

# 5th World Wellness Weekend

18-19  
**SEPT**  
2021



# Breathe 🙌🙌

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



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#WorldWellnessWeekend  
#WellnessForAll #Welfie2021

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## 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 131 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 Tourism, Health, and Sports** (Cyprus, France, Quebec); **Governors** (USA & Mexico) support the event. **60 partnering professional organizations**, including **ISPA** and **Wellness Tourism Association** are featuring opportunities to attract visitors. Mayors want to inspire people to explore their cities as wellness destinations where to live, play, work, or eventually retire.

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 position itself 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 outdoors.

**Iconic properties and leading hotel groups** will showcase the expertise & passion of their teams, and encourage locals to discover experiences provided at the Spa, Fitness and F&B for daycations, getaways or retreats: **Euphoria Retreat** (Greece), **Fivelements** (Bali & Hong Kong), **Glen Ivy Hot Springs** (California), **Kamalaya** (Thailand), **Mandara Spas** (Bali & Maldives), **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 wear a mask, respectfully 6-feet apart ("a dolphin apart" as said in the Caribbean, or a "hockey stick apart" as in Canada! More than ever, they will share a nurturing connection through wellness to **offer 3 treasures: a revitalized body, a quiet mind and a peaceful heart.**

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:

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**Hashtag:** #WorldWellnessWeekend #WellnessForAll #WellnessByAll #Welfie2021

## THEY SUPPORT WORLD WELLNESS WEEKEND



"In the dire traits that the Tourism industry is going through, everyone is called upon to show creativity and innovation to extend the tourist season beyond the summer. I salute the efforts of the organizers of the World Wellness Weekend, as well as local officials and Visitors Bureaus who mobilize the vital forces of professionals, public and private, of Wellness Tourism."

**Jean-Baptiste Lemoyne, Secretary of State to the Minister for Europe and Foreign Affairs, in charge of Tourism**

"The European Historic Thermal Towns Association (EHTTA) is delighted to take 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. Enjoy kilometres of paths for walking, running, cycling and hiking, as well as healthy local food): **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) *(more to confirm soon...)*

**Simone Zagrodnik - EHTTA - Executive Director**

"**Over 50 Taj Hotels** will present a hybrid "wellness extravaganza", embracing the 5 Pillars of the World Wellness Weekend, from serene "sunrise yoga" to the divine Ganga Aarti on the banks of the Ganges. Carefully curated "immersive experiences" will focus on mindfulness & mental wellbeing.

Moreover, Qmin (Taj's exclusive speciality meal delivery app), now delivers a new range of curated meals with focus on strengthening immunity - INNERgise, available in 7 cities and 11 hotels."

**Sushmita Sarangi - Commercial Director - Jiva | niu&nau, Taj Hotels**

"With events such as World Wellness Weekend, we are all able to celebrate life to the fullest. Each year, **Six Senses Hotels Resorts Spas** celebrate this event at **over 30 locations around the world** to bring happiness into the lives of our guests, hosts and local communities. This year again, we will encourage everyone to join in the celebrations bringing the benefits of wellness to the world."

**Kent Richards - Six Senses Spas - Corporate Operations Director**

"Teams at Anantara and Avani hotels are very excited to participate in World Wellness Weekend 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 introductory sessions with onsite expert practioners and medical teams, cooking classes, mini massage courses, and much more...

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

"**Seven Fusion hotels & resorts** across Vietnam are delighted to be a part of the World Wellness Weekend. Teams prepare exciting programs to celebrate this special weekend with our guests, stars, partners and industry fellows, from fresh locally sourced ingredients thoughtfully selected by each Chef to the daily wellness activities, as well as spa inclusion in every stay of our guests."

**Hylton Lipkin - General Manager - Alba Wellness Valley by Fusion Resorts**

"**Mandara Spa Asia's** World Wellness Weekend 2021 will feature ancient secrets, generations of wisdom, and treatments that reflect the colors and rituals of our heritage, and home: Bali. To honor WWW2021, we will introduce a wonderful Spa Package, only available 18 & 19 Sept 2021."

**András Szemes - Marketing and Special Projects Manager, Mandara Spa Asia**

"More than a year into this pandemic, people are exhausted and struggling. Through our participation in World Wellness Weekend, we hope that more people will benefit from our unique integrative wellness approach, designed to tune-in on physical, emotional, and spiritual levels, and allowing an organic process to naturally unfold, at **Fivelements Retreat Bali** and **Fivelements Habitat Hong Kong**."

**John T. G. Nielsen - General Manager Fivelements Retreat Bali**