spa con Roberto Héctor Gopar
- 08 El uso del mindfulness con Ana Paula Domínguez
- 09 Cómo utilizar ácidos con Tábata Grazi y Adriana Azara
- 10 Nuevas Indicaciones terapéuticas con Carmelina Montenegro
- 11 Servicios vs experiencias de spa con Alejandra Millán
- 12 Tendencias en los urban spas con Hilda Paul de OSPA SALUD
- 13 Híbridación vs recóndito: Suiressu Contour Latinoamérica
- 14 Cancer Care with Christina Clinac & Janice Berry
- 15 From Concept to Operation: How to Design
- 16 Effective Facebook Marketing with Wanda Lora
- 17 5 Key Metrics for a Profitable Spa Business with Carmelina Montenegro
- 18 From Gringo to TEAM with Susan Leahy
- 19 Creating a Signature Spa Ritual with Jean-Guy de Gabriel
- 20 How to Create a Successful Spa Retreat Experience with Tera Grodzpak
- 21 Top 10 Tips to Improve your Spa Retail
- 22 Bespoke Spa Experiences with Soken Singh of Petal Life
- 23 Sustainability in Spa and Wellness, with Benno Baker of Soterra
- 24 Shaping the Future of Wellness, with Gaele Ellis
- 25 How to Incorporate Wellness into Your Marketing Plan and Product Offerings, with Darlene Puka and Kim Marshall of 5 West PR

January 2020
LATAM

Spa/Well
mexicaribe



World Wellness Weekend 2019

El World Wellness Weekend alienta a las propiedades alrededor del mundo a abrir sus puertas durante un fin de semana de descubrimiento e iniciación, dedicado a gozar plenamente el buen vivir con amigos y familiares.

En 2019, durante su tercera celebración, más de 4.000 spas, salones, estudios de yoga, clubes de fitness y asociaciones deportivas en 120 países abrieron sus puertas e invitaron a huéspedes a descubrir actividades divertidas y creativas para impulsar la vitalidad, serenidad y belleza.

www.world-wellness-weekend.org

World Wellness Weekend encourages properties across the world to open their doors during a weekend of discovery and initiation, dedicated to the sheer joy of living well with friends and family.

During its third celebration in 2019, over 4,000 spas, salons, yoga studios, fitness clubs, sport associations in 120 countries opened their doors and invited guests to discover fun and creative activities to boost vitality, serenity and beauty.

www.world-wellness-weekend.org





CITIES – VISITORS BUREAUS

14 October 2020
USA

4th World Wellness Weekend Post Event Press Release



Here is the link to the POST EVENT press release with highlights of the 4th World Wellness Weekend, and identifying TOP Champions of Wellness, who despite Covid-19, have promoted healthy lifestyles with ON-SITE activities or ONLINE videos: <https://www.world-wellness-weekend.org/wp-content/uploads/2020/10/4th-World-Wellness-Weekend-Post-event-Press-Release20201010.pdf>

This VIDEO presents one of the 3 Best Of photos & videos from around the globe: <https://www.facebook.com/WorldWellnessWeekend/videos/674958183431328>

Here are the key figures of the 4th World Wellness Weekend:

* **1,123 venues** are located on the World Wellness Map in **109 countries** from Albania to Zimbabwe: www.wellmap.org

Number of countries: 2 in 2017, 88 in 2018, 98 in 2019.

Number of venues: 160 in 2017, 633 in 2018, 2,356 in 2019 (including 1,149 Massage Envy clinics, which did not participate in 2020).

* **There was at least one wellness activity, free of charge, accessible in 543 cities** with the intention to replace "Social distancing" by "Social Wellness". Local regulations were followed to keep everyone SAFE and ACTIVE, smiling behind masks at a respectful 6-feet distance.

* ON SITE or ONLINE activities were organized for **guests** (when they could access the property, or remotely from home); for **associates** (to honor them with back of house activities); and/or **local communities** (#WellnessForAll #WellnessByAll)

<https://dayspaassociation.com/4th-world-wellness-weekend-post-event-press-release/>

13 October 2020
Mexico

https://www.nitu.mx/index.php/2020/10/13/thompson-hotels-incursiona-en-estancias-largas-para-promover-espacios-de-trabajo/?utm_source=rss&utm_medium=rss&utm_campaign=thompson-hotels-incursiona-en-estancias-largas-para-promover-espacios-de-trabajo

NITU

NOTICIAS DE LA INDUSTRIA TURÍSTICA

RECIBA LAS NOTICIAS EN SU CORREO

Dirección de Correo:

SUSCRIBIRSE

POSTS RECIENTES


1. Torruco culpa a modelos anteriores del turismo de la crisis del sector
2. Posadas Integra al Copacabana de Acapulco a su marca Gamma
3. Selina abre sus puertas en Isla Mujeres
4. Interjet inicia operaciones en Terminal 2 de Aeropuerto Internacional de Cancún
5. CPTQ lanza video-campaña para Industria de Reuniones
6. Unión de esfuerzos, fundamental para recuperación turística: ASETUR
7. Turismo pierde 30.9% de la IED; México deja de recibir 157 MDO
8. Samnart autoriza uso de terrenos de megacultura para oficinas de Sector
9. ATELIER de Hoteles celebra un año de su concepto ATELIER - ESTUDIO Playa Mujeres
10. Amazon Explore la nueva propuesta de tours de Amazon
11. Santa Lucía no será una opción cuando se recupere el tráfico aéreo: ALTA
12. Palladium pone en operación todos sus hoteles en la Riviera Maya

HOTELES

Thompson Hotels incursiona en estancias largas para promover espacios de trabajo

By Guadalupe Sixto · Oct 13, 2020 · No Comments

f g+ t @ in



Para sumarse a la tendencia de “workation” que consiste en combinar el home office con vacaciones, Thompson Hotels lanzó su programa de estancias largas en las tres ubicaciones que tiene en México: Play del Carmen, Los Cabos y Zihuatanejo.

El cambio en la rutina laboral que generó la pandemia de covid-19 obligó a varios trabajadores a desempeñar sus funciones desde casa, y muchos de ellos todavía trabajan bajo esta modalidad.

La reapertura del sector turístico permite que estas personas desarrollen sus actividades desde un destino paradisíaco para salir de esta nueva y estresante rutina, lo que llevó a Thompson Hotels a ofrecer esta alternativa de hospedaje con un programa de tarifas y servicios dirigido a este cliente.

En Thompson Playa del Carmen se creó “Work From Hyatt”, un paquete de siete noches que ofrece una amplia gama de opciones, en sus dos ubicaciones: Main House y Beach House, con amplias habitaciones o cabañas con internet de alta velocidad para que la familia completa trabaje de forma remota.

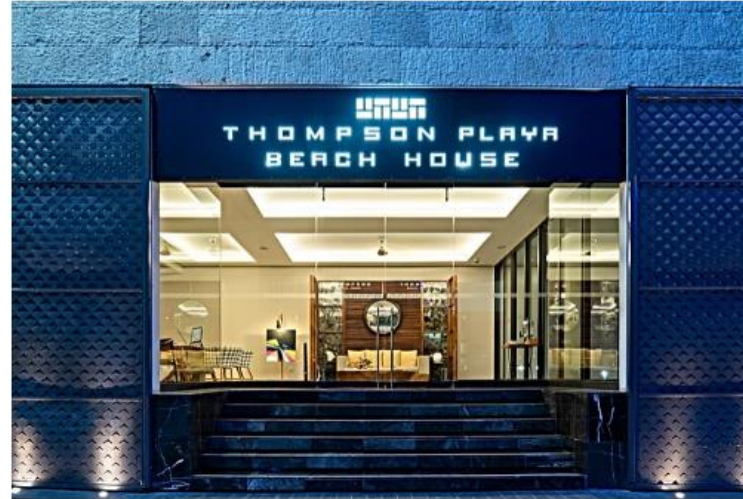
Además cuenta con atractivos espacios al aire libre, albercas y una oferta gastronómica y mixológica de primer nivel en los restaurantes Catch y C-Grill, para que los huéspedes puedan realizar sus labores cómodamente.

