

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](https://www.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.

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