

June 11 2026, 09:00 (+07)

Avani Curates Mindful Experiences for Global Wellness Day 2026

From active meditation to rooftop HIIT and sound healing, Avani brings wellness to life for every traveller with hyper-local activations rooted in the communities of Amsterdam, Bangkok, Khao Lak and Windhoek



In celebration of Global Wellness Day 2026, Avani Hotels & Resorts is inviting travellers and local communities to pause, recharge, and reconnect. Avani has curated a diverse lineup of mindful experiences across four distinct global destinations. From high-energy workouts paired with serene sunsets to deep-tissue sound healing, every activation is thoughtfully rooted in its specific place and local community, offering guests an authentic way to prioritize their well-being.

Electronic Beats & Active Meditation | Amsterdam, Netherlands

Avani Museum Quarter Amsterdam has partnered with THIS.IS.EDEN to launch a truly unique wellness experience: guided meditation sessions set against the stunning backdrop of Amsterdam's iconic streets. Blending movement with electronic music, these sessions are designed as an 'Active Meditation', inviting participants to connect with their bodies and surroundings, release tension, and be fully present in the moment. Open to all fitness levels, the sessions place well-being, energy, and human connection at their core.

The active meditation sessions take place weekly every Thursday morning throughout the summer. To reserve your spot, contact the hotel at museumquarter@avani-hotels.com.

Skyline Sweat & River Run | Bangkok, Thailand

At Avani+ Riverside Bangkok Hotel, wellness meets the skyline. Guests are invited to power through a high-energy HIIT session led by professional trainer Guy Chindanai, then unwind with a calming matcha tea session as the sun sets over the Chao Phraya River, proving that balance looks better with a panoramic skyline view. For those who prefer to explore on foot, the hotel also features a curated in-room 5K running route. Developed in collaboration with a local running club, the trail guides guests through the neighborhood's iconic sights, offering stunning vistas of the local bridges and riverside community.

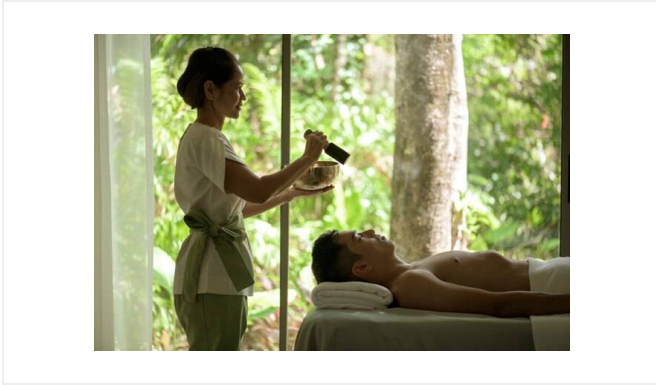
This exclusive skyline fitness and recovery session will take place on Saturday, 13 June 2026, at 6:00 PM. The event will be hosted at The Corner, a perfect spot located on the 11th floor featuring floor-to-ceiling windows overlooking the river. Guests can discover exclusive stay offers and reserve their spot in the class by visiting <https://www.avanihotels.com/en/riverside-bangkok/offers>

Coastal Serenity & Tibetan Bowls | Khao Lak, Thailand

Nestled amid the natural serenity of Southern Thailand, Avani+ Khao Lak Resort invites guests to slow down and restore balance through a deeply restorative Sound Healing Yoga session at Avani Spa. The practice combines gentle yoga and mindful breathing with the grounding resonance of Himalayan singing bowls, opening and closing with a meditative sound bath to release physical tension and invite mental clarity. Beyond the event, guests can continue to

pamper themselves with soothing spa and beauty treatments across the facility's six tranquil treatment rooms and lush gardens.

The session is scheduled for Friday, 12 June 2026, from 16:00 to 17:00 at the Avani Spa. The experience is complimentary for resort residents; non-resident guests are invited to explore exclusive stay offers and wellness workshops at <https://mhg.to/b1d7i>



Community Energy & Retro Fitness | Windhoek, Namibia

Avani Windhoek Hotel & Casino is bringing wellness to the heart of Namibia's capital with an energizing event designed to bring the local community together. Travellers and locals alike are invited to shake up their fitness routine and connect with fellow health enthusiasts in a fun, lively environment.

The special event features a retro-inspired 80s Step Class taking place on Saturday, 27 June 2026, hosted in vibrant collaboration with local fitness favorite, **Bodyworx Studio**. The hotel is one of the city's vibrant landmarks is Windhoek's place to be, surrounded by shops, across the road from a craft market, and only a few hundred metres from the city's main monuments and attractions.

For quieter times, guests can float in the rooftop pool or head out to search for big cats at the nearby Naankuse Wildlife Sanctuary. There's something for everyone,

<https://www.avanihotels.com/en/windhoek/offers>

Guests and visitors are invited to participate in Wellness with Avani across the world this season.

To discover more mindful experiences and explore participating properties, please visit



About Avani Hotels & Resorts

Designed for today's traveller, Avani Hotels & Resorts offers stylish rooms, connected social spaces and relaxed and on-the-go dining that is locally inspired. Balance is central to everything Avani does, providing guests with the right measure of service, fun and privacy. Launched in 2011, Avani's over 40 properties across five continents offer premium city hotels, tropical resorts and retreats in nature with a focus on smart design, upbeat service and good value.

Avani Hotels & Resorts is a Minor Hotels brand and recognises its guests through one unified loyalty programme, Minor DISCOVERY, part of GHA DISCOVERY.

Visit avanihotels.com for more information, and connect with Avani on [Facebook](#), [Instagram](#), [TikTok](#), [X](#) and [YouTube](#).

About Minor Hotels

Minor Hotels is a global leader in the hospitality industry with more than 640 hotels, resorts and branded residences in operation and committed development across 66 countries. The group crafts innovative and insightful experiences through its hotel brands including Anantara, Elewana Collection, The Wolseley Hotels, Tivoli, Minor Reserve Collection, NH Collection, nhow, Avani, Colbert Collection, NH, Oaks, and iStay, as well as a diverse portfolio of restaurants and bars, travel experiences, and spa and wellness brands. With over four decades of expertise, Minor Hotels builds stronger brands, fosters lasting partnerships, and drives business success by always focusing on what matters most to our guests, team members and partners.

Minor Hotels is a proud member of the Global Hotel Alliance (GHA) and recognises its guests through one unified loyalty programme, Minor DISCOVERY, part of GHA DISCOVERY.

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Contact details

Elisa Grimaldi

Senior Director of PR & Communications –
Avani Hotels & Resorts
egrimaldi@minor.com
[+66 \(0\) 65 350 7365](tel:+660653507365)

Nutthaporn Vanitch

Senior Manager of Public Relations - Regional
Asia
nutthaporn_va@minor.com

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