El programa de Thompson Playa del Carmen estará disponible hasta el 31 de diciembre de 2020 con posibilidad de viajar hasta el 31 de marzo de 2021. Incluye desayuno americano completo para dos personas y descuentos de 25 por ciento en lavandería, y de 50 por ciento en valet parking y tarifa para mascotas. (Thompson Playa del Carmen fue sede del World Wellness Weekend México 2020)

25 September 2020
Mexico



THOMPSON PLAYA DEL CARMEN, SEDE DEL WORLD WELLNESS WEEKEND MÉXICO 2020



*** El hotel fue el anfitrión del fin de semana wellness más grande del mundo. El evento busca promover un estilo de vida más saludable y balanceado.**

Este año, una de las metas más buscadas por todos es lograr tener una vida más equilibrada, saludable y definitivamente fuera de casa. Es por esto el *World Wellness Weekend* y Thompson Playa del Carmen, se unieron para traer a México y Latinoamérica el cuarto fin de semana de bienestar mundial. El *World Wellness Weekend* es una iniciativa mundial que busca promover un estilo de vida saludable y balanceado e impulsar actividades que impacten de manera positiva en nuestro planeta. Todo esto se logró durante sesiones de 60 min de la mano de expertos de talla internacional acompañado de una serie de pláticas con el chef principal de Thompson Playa del Carmen.

Este evento se realizó en diversas partes del mundo. Con cinco enfoques diferentes, el *World Wellness Weekend* incentiva el bienestar a través de la nutrición y alimentación; el descanso y la restauración; el movimiento y la vitalidad; el propósito y la solidaridad y, por último, la serenidad y el *mindfulness*. Estos cinco pilares buscan generar una conexión física y espiritual con nosotros y la naturaleza. Durante este fin de semana, el *World Wellness Weekend* concentró actividades con personalidades del mundo del yoga y la meditación, que compartieron con los interesados consejos y clases para ayudarlos mejorar su salud y su vida en general.

<https://www.revistaturismo.mx/post/thompson-playa-del-carmen-sede-del-world-wellness-weekend-m%C3%A9xico-2020>

25 September 2020 Fiji

<https://fhta.com.fj/westin-denarau-island-resort-spa-celebrates-wellness-weekend/>



ABOUT FHTA BENEFITS OF JOINING NEWS

Westin Denarau Island Resort & Spa Celebrates Wellness Weekend

September 25, 2020 / Glen Vaisaitamano / News



Denarau, Nadi 25 September 2020

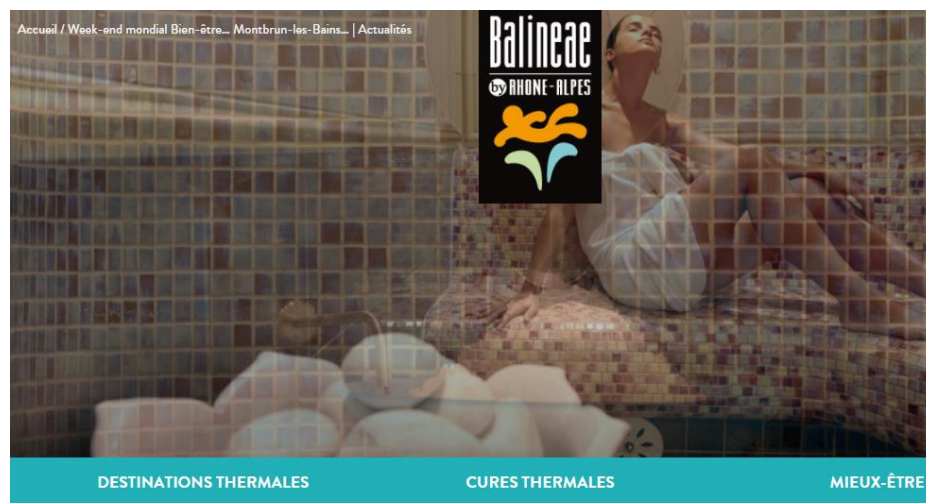
The Westin Denarau Island Resort & Spa joined thousands of wellness enthusiasts around the world by participating in the World Wellness Weekend which took place over the 19th – 20th September. World Wellness Weekend is about inspiring and empowering people to make healthier life choices and enjoy an active lifestyle with family and friends.

The aim of the Westin brand is to ensure guests leave our hotel feeling better than when they arrived with our brand pillars of Eat Well, Sleep Well, Move Well, Work Well, Play Well and Feel Well. The Wellness Weekend programme enabled guests to relax and also enjoy some fun activities during their stay. With every room booked over the Wellness Weekend, guests were greeted with a welcome drink upon arrival and received a complimentary 30-minute neck and scalp massage at the Heavenly Spa by Westin. A complimentary water aerobics session and volleyball games were also available for guests who wished to enjoy some light exercise.

“Now, more than ever is a time to prioritize our mental health and emotional wellbeing and those of our friends and families. The Wellness Weekend did not only focus on our guests but our associates as well with the launch of MeQuilibrium by Marriott International, a proven stress management platform for our associates” commented Neeraj Chadha, Multi-Property Vice President, Fiji & Samoa – Marriott International and General Manager – Sheraton & Westin Resorts, Fiji.

Marriott International is pleased to announce a new partnership with meQuilibrium, a proven stress management platform which is now available to all managed associates around the world to help associates discover simple techniques to manage stressful thoughts and situations. The launch of the platform was timely with World Wellness Weekend to empower both Marriott associates and guests alike to take control of their wellness and foster healthy

19 September 2020
France



Week-end mondial Bien-être... Montbrun-les-Bains...



<https://www.auvergnerhonealpes-tourisme.com/fiches/world-wellness-week-end-vichy-candidate-au-patrimoine-mondial-de-lunesco/>

Samedi 19 septembre 2020



Bienvenue dans la Drôme provençale pour profiter de ce week-end mondial du bien-être ! La station thermale vous accueille ce Samedi 19 septembre et vous invite à la découverte du Bien-être thermal...

Des activités gratuites et des conseils santé avec Thermes de Montbrun-les-Bains, pour votre Mieux-être thermal.

PROGRAMME - Samedi 19 septembre 2020

14h00 - 15h30 - Visite guidée du village médiaval.

Sur inscription au 04 75 28 82 49

17h30 - Initiation au Yoga

Sur inscription au 04 75 28 82 49

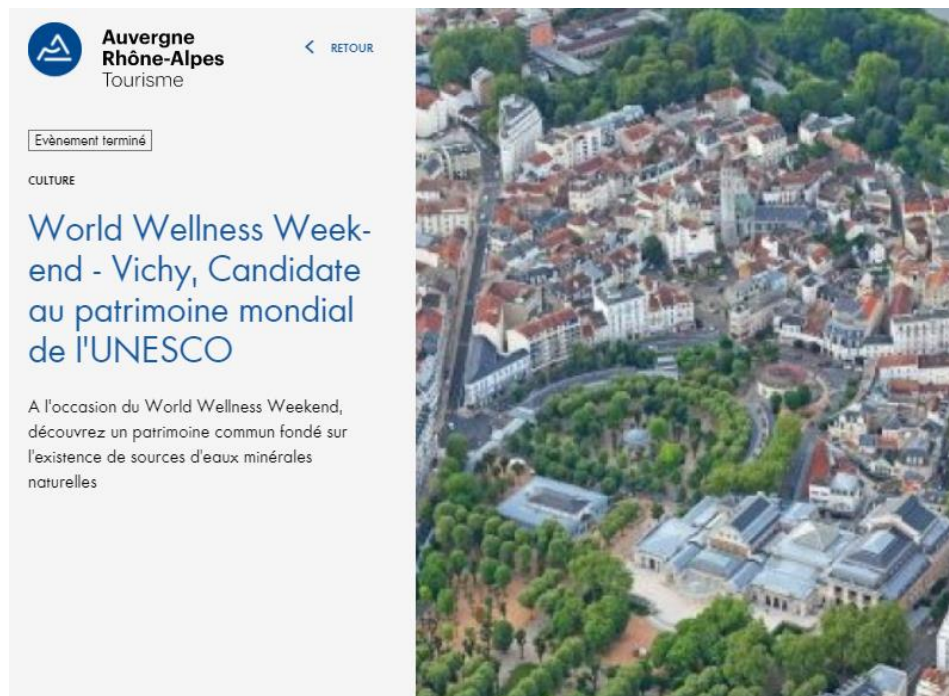
20h30 - 22h00 - Nocturne aux Thermes de Montbrun-les-Bains

