

Biggest Wellness event comes to Costa Tropical



La Herradura 12/2/2. For immediate release

Last September 15-17th Almunecar and La Herradura participated in the biggest community based health and wellness event 'World Wellness Weekend'. Hundreds of people attended over 50 free activities, classes and workshops provided by local therapists, coaches, instructors, healers, artists, musicians etc. To make the activities more accessible they were held in both English and Spanish language.



The event was part of the global initiative reaching 148 countries and more than 6300 activities. Its aim is to promote the importance of wellness and healthier lifestyles – by creating positive relationships with body, mind, spirit and connecting people by showing what support network is available locally. This initiative also helps to promote Costa Tropical as a tourist destination for health, wellness and healing.

As a result a lot of collaborations were formed, new initiatives started and people offering wellness services were put on the map. 2 local towns Almuñécar and La Herradura were united in 1 common goal, promote health, wellbeing and community.

Some examples of free activities include sound healing, Chi Kung, yoga, Fire dance, shamanic healing, Pranayama breathwork, dance and movement, singing, massages, Astroyoga, Reiki, meditations, hiking and a lot of talks and practical workshops!

Local authorities provided free access to venues, beaches, Centro Civico where the activities were held. The inauguration took place in the Almuñécar Stadium and was officially opened by local councilors. To celebrate the success of this first wellness event in Costa Tropical a closing party with live salsa bachata music was held in La Cochera music venue in La Herradura.

This year the event will be even bigger with more participants and activities. The aim is to also involve local schools, restaurants and more businesses to co-create this community based initiative. It's run by volunteers and all activities are donated to the public free of charge.

To contact the organisers or to get involved email costatropicalwww@gmail.com

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