

 5th World
Wellness
Weekend

18-19
SEPT
2021

Breathe 🙌🙌

WITH SAFE, FUN AND FREE
WELLNESS ACTIVITIES
in Your City & 130 Countries



Follow
World Wellness Weekend

#WorldWellnessWeekend
#WellnessForAll #Welfie2021

www.wellmap.org

OFFICIAL SPONSORS





5th Annual World Wellness Weekend to boost Vitality, Serenity, Immunity & Solidarity September 18 & 19, 2021 in 130+ countries, 950 cities

"Wellness is not just a decision you take to improve your mental & physical health, it is an act of influence to inspire those around you to become the best version of themselves".

June 17, 2021 -- Before Covid19 shut down the world, **World Wellness Weekend (WWW)** reached an **audience of 224 million people** in 98 countries. In 2020, the pro-bono celebration grew in 109 countries and 524 cities, now reaching 130+ nations.

On 18-19 Sept, just before the Equinox, thousands of safe, free, fun & meaningful wellness activities will be organized. Video tutorials and talks will be available online and off. All encourage people to explore the **5 Pillars of Wellness**: Sleep & **Creativity**, Nutrition & **Immunity**, Movement & **Vitality**, Mindfulness & **Serenity**, Sense of Purpose & **Solidarity**.

Secretaries of Sports, Health and Tourism, (Cyprus, France, Quebec); **Governors** (USA & Mexico) support the event. **60 partnering professional organizations** including **IHRSA** and the **European Week of Sports (European Commission EAC)** are featuring opportunities to encourage people to be more active, more often, with the support of a "Wellness buddy".

In **France**, Marseille (2nd largest city) and the regions of Auvergne and Alsace will connect wellness with nature and heritage sites. In **Italy**, Val di Fiemme, candidate city to host the 2026 Special Olympic Winter Games, will appear as the **world's 1st "Wellness Valley"**. Turin (Borgo Gran Madre Lifestyle), Alassio and Alghero are working to be cities of wellness; and Bagni Capomele a "wellness beach". In the USA, Paradise Coast (FL) and Lane County (OR) will focus on the great outdoors

Iconic fitness groups will showcase their expertise & passion, and encourage locals to discover "the **JOY of being WELL**" with classes with celebrity coaches: **Planet Fitness Group** (France, Southern Europe, Africa), **Fitness First** (Asia), **Celebrity Fitness** (Bali), **Brick Bodies** (USA)...

The fitness teams of hotel groups will also organize safe, dynamic and fun activities: **Euphoria Retreat** (Greece), **Fivelements** (Bali & Hong Kong), **Glen Ivy Hot Springs** (California), **Kamalaya** (Thailand), **Peninsula Hot Springs** (Australia), **Rancho La Puerta** (Mexico), **Anantara**, **Corinthia**, **GOCO Hospitality**, **Hilton**, **Marriott**, **Six Senses**, **Taj Hotels**... (quotes on page 2).

WWW aligns with 17 Sustainable Development Goals of the United Nations, especially SDG 3 "Good Health and Wellbeing for All". Participating venues will focus on **multicultural and inclusive** activities that deliver the promise of #WellnessforAll #WellnessbyAll, for people of all age, even with disabilities.

This 5th edition of World Wellness Weekend will be a **hybrid celebration**. Outdoors or indoors, participants will share a nurturing wellness connection. They will wear a mask, respectfully 6-feet apart. Those having to stay at home, in cities where Covid is still present, will have options too. They'll be able to travel the world with **curated immersive 360° videos, tutorials, classes, and inspiring talks accessible anytime, anywhere, on any device**.

CONTACT: For more information:

Founder: Jean-Guy de Gabriac jean-guy@weekend-wellness.com

Hashtag: #WorldWellnessWeekend #WellnessForAll #WellnessByAll #Welfie2021

THEY SUPPORT WORLD WELLNESS WEEKEND



"The health crisis has forcefully reminded us of the benefits of the practice of physical activity and sport on the quality of life, well-being and health. Sport has even appeared to some as a basic necessity. The World Wellness Weekend, a French initiative, celebrated for its 5th edition in more than 130 countries will open Saturday, September 18,

This initiative bears the mark of many fitness clubs, and local officials whom I thank and who, I know, have worked for months to prepare for this event.

I wish good luck to the participants and organizers of this event and am wholeheartedly with you for this moment during which you can let your desire for sport express itself!

Make sure to respect social distancing and local safety regulations.

Congratulations for this weekend under the sign of sport and health!"

Roxana Maracineanu - French Secretary of Sports

"The European Historic Thermal Towns Association (EHTTA) is delighted to be taking part in the annual World Wellness Weekend with thermal water springs as an incredible resource waiting to be shared by everyone looking for relaxation, wellness and healing. Look out for Roman, medieval, enlightenment and art-nouveau buildings – our "thermal architecture". **Enjoy kilometres of paths for walking, running, cycling and hiking**, as well as healthy local food in many fine restaurants and hotels.

Several EHTTA Members have confirmed their participation (with more to be added soon): **Bath** (UK), **Budapest Spas** (Hungary), **Caldas da Rainha** (Portugal), **Caldes de Montbui** (Spain), **Province of Ourense** (Spain), and **Route des Villes d'Eaux du Massif Central** with 18 thermal towns (France).

Simone Zagrodnik - EHTTA - Executive Director

"At PLANET FITNESS, we have a deep conviction: **people who practice physical activities feel better than those who don't**. And we like that people feel well. And that's why we exist. Therefore, it is logical for us to join the World Wellness Weekend."

Christophe Andanson, President - Planet Fitness Group

"**Exercise is medicine** and is essential for a healthy mind and body. Brick Bodies is thrilled to participate in World Wellness Weekend, which allow us to provide our community with another resource to help them exercise their mental health and focus on self-care."

Vicki Brick - CEO - Brick Bodies

"**About 20 teams teams at Anantara and Avani hotels** are very excited to participate in WWW 2021 in Bali, Maldives, Malaysia, Mozambique, Oman, Thailand, UAE, Vietnam, Zambia, including **Clinique La Prairie Aesthetics & Medical Spa, Bangkok**. The above will be doing a mixture of yoga classes in stunning locations, **Muay Thai boxing sessions**, hands on guest activities including introductory sessions with onsite expert practioners and medical teams, cooking classes, mini massage courses..."

Zoe Wall - MSpa - Group Director of Spa, Minor Hotels