Sur inscription au 04 75 28 82 49

INSCRIPTION OBLIGATOIRE :

04 75 28 82 49

16 September 2020
France



<https://www.auvergnerhonealpes-tourisme.com/fiches/world-wellness-week-end-vichy-candidate-au-patrimoine-mondial-de-lunesco/>

Description

A l'occasion du World Wellness Weekend, découvrez un patrimoine commun fondé sur l'existence de sources d'eaux minérales naturelles et autour desquelles se sont construits des ensembles urbains uniques associant santé et villégiature. Façonnées par les échanges, de savoirs comme de valeurs, ces villes d'eaux constituent un témoignage exceptionnel de la culture thermale européenne. C'est pourquoi une dizaine de ces « Great Spas of Europe » sont aux côtés de Vichy candidates à une inscription sur la Liste du Patrimoine mondial de l'UNESCO (Baden Baden, Bath, Karlovy Vary, Spa,.).

La visite sera suivie d'une illumination sur la facade du Palais des Congrès-Opéra résumant les 2000 ans de l'histoire de Vichy. Ce spectacle s'inscrit dans l'initiative Lumières sur le Bourbonnais, menée par la Région et le Département de l'Allier.

Lieu de rendez-vous : 15 minutes sur le parvis de l'opéra-palais des congrès

Vichy Destinations se réserve la possibilité d'annuler du fait des conditions météorologiques défavorables (orage, grêle, neige, inondations, vents violents...) pouvant notamment entraîner un risque pour la sécurité du Client.

Ouverture

Samedi 19 septembre 2020

Ouverture le samedi de 20h à 21h30.

20h à 21h30.

Tarifs

Gratuit.

16 September 2020
France

<https://www.chatel-guyon.fr/2020/09/14/week-end-wellness-les-19-et-20-09-deux-jours-pour-se-faire-du-bien/>

Week-end wellness les 19 et 20/09 : deux jours pour se faire du bien !



A l'occasion du week-end mondial du bien-être, la ville thermale de Châtel-Guyon propose en partenariat avec le Resort thermal Aiga et les associations sportives, des activités 100% gratuites le samedi 19 et dimanche 20 septembre. Découvrez le programme !

Pendant deux jours, des ateliers pour débutants et confirmés seront proposés gratuitement dans le Parc thermal et au Resort Aiga. Objectif : se détendre, prendre soin de soi et découvrir les bons réflexes en famille ou entre amis. Comme chaque année, Châtel-Guyon a souhaité rejoindre le mouvement du « week-end wellness » aux côtés des Accros du Peignoir.

Samedi 19 septembre : Sheng Zhen, tai chi, Qi Gong, yoga et conférence

11h : Sheng Zhen, proposé par Instant en Mouvement

14h : Qi Gong, proposé par Le Fil de Soi

15h : Tai Chi Chuan, proposé par Le Fil de Soi

16h : Hatha Yoga, proposé par l'S en Ciel

Parc Thermal

Réervations : 04 73 86 70 72 – 06 38 57 86 23

A 15h : Conférence « Comment chouchouter son microbiote : alimentation et thermalisme ? »

Qu'est-ce que le microbiote ? Quel est son rôle dans le bon équilibre de votre santé ? Comment le chouchouter en adaptant et variant votre alimentation ? Recevez les conseils nutritionnels pour conserver/retrouver l'équilibre de votre microbiote et tous les détails sur les ateliers de cuisine pratique proposés. Sur inscription préalable.

Réservez au 04 73 86 00 08 resa@aiga-resort.com

Aiga resort • Gratuit

Dimanche 20 septembre : séance multi-sports avec l'ASM Vitalité

Dimanche 20 septembre à 11h, en parallèle du marché, l'ASM Vitalité, partenaire d'Aiga Resort, animera une séance de découverte multi-activités et de sensibilisation à l'activité physique adaptée à la santé : échauffement articulaire, postural et cardio en musique, suivi d'un circuit training, marche et sport collectif adapté en extérieur.



16 September 2020
France



**Niederbronn
les-Bains**
OFFICE DE TOURISME
et sa Région

SE LOGER | SAVOURER | A VOIR À FAIRE | BIEN-ETRE | 🔍

MES ENVIES

MA SÉLECTION

🇫🇷 🇩🇪 🇬🇧 🇪🇺

NIEDERBRONN LES BAINS

WEEK-END MONDIAL DU BIEN-ÊTRE

⬅️ ➡️ ⬇️

https://www.toerisme-niederbronn.nl/a-voir-a-faire/animations/F219004645_week-end-mondial-du-bien-etre-niederbronn-les-bains.html

15 September 2020
France



Les 19 & 20 septembre 2020, c'est la 4e édition du World Wellness Weekend, un weekend bien-être, anti-morosité, « bien-vivre, bon-vivre & joie de vivre », qui va donner envie à chacun de prendre soin de soi, de bouger, d'adopter de bons réflexes, entre amis, en couple ou en famille.

Juste au moment de l'équinoxe d'automne, l'idée est de prolonger les bienfaits de l'été avec des activités de bien-être originales et fun. Pour éviter le blues automnal grâce à des conseils personnalisés, partout en France, des professionnels de la forme, de la beauté et du tourisme ouvrent leurs portes pour initier ou perfectionner le plus grand nombre dans des activités de bien-être.

Les stations thermales du Massif central sont parties prenantes de cet événement mondial qui met en mouvement plus de 100 pays ! Elles ont fait preuve de créativité et d'originalité pour vous concocter des programmes à même de vous procurer du bien-être, tout en vous délivrant des conseils précieux pour votre santé. A découvrir ci-dessous...

<https://www.lesaccrosdupeignoir.com/world-wellness-weekend/>



16 September 2020
France

DÉCOUVRIR

EVÈNEMENTS

A VOIR / A FAIRE

RÉSERVER

Carcassonne
SITE OFFICIEL DE L'OFFICE DE TOURISME

DÉGUSTER

OENOTOURISME

DORMIR

E-BOUTIQUE

Accueil / Evènements / Agenda - Aujourd'hui / WE MONDIAL DU BIEN ETRE DANS L HOTEL DE LA CITE - Animation locale - Carcassonne

WE MONDIAL DU BIEN ETRE DANS L HOTEL DE LA CITE

ANIMATION LOCALE , APÉRITIF , APÉRO-CONCERT , SORTIES NOCTURNES À CARCASSONNE

Week-end Mondial du Bien-être

SAM. 19 ET DIM. 20 SEPTEMBRE 2020

HÔTEL DE LA CITÉ CARCASSONNE

World Wellness Weekend

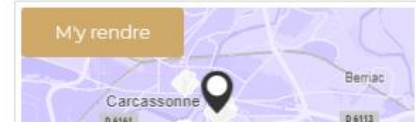
INFORMATIONS COVID-19

Charte sanitaire nationale respectée

TERMINÉ

Voir tous les tarifs

My rendre



L'Hôtel de la Cité vous propose de profiter d'un week-end placé sous le signe du bien-être et de la sérénité

- OUVERT A LA CLIENTELE EXTERIEURE -

Au programme :

2 Atelier yoga par Jessica (sur réservation)

[Samedi 19.09 :

Séance 1 : 10h-11h15 | Séance 2 : 16h-17h15

[Dimanche 20.09 :

Séance 1 : 9h-10h15 | Séance 2 : 10h30-11h45

Sur inscription || 20€/personne

Un buffet healthy sera mis à disposition à la fin des cours de yoga

<https://www.tourisme-carcassonne.fr/agenda-1/aujourd-hui/we-mondial-du-bien-etre-dans-l-hotel-de-la-cite-2900483>

16 September 2020
France



► VIVRE À ROYAT

Présentation

Guides pratiques

Plan d'accès

Photothèque

Clermont communauté
Auvergne Métropole

Mairie

Démocratie locale

Enfance et jeunesse

Solidarité et santé

Sports

Culture et animations

Environnement

Transports

Urbanisme

► INFORMATIONS

[Accueil](#) > [Actualités](#)



WEEK-END MONDIAL DU BIEN ETRE ET JOURNEES EUROPEENNES DU PATRIMOINE



[https://www.royat.fr/actualite/1/2020/09/w
eek-end-mondial-du-bien-etre-et-journees-
europeennes-du-patrimoine.php](https://www.royat.fr/actualite/1/2020/09/w
eek-end-mondial-du-bien-etre-et-journees-
europeennes-du-patrimoine.php)

16 September 2020
France

P



DESSCRIPTIF

Ce Salon grand public intéressera avec des enfants de : , 13-18 ans, les adultes, les couples

Chaque année, pendant le 3ème week-end de septembre, des professionnels de la forme, de la beauté, du sport, du bien-être et du tourisme se mobilisent dans une centaine de pays pour inviter le grand public à bouger, méditer, prendre soin de soi... seul, entre amis ou en famille.

INFORMATIONS PRATIQUES

STATIONNEMENT POUR VÉHICULES

✓ Parking ✓ Toilettes

RÉSERVATION

✓ Sur place

ACCÈS

COMMENT VENIR

✓ En train et/ou bus ✓ Praticable en bus

TARIFS

Gratuit

RÉSERVATION OBLIGATOIRE

La réservation est obligatoire.

<https://www.auvergnerhonealpes-tourisme.com/fiches/world-wellness-week-end-vichy-candidate-au-patrimoine-mondial-de-lunesco/>

15 September 2020
Suède



WORLD WELLNESS WEEKEND

19 SEPTEMBER - 20 SEPTEMBER

Den 19-20 september firar vi World Wellness Weekend runt om i världen och så även i Sverige.

En helg som inspirerar och stärker människor i 100 länder världen över med tusentals roliga, meningsfulla och helt kostnadsfria aktiviteter. Nytt för i år är att även privatpersoner kan registrera egna aktiviteter och fylla wellnesskartan med små blå flaggor som inspiration för en sundare värld.

Har du ett evenemang?

Skicka in evenemang

Kommande evenemang

THE WORLD CLEAN UP DAY

DATUM: 19 SEPTEMBER

WORLD WELLNESS WEEKEND

DATUM: 19 SEPTEMBER

FÖRELÄSNING: BARN ÄR INTE PÅ ETT
VISST SÄTT DE BLIR PÅ ETT VISST SÄTT

DATUM: 29 SEPTEMBER

TOMMY NILSSON – ALLT SOM JAG
KÄNNER 2020

DATUM: 24 FEBRUARI

BAMM 2021

DATUM: 06 AUGUSTI

<https://www.kirunalapland.se/evenemang/world-wellness-weekend/>

14 September 2020
France

WEEK-END MONDIAL DU BIEN-ÊTRE

Nature et détente - Montbrun-les-Bains

Samedi 19 Septembre
Montbrun-les-Bains

Inscription obligatoire à l'office de tourisme

14H - Visite guidée du village Gratuit	16H - Initiation au Yoga - 10€ et Covid Gi Gong - Gratuit
17H45 - Dégustation de vins 2€	20H30 - Nocturne aux Thermes 5€

AFFICHER LE TÉLÉPHONE

WEEK-END MONDIAL DU BIEN-ÊTRE
26570 Montbrun-les-Bains

Contactez par mail

Nous participons pour la 1ere année au Week-end du bien être mondial ! Grande manifestation qui célèbre à travers le monde le bien-être sous toutes ses formes.

Description Ouverture Tarifs Situation

Description

Au programme cette année :

14h Visite guidée du village: gratuit

16h Initiation au Yoga avec Laurence Cordonnery du Yoga du Toulourenc: 10€

16h Covid Gi-Gong avec Martin des Mains de Martin: gratuit

<https://www.dromeprovencale.fr/fete-manifestation/week-end-mondial-du-bien-etre/>

13 September 2020
France



Les 19 & 20 septembre 2020, c'est la 4e édition du World Wellness Weekend, un weekend bien-être, anti-morosité, « bien-vivre, bon-vivre & joie de vivre », qui va donner envie à chacun de prendre soin de soi, de bouger, d'adopter de bons réflexes, entre amis, en couple ou en famille. Juste au moment de l'équinoxe d'automne, l'idée est de prolonger les bienfaits de l'été avec des activités de bien-être originales et fun.

PROGRAMME DE LA STATION THERMALE DE ROYAT-CHAMALIÈRES



L'envers du décor

Parcours insolite entre tuyaux, pompes, vannes et moteur dans les sous-sols de l'[Établissement Thermal de Royat](#). Découverte en peignoir (fournis).



La balade qui fait du bien

Déambulation guidée, théâtralisée, relaxante et ressourçante. La balade associe découverte du patrimoine grâce à une guide conférencière et bienfaits de la station grâce à la découverte d'activités de détente et mieux-être (qi gong, relaxation, ...).

<https://www.clermontauvergnetourisme.com/station-thermale-royat-chamalieres/week-end-mondial-du-bien-etre-royat/>

7 September 2020
France

ÉMERVEILLÉS PAR L'ARDÈCHE
site officiel d'Ardèche Tourisme

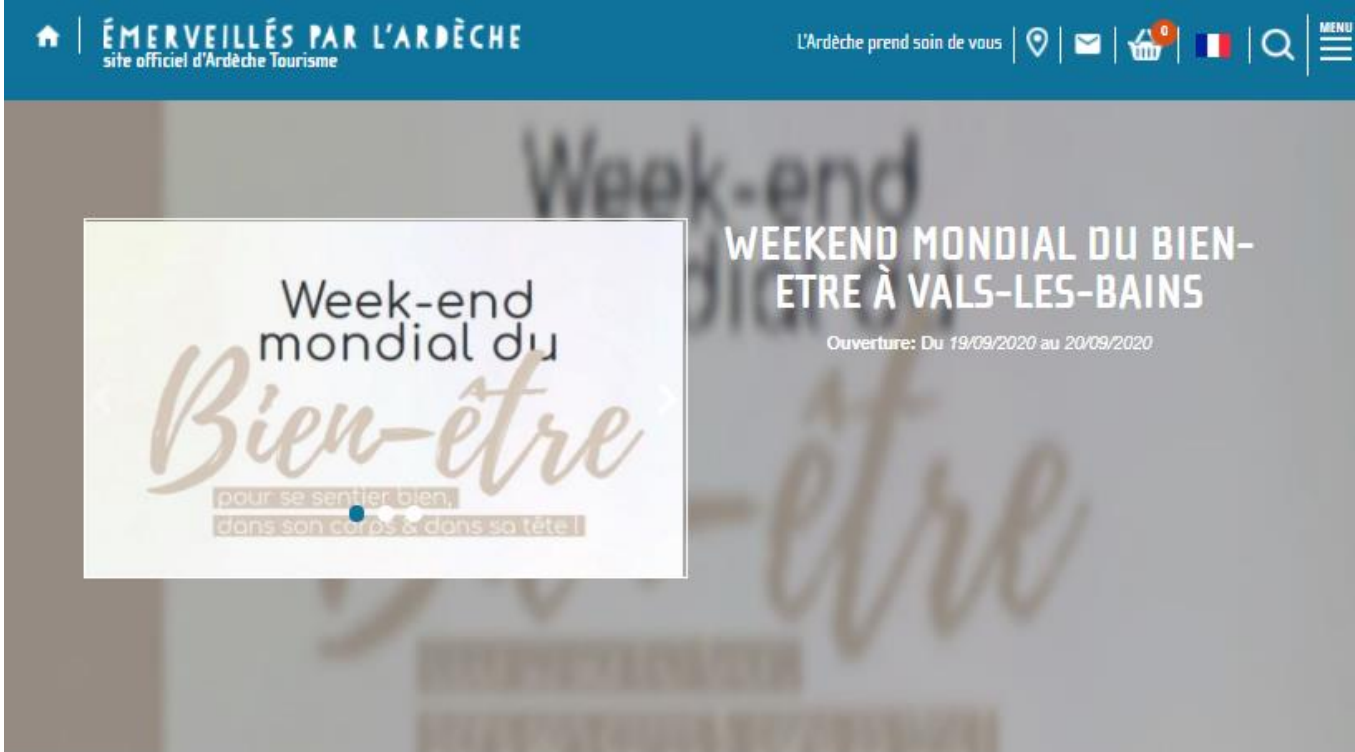
L'Ardèche prend soin de vous

Week-end mondial du Bien-être

WEEKEND MONDIAL DU BIEN-ÊTRE À VALS-LES-BAINS

Ouverture: Du 19/09/2020 au 20/09/2020

pour se sentir bien,
dans son corps & dans sa tête!



Des activités fun & gratuites, des conseils, pour être bien dans son corps, bien dans sa tête et bien dans son assiette. On met le blues de fin d'été au placard pour attaquer la saison automnale dans un bon mood !

PLUS D'INFORMATIONS

Samedi 19/09 :

8h - Réveil musculaire dans le parc avec Marie-Hélène.
Sur réservation au 04 75 37 46 68.

9h - Pilates dans le parc avec Marie-Hélène.
Sur réservation au 04 75 37 46 68.

10h - 11H30 - Cours de cuisine avec Mélody. Atelier dans la cuisine pédagogique : cuisiner et se faire plaisir sans prendre de poids.
Sur réservation au 04 75 37 46 68.

WEEKEND MONDIAL DU BIEN-ÊTRE À VALS- LES-BAINS

Weekend mondial du Bien-Être à Vals-les-Bains
07600 Vals-les-Bains
France

04 75... [Voir le numéro »](#)

[Visiter le site internet »](#)

CONTACTER

<https://www.ardeche-guide.com/fetes-et-manifestations/weekend-mondial-du-bien-etre-vals-les-bains-5634567>



CORPORATE ANNOUNCEMENTS

25 September 2020
Canada

acubalance
WELLNESS CENTRE
604-678-8600

"Going to Acubalance was life changing. They really took the time to work with me and figure out what was going on; for that I will be forever grateful."

CAROLINE 42, POOR RESPONDER



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FABORM
Renee Warner, RN
Dr. Ryan Funk, Dr.TCM,
FABORM



Like 0

3 SIMPLE MIND HACKS TO ELICIT RELAXATION FOR HEALING CREATIVITY AND SLEEP.

By Dr Lorne Brown, Dr. TCM, FABORM on Fri, Sep 25 2020



I was named the Canadian UN World Wellness Weekend Ambassador for Integrative Wellness for the second year and I had the opportunity to participate in the World Wellness Weekend on September 19th, 2020.

The goal of World Wellness Weekend (WWW) is to inspire and empower people to make healthier choices and enjoy an active lifestyle with family & friends. The current health situation around the world reminds us of how important it is to maintain a strong immune system.

This years focus is on the 5 Pillars Of Wellness: 1) Sleep & Restoration, 2) Nutrition & Nourishment, 3) Vitality & Movement, 4) Serenity & Mindfulness and 5) Purpose & Solidarity

I focused on the fourth World Wellness Weekend pillars of wellness: Serenity and Mindfulness and have made my presentation available for you below.

The key step to mastering Serenity and Mindfulness is to first learn the tools to elicit the relaxation response to activate your parasympathetic nervous system (rest and digest) and to increase your alpha brain waves (detached relaxation and creativity). I share three simple mind hacks that quickly allow you to get into a state of relaxation and alpha brain waves – putting your mind at ease and melting away your stress and anxiety to free up your resources for healing and creativity.

Enjoy,

Lorne

<https://www.acubalance.ca/blog/3-simple-mind-hacks-elicite-relaxation-for-healing-creativity-and-sleep>




16 September 2020
Australia

<https://www.peninsulahotsprings.com/join-us-virtually-for-world-wellness-weekend/>


PENINSULA HOT SPRINGS

EXPERIENCES GIFT CERTIFICATES VISITING US OUR JOURNEY BOOK BUY GIFT



home / lifestyle / join us (virtually) for world wellness weekend

join us (virtually) for world wellness weekend



September 11, 2020

We're delighted to share our World Wellness Weekend program for 2020 with you. This year is going to look a little different as we invite you to participate in a series of **virtual** events.

Hosted on Saturday 19th and Sunday 20th September, this year's program will be available online and free for our whole community and we encourage you to get involved.

We have aligned our 2020 offering with six core wellbeing pillars: *connect, move, unwind, nourish, grow and rest*. A series of 30-minute workshops from us to you will be hosted by many talented friends of the Springs.

16 September 2020
France



AÏGA
—
RÉSERVATIONS
—
ACTUALITÉS

<https://www.aiga-resort.com/tour-de-france-infos-circulation-et-stationnement-les-10-et-11-septembre-2/>

World Week-end Wellness : activités gratuites et promo soins !



Les 19 & 20 septembre 2020, c'est la 4e édition du World Wellness Weekend, un weekend bien-être, anti-morosité, « bien-vivre, bon-vivre & joie de vivre », qui va donner envie à chacun de prendre soin de soi, de bouger, d'adopter de bons réflexes, entre amis, en couple ou en famille.

Aïga resort et les associations de la ville de Châtel-Guyon sont parties prenantes de cet événement mondial qui met en mouvement plus de 100 pays et les stations thermales du Massif central !

Découvrez ci-dessous l'offre spéciale Aïga spa thermal et le programme d'activités gratuites de Châtel-Guyon :

OFFRE SPÉCIALE SOIN DE BIEN-ÊTRE AÏGA SPA DU 19/09/20 AU 27/09/20 SUR RÉSERVATION

Forfait de soins bien-être « Délassement Total » au sein d'Aïga spa thermal comprenant 1 douche sous affusion ou 1 douche locale des mains et des pieds, 1 bain de boue thermale ou 1 douche de boue thermale et un bain hydromassant avec accès libre aux équipements de bien-être du spa (bassin de détente en eau thermale, bain à remous extérieur...)

69€ au lieu de 99€ – réservation avec le code promo World Week-end Wellness

15 September 2020
France



Français ▾

👤 🛒 (0)

ACCUEIL GAMES LA MARQUE CONSEILS PROFESSIONNELS **E- BOUTIQUE** CONTACT WWW LE BLOG



Accueil / World Wellness Weekend

World Wellness Weekend



19 - 20 septembre 2020

Qu'est-ce que le World Wellness Weekend ?

Depuis 4 ans, le World Welleness Weekend sensibilise des millions de personnes autour du globe avec des milliers d'activités fun, gratuites et riches de sens, organisées dans 120 pays !

L'objectif est d'inspirer les gens à faire des choix plus sains et à profiter d'un style de vie actif avec leurs familles et leurs amis.

La situation actuelle au niveau de la santé dans le monde nous rappelle combien il est important d'avoir un bon équilibre dans notre corps comme dans notre esprit.

<https://www.altearah.com/fr/content/84-world-wellness-weekend>

Les 5 piliers du bien-être

Le World Wellness Weekend est aussi un week-end pour vous inciter à penser à vous et à faire le point sur votre mode de vie à travers les 5 piliers du bien-être :



16 September 2020
United States

Synthesis
the heart of organics

SHOP BLOG EVENTS MEDIA



Dear <<First Name>>,

Did you know that the ancient Greeks practiced self-care long before its recent revival in popularity?

They called it *"philautia"* which translates most closely to 'self-love' or 'love of self.' This is totally different from selfishness or self-obsessiveness, and when practiced truly, provides the foundation upon which all other love is built. The more you love yourself, the more you could love others.

As Aristotle put it, *"all friendly feelings for others are an extension of man's feelings for himself."*

And, as well as building a more harmonious society, self-care also tends to improve our immunity, reduce stress, anxiety, and other emotional imbalances!

<https://mailchi.mp/2d9877048d46/stay-calm-and-carry-on-immunity-protection-and-wellness-support-3889513>





15 September 2020
France



[< Liste des actualités](#)

Conférences Bien-être

World Wellness Weekend : Le samedi 19 septembre 2020



Le Spa du Domaine de Cicé-Blossac participe à la 4ème édition du World Wellness Weekend le 19 et 20 septembre.

Laissez-vous surprendre par des massages du monde, des soins divins du visage, des cours très originaux de yoga, Pilates, danse, des ateliers de relaxation, de savoureuses dégustations, des conférences passionnantes, des sports à sensations... À deux, entre amis ou en famille, c'est SI BON de se FAIRE du BIEN lors d'un week-end wellness où tout est possible

A cette occasion, le Spa du Domaine vous offre le plaisir de vous faire découvrir des ateliers encadrés par nos coachs et nos praticiennes.

Nous proposerons 2 activités relaxation guidée offertes le 19 septembre (maximum 6 personnes par atelier) :

- 1 séance à 10h30
- 1 séance à 11h30

Réervations par téléphone au : 02 99 52 77 78 ou à

spa@domainedecice.com

EN SAVOIR PLUS

<https://www.domainedecice.com/fr/actualites/679/world-wellness-weekend-le-samedi-19-septembre-2020>

31 August 2020
France



Week-end mondial du bien-être

Découvrez nos ateliers découverte proposés les 19 et 20 septembre et inscrivez-vous !

S'INSCRIRE



Préparez-vous pour le week-end mondial du bien-être avec Balicina !

Effectuez simplement vos demandes d'inscriptions pour les ateliers du 19 et du 20 septembre grâce à ce formulaire en ligne. Il est impératif de remplir et de vérifier vos coordonnées en fin de formulaire afin que nous puissions vous envoyer la confirmation de réservation.

Pour les ateliers payants (Toofruit, Shiatsu, Qi Gong) : le paiement vous sera demandé à votre arrivée chez Balicina, le jour de l'atelier.

Attention, les places sont limitées pour l'ensemble des ateliers et la disponibilité est mis à jour régulièrement.

Pour toute annulation, merci de bien vouloir nous contacter le plus rapidement possible au 04 28 38 27 00 ou par mail à contact@balicina.fr.

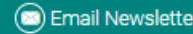
A très bientôt pour votre prochaine bulle de bien-être.

L'équipe Balicina

<https://www.balicina.fr/>

31 August 2020
Thailand

Monday, August 31, 2020



Anantara Hotels, Resorts & Spas Set to Celebrate World Wellness Weekend Around the Globe

From the serenity of yoga to the feat of martial arts, Anantara hotels & resorts in 11 different countries will host a series of activities & holistic experiences to commemorate World Wellness Weekend on September 19 & 20, 2020.

BANGKOK (PRWEB) AUGUST 26, 2020

Inspiring thoughtful choices for a better life, Anantara Hotels, Resorts & Spas invites guests and communities to join an international celebration of wellness with a host of activities and holistic experiences to commemorate World Wellness Weekend on September 19 & 20, 2020.

To mark this year's World Wellness Weekend, almost 20 Anantara hotels and resorts in 11 different countries will host a series of wellness activities ranging from yoga, guided meditations, sleep restoration workshops, chanting, breath work, sound healing therapies, alms offerings to Buddhist monks, personal training sessions, Muay Thai classes, high-intensity interval training, aqua aerobics, workshops on nutrition and nourishment, and healthy culinary discoveries.

From the serenity of yoga to the feat of martial arts, and the gift of a good night's sleep, Anantara Spa supports the five key pillars of World Wellness Weekend: Sleep and Restoration, Nutrition and Nourishment, Vitality and Movement, Serenity and Mindfulness, Purpose and Solidarity.

In Thailand, Anantara Siam Bangkok Hotel, Anantara Chiang Mai Resort and Anantara Lawana Koh Samui Resort will offer guests rich journeys in wellness including an authentic immersion with the Buddhist tradition of alms giving and merit-making, relaxing foot and neck massages, aqua aerobics sessions, yoga activities and refreshing nutrient-packed juices to enjoy.

Elsewhere in South East Asia, perched on a dramatic cliffside overlooking the Indian Ocean, Anantara Uluwatu Bali Resort will offer guests a complimentary healing meditation under the pillar of Serenity & Mindfulness and a nutrition workshop to educate guests on the importance of mindful eating under the pillar of Nutrition & Nourishment. In Cambodia, Anantara Angkor Siem Reap Resort will also participate in World Wellness Weekend.



Overwater Yoga at Anantara Kihavah Maldives Villas

“Named the World's Best Hotel Spa Brand three years in a row, Anantara Spas are a haven of peace and tranquillity – an utterly relaxing and rejuvenating experience in unique settings.”

http://www.prweb.com/releases/anantara_hotels_resorts_spas_set_to_celebrate_world_wellness_weekend_around_the_globe/prweb_17349839.htm

19 August 2020
THAILAND

<https://www.anantara.com/en/press-releases/anantara-hotels-resorts-and-spas-hosts-world-wellness-weekend-activities-around-the-globe>

PRESS RELEASE | 19 AUGUST 2020

Anantara Hotels, Resorts & Spas Hosts World Wellness Weekend Activities Around The Globe

Inspiring thoughtful choices for a better life, Anantara Hotels, Resorts & Spas invites guests and communities to join an international celebration of wellness with a host of activities and holistic experiences to commemorate World Wellness Weekend on 19 and 20 September 2020.

To mark this year's World Wellness Weekend, almost 20 Anantara hotels and resorts in 11 different countries will host a series of wellness activities ranging from yoga, guided meditations, sleep restoration workshops, chanting, breathwork, sound healing therapies, alms offerings to Buddhist monks, personal training sessions, Muay Thai classes, high-intensity interval training, aqua aerobics, workshops on nutrition and nourishment, and healthy culinary discoveries.

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Activities in Anantara's Maldives resorts will be streamed via social media channels. The team at **Anantara Dhigu Resort** (@anantaradhigu) will lead a HIIT workout, and the resident yoga instructor at **Anantara Veli Resort** (@anantaraveli) will perform a meditative chant while resident yoga instructor Sharath Ram will host a sandbank aerial yoga tutorial.

17 August 2020
France

http://www.planetfitnessgroup.com/nl/World-Wellness-Weekend_0820/index_club_lesmills_fra.html



Les 19 et 20 Sept., le 4ème World Wellness Weekend célébrera le bien-être et le fitness comme véritable outil de mieux-être global. Parce que notre santé est notre richesse ! Et le sport est le meilleur moyen d'entretenir sa santé.

L'objectif est de sensibiliser le plus grand nombre aux activités de bien-être et favoriser une meilleure qualité de vie. Le temps d'un weekend, plus de 2300 professionnels partenaires provenant de 120 pays se mobiliseront pour la cause, et vous ?



#worldwellnessweekend



Votre club au cœur de l'événement

Vous aussi devenez un acteur majeur dans la promotion du bien-être à travers le monde ! Participez à un événement international unique et bénéficiez d'une visibilité optimale aux yeux de milliers de clients potentiels en plantant votre drapeau

17 April 2020
France

Visio conférence pour le weekend mondial du bien-être

AVRIL 17 @ 18 H 30 MIN - AVRIL 19 @ 20 H 00 MIN

Cet événement est passé

Recherche



INSCRIPTION NEWSLETTER

Votre Email

S'abonner

CONTACT / ADMISSION

NOUS CONTACTER

<https://catherine-sertin.com/event/visio-conference-pour-le-weekend-mondial-du-bien-etre/>

Merci à Jean Guy DE GABRIAC d'avoir animé ce matin une nouvelle visio-conférence pour présenter à nos partenaires ainsi qu'aux différents acteurs du secteur de l'esthétique (organismes professionnels, presse professionnelle) le 4ème weekend mondial du bien-être qui aura lieu les 19 et 20 Septembre 2020.

Merci à tous pour votre présence et votre soutien au Weekend Mondial du Bien-Être.

+ GOOGLE AGENDA

+ EXPORTER VERS ICAL



WEBINARS

9 September 2020
Australia

WELLNESS
TOURISM
SUMMIT

HOME 2021 SUMMIT PARTNERS ABOUT CONTACT

VIRTUAL CONFERENCE CONTENT AVAILABLE NOW

WELLNESS TRAVEL IN A CHANGING WORLD



Access all sessions from our virtual event - **Wellness Travel Opportunities in a Changing World** right now.

Session 7

World Wellness Weekend

Jean-Guy De Gabriac, Founder
World Wellness Weekend

<https://www.wellnesstourismsummit.com.au/the-wellness-traveller>

2 September 2020 United Kingdom



European Spa
THE ONLY MAGAZINE FOR SPA AND WELLNESS

INSTAGRAM LIVE

In conversation with...
Jean-Guy de Gabriac
Founder TIP TOUCH International & World Wellness Weekend
How to re-engineer your treatment menu and re-align your offer to the current situation
Wednesday 2nd September 6pm

#backtobusiness @eurospamag

<https://www.instagram.com/eurospamag/>

<https://www.instagram.com/p/CEpJZFAjUDE/>



eurospamag • Abonné(e)



eurospamag European Spa In conversation with

European Spa In conversation with Jean Guy de Gabriac discussing re-engineering a treatment menu in response to Covid-19.
[@jeanguydegabriac](#)
[@world_wellness_weekend](#)

3 sem



thespawhisperer Wonderful! Two great and energizing spirits in our industry ;)



3 sem 2 mentions J'aime Répondre

— Afficher les réponses (1)



264 vues

2 SEPTEMBRE

Ajouter un commentaire...

Publier

1 September 2020
Malaysia

<https://www.facebook.com/amspa.my>

<https://www.facebook.com/amspa.my/videos/333189611066977>

#MyWellness Series

WELLNESS PERSONALITY



WORLD WELLNESS WEEKEND 2020

WITH

JEAN-GUY DE GABRIAC & DATIN JEANETTE TAMBAKAU

f LIVE TUESDAY, 1ST SEPTEMBER '20, 3PM

POWERED BY



SUPPORTED BY



IN CONJUNCTION WITH



24 July 2020
France

 **Altearah Bio France**
24 juillet · 🌐

Vous avez vu notre interview avec Jean-Guy de Gabriac ? Qu'en-avez-vous pensé ? Vous avez des questions ? N'hésitez pas à tout nous dire en commentaire !




Altearah Bio France
24 juillet · 🌐


Découvrez l'interview Bien-être passionnante entre Jean-Guy de Gabriac et Ludivine Galand, notre commerciale ! Il nous parle du [World Wellness Weekend](#) qu'il a fondé en 2017 et les actions et bonnes pratiques que les professionnels du bien-être devraient envisager pour attirer de nouveaux clients.

<https://www.facebook.com/Altearahemotivecosmetic/videos/1002819973487796>

24 July 2020
France

 **Altearah Bio France**
24 juillet · 🌐

For our international audience, you too enjoy our fascinating interview with Jean-Guy de Gabriac !



Altearah Bio France
24 juillet · 🌐

Discover our fascinating interview between Jean-Guy de Gabriac and Aheem Siddique, our marketing director ! He tells us about the [World Wellness Weekend](#) he founded in 2017 and the actions and practices that wellness professionals should consider attracting new clients.

<https://www.facebook.com/Altearahemotivecosmetic/videos/708381393278740>

13 July 2020
USA



GLOBAL WELLNESS
SUMMIT
JOINING TOGETHER. SHAPING THE FUTURE.

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Leader Livecast with Jean-Guy de Gabriac

Global Wellness Summit > Topics > Leader Livecast > Leader Livecast with Jean-Guy de Gabriac

Global Wellness Collaborations

Wellness Master Class

Summit Podcast Series

#FIVEINTEN Leader Livecast

The TRENDIUM

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SUBSCRIBE

Author : GWS Admin | Date : July 13, 2020 | Comment : No Comments

#FIVEINTEN Leader Livecast

Jean-Guy de Gabriac, TIP TOUCH International and World Wellness Weekend

GWS Podcast Host and S'Well Public Relations Co-Founder Kim Marshall asks five compelling questions in ten minutes. The goal? Sharing positive action steps to help now and in the future.



https://www.youtube.com/watch?time_continue=3&v=D6XRp5mA94E&feature=emb_logo

9 July 2020
USA

07.09.20

LEARN HOW YOU CAN HELP PEOPLE + PLANET REGENERATE WORLD WELLNESS WEEKEND

2,000+ properties around the world will be opening their doors on September 19 and 20, 2020 to help their local communities discover creative and original wellness activities free of charge. Join us to learn how you can join as well! This webinar is led by World Wellness Weekend founder, Jean-Guy de Gabriac and special guest Bonnie Baker.

Topics covered are:

- The 5 pillars of wellness
- What is World Wellness Weekend
- How GSN Members can get involved
- How to grow awareness
- How to navigate WWW around the COVID-19 pandemic

https://gsnplanet.org/swhr_resource/learn-how-you-can-help-people-planet-regenerate-world-wellness-weekend/

The image is a promotional graphic for a webinar. It features a dark blue background with white and light blue text. At the top left, there is a small orange circle with a white 'G' and the text 'GSN Webinar // Learn How You Can Help People + Planet Regenerate World Wellness Wee...'. To the right of this are icons for 'À regarder' (watch) and 'Partager' (share). The main text reads 'World Wellness Weekend' in a stylized font, followed by 'GSN PLANET' in a bold, sans-serif font. Below this, it says 'UPCOMING WEBINAR' and 'Thursday, July 9, 2020 3pm ET/12pm PT'. A play button icon is centered over the text. Below the play button, it says 'Learn About World Wellness Weekend' and 'On September 19 & 20 spas, salons, yoga studios, fitness clubs, and more open their doors to discover creative activities to boost vitality, serenity, and beauty!'. At the bottom, it lists 'GUEST PANELISTS' with two names: 'Jean-Guy de Gabriac, Founder, World Wellness Weekend' and 'Bonnie Baker, Founder, Sattva Wellness Group'. On the left side of the graphic, there are two circular photos: one of a woman (Bonnie Baker) and one of a man (Jean-Guy de Gabriac) both making peace signs.

14 June 2020
International



Gareth Presch



Jean-Guy de Gabriac



SUNDAY 14TH JUNE @7PM GMT LIVE DISCUSSION WHIS TALKS

**WWW.FACEBOOK.COM/WHISTALKS/
WWW.WHIS.UK #WHIS #SDGS**



<https://www.facebook.com/WHISTalks/videos/778098696056017>

1 July 2020
France



<https://twitter.com/INFOCLERMONT/status/1278192970982981632/photo/1>

10 June 2020
Asia Pacific



ASIA PACIFIC

SPA & WELLNESS COALITION

<https://www.facebook.com/AsiaPacificSpaWellnessCoalition/vid/eos/1389423387914223>

Webinar 1/3



A NEW LOOK FOR THE SPA & WELLNESS INDUSTRY

"USING TECHNOLOGY TO MAINTAIN AND
DEVELOP YOUR BUSINESS"

10 JUNE 2020 | 18:30 - 19:30 SGT

Speakers:



As the use of technology is becoming increasingly important for spa & wellness industry, the lockdown is a good opportunity to look at the means of technology your company is currently using and think about how you can develop these further, or start to implement technology trends for your companies' benefit.

Speakers: Jean-Guy de Gabriac founder of TIP TOUCH International and World Wellness Weekend and Ankeeta Sekhri marketing and communication professional at GOCO Hospitality

Asia Pacific Spa & Wellness Coalition in partnership with Stenden Thailand, part of NHL Stenden University



Register @ <https://meetingsapac17.webex.com/meetingsapac17/j.php?>

MTID=m140659edba709c39f8629529aea484ad



live stream on Facebook @AsiaPacificSpaWellnessCoalition

3 June 2020
United States



<https://www.facebook.com/TheInternationalMassageAssociation/videos/308360426845386>

 **The International Massage Association** le 3 juin à 15:00 · 🌐

Due to the great interest in Jean-Guy de Gabriac's interview 2 weeks ago, IMA Founder Jeppe Tengbjerg has asked follow-up questions.

Topic 1) = World Wellness Weekend - How can Associations benefit from it?

Topic 2) = Where is the massage and spa profession headed?

Topic 3) = Marketing Tips for Massage Therapists

In order to learn - We need to listen.

Please share this podcast to all relevant therapists and key players in our Profession.



👍❤️👏 45 3 commentaires 51 partages

22 May 2020
International



<https://worldchampionship-massage.com/video-podcast-with-jean-guy-de-gabriac/>

World Championship Massage 2021

Next Championship June 19th – 20th 2021 in Copenhagen

HOME REGISTRATION 2021 NEWS RULES PROGRAM THE INTERNATIONAL MASSAGE ASSOCIATION ▾



News

Video podcast with Jean-Guy de Gabriac

📅 May 22, 2020 👤 admin 🏷️ ima, international massage association, topspafest, world championship in massage, World Wellness Weekend

Here you can see IMA Founder Jeppe Tengbjerg doing an Interview with Jean-Guy de Gabriac ([Tip Toch International](#)), about [World Wellness Weekend](#) and how massage therapists should re-starting or/and re-opening their clinics and Spa's.

They are also having talks about championships, future massage educations and what great events to look forward to after the Covid has passed.

Topic 1: World Wellness Weekend

1. What is it?
2. How can massage therapists and spa owners benefit from taking part?
3. How can schools benefit from it?

12 May 2020
International



Professional Beauty presents The World Spa & Wellness Conference, 12-14 May 2020

A three day online conference for the spa industry to discover insights and answers from around the globe, to educate, inspire and grow. Webinars will be hosted by world-leading experts, preparing businesses to reset and re-open their doors when it's time for the industry to kick-start again.

[Sign up for free here](#)

In partnership with:



These are some of the sessions not to be missed:

Tuesday 12th May

11:00am (GMT+1) The Future of Wellness Tourism

Panel discussion with:

- Charles Davidson, Co-owner Peninsula Hot Springs, Chair « Hot Springs » Initiative of the Global Wellness Institute (AUSTRALIA)
- Dr. Marc Cohen, Founder, Extreme Wellness Institute, Board Member Global Wellness Summit (AUSTRALIA)
- Mark Hennbry, Chairman Ensana Health Spas / Vice Chairman Danubius Hotel Group (UK)
- Thomas Bauer, COO at VAMED Vitality World (AUSTRIA)



5:00pm (GMT+1): Re-opening strategies from the North & South America

- Frank Pitsikalis, Chairman (SPA Foundation (USA) & CEO Founder Resort Suite (CANADA)
- Kenneth Ryan, Vice President - Global Operations: Spa, Fitness & Online Retail Marriott International (USA)
- Bonnie Baker, Founder Sotveda Spa & Wellness Concepts, and Chair of Sustainability Initiative of Global Wellness Institute (MEXICO)
- Rocco Bova, General Manager Chablé Resort (MEXICO)
- Eduardo Finci, President Asociación Americana de Spa (ARGENTINA)



Wednesday 13th May

1:00pm (GMT+1): The Future of Wellness Tourism

Panel discussion with:

- Andrew Gibson, Senior VP Sensei, Chairman Wellness Tourism Association (USA)
- Katherine Droga, Founder Droga & Co, Founder Wellness Tourism Summit (AUSTRALIA), Chair « Wellness Tourism » Initiative of the Global Wellness Institute
- Trent Munday, Senior Vice President International Mandara Spas (MALAYSIA)
- Camille Hoeb, President Wellness Tourism Worldwide (USA)
- Adam Glickman, Principal Parallax (USA)
- Jean-Claude Baumgarten, Former President & CEO World Travel & Tourism Council (FRANCE)



Thursday 14th May

3:00pm (GMT+1): Making the Spa & Wellness industry relevant with the United Nations' 17 SDGs

- Roland Schatz, Founder, United Nations Global Sustainability Index Institute Foundation
- Gareth Presch, Founder World Health Innovation Summit, Expert in SDG 3 with the United Nations Global Sustainability Index Institute, Vice Chair of the « Supporting the UN's 17 SDGs » Initiative of the Global Wellness Institute (UK)
- Dr. Manuela Boyle, Public Health/Certified Practitioner for Functional Medicine/Published Author/International Speaker/Expert Advisor of WHIG and SDG3 (AUSTRALIA)



12 May 2020
International



<https://www.facebook.com/TheInternationalMassageAssociation/videos/565677877700372>



The International Massage Association

le 21 mai à 15:00 · 🌐



In order to learn you need to listen.

Topic 1: World Wellness Weekend

- 1) What is it?
- 2) How can massage therapists and spa owners benefit from taking part?
- 3) How can massage/Spa schools benefit from it?

Topic 2: Signature massage

- 1) What is a signature massage?
- 2) Why have one?

Topic 3: the World Championship in Massage

- 1) Why are Championships popular?
- 2) What is it the participants can gain from it?
- 3) What is that the school owners can gain from it?
- 4) What is it the teachers could gain from it?
- 5) What is it the Sponsors can gain from it?

Please share this podcast in order to promote the Massage and Spa profession.



👍❤️👏 69

10 commentaires 92 partages

16 June 2020
France

Animé par

Jean-Guy de Gabriac
Ambassadeur mondial du bien-être




Catherine Sertin
Directrice de l'école
Catherine Sertin



BEAUTY FORUM

WEBINAIRE

16 juin 19H00

Présentation
World Wellness Weekend #4

Modérateur :
Anne-Sophie Gamelin, rédactrice en chef
BEAUTY FORUM



Pradip Bala

Jean-Guy de Gabriac - Weekend Mondial du Bien-être

Muriel Masiero

Anne Sophie Gamelin

<https://www.facebook.com/BeautyForumFrance/photos/a.118617135157666/1153097345042968/>

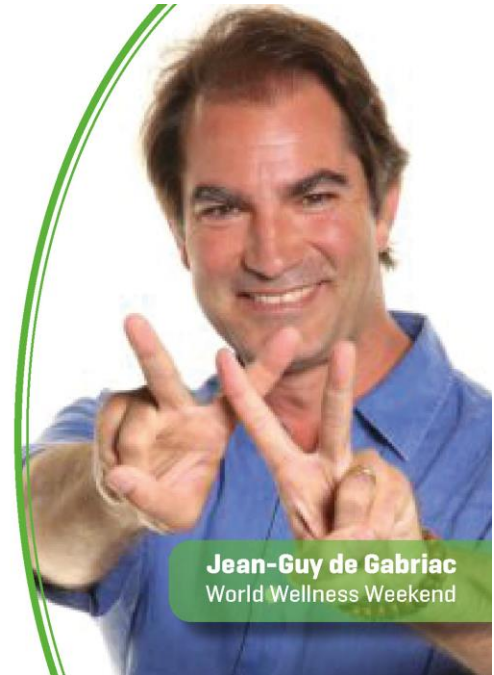


AWARDS

December 2019
United Kingdom



The
Winners
**UK Health Radio
AWARDS 2019**
INDUSTRY



Jean-Guy de Gabriac
World Wellness Weekend

November 2019
United Kingdom



The Finalists

UK Health Radio AWARDS 2019

▲ Awards 2019

The second year of the UKHR Awards attracted a huge amount of entries that left us quite overwhelmed! There are so many people making a difference in the Health and Wellness world. We want to thank everyone who was nominated. Rest assured it was no easy task to select the ones our Jury thought were the most outstanding for this year.

OUTSTANDING CONTRIBUTION AWARDS FINALISTS:

INDUSTRY:

- Jean-Guy de Gabriac - World Wellness Weekend
- Christoulla Boodram - The Chrissy B Show

INDIVIDUAL:

- Christoulla Boodram
- Apollo Exconde
- Kirsten Hartvig
- Jason Pegler
- Helen Mary Perkins
- Scott Riley
- Wolfgang Sonnenburg
- Mark Spencer
- Dr. Spitzbart

COMPANY/GROUP:

- Healing Hotels of the World
- Public Health Collaboration
- Rainbow Well-being Center

