



GLOBAL WELLNESS  
SUMMIT **MEXICO**  
CITY 2015



# 2015 AGENDA

BUILDING A **WELL WORLD**





# 2015 AGENDA

## BUILDING A WELL WORLD

**THURSDAY, NOVEMBER 12, 2015**

### PRE-SUMMIT ACTIVITIES

**9:00 am - 6:00 pm**

Astor Lounge & Diamond Lounge

**Summit Concierge & Registration Open**

**Sponsored by LEMI**

**GROUP 1: Meet at 9:45 am**

in The St. Regis Lobby  
Transportation departs at  
10:00 am from The St. Regis

**GROUP 2: Meet at 10:15 am**

in The St. Regis Lobby  
Transportation departs at  
10:30 am from The St. Regis

**"Taste of Mexico City" Half Day Tour**

Spend the morning with fellow delegates on a double-decker sightseeing bus with an experienced guide, exploring some city highlights from the historic center, down the Paseo de la Reforma to Chapultepec Park and into trendy neighborhoods like Condesa, Roma and Polanco.

**Fully booked. Please pick up your ticket at the Summit Concierge & Registration Desk by 9:30am.**

**2:00 pm - 2:45 pm**

Astor Ballroom

**Meeting: All Panels and Forums**

*Meet with your moderator to prepare for your presentation*

**Nancy Davis**, SVP & Executive Director, Global Wellness Summit (GWS), U.S.

**Sue DePalma**, Producer, GWS, U.S.

**Susie Ellis**, Chairman & CEO, GWS, U.S.

**2:00 pm - 2:45 pm**

Diamond Ballroom

**Meeting: All Press Delegates**

**Cassandra Cavanah**, Founder, Cavanah Communications, U.S.

**Essiak Fernández**, Account Supervisor, LoveBrand, Mexico

**Beth McGroarty**, Director, Research and Public Relations, Global Wellness Institute (GWI), U.S.

**AsiaSpa magazine**, Hong Kong, Stephanie Shiu, Editor-in-Chief

**Central magazine**, Mexico, Alexis Mustri, Reporter

**DAYS SPA magazine**, U.S., Lisa Starr, Contributor

**El Universal/Clase In magazine**, Mexico, Francis Guindy, Reporter

**EMOTION SPA magazine**, France, Isabelle Charrier, Founder & Managing Editor

**European Spa magazine**, UK, Sarah Camilleri, Founding Editor & Publisher

**Forbes México**, Max Linares, CEO

**Forbes Life México**, Raquel Aspiroz, Reporter

**GOLF & SPA\* Magazine**, Mexico, Carloslucio Ramos, Editorial Director

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Diamond Ballroom

**Organic Spa Magazine**, U.S., Bev Maloney-Fischback, CEO, Founder & Publisher

**Professional Spa & Wellness and Professional Beauty magazines**, UK, Eve Oxberry, Group Editor

**Radio Central**, Mexico, Dra. Rosa Argentina Rivas Lacayo, Host

**redspa media GmbH**, Germany, Sascha Bostan, General Manager

**Spa Business and Spa Opportunities magazine**, Leisure Media, UK, Liz Terry, CEO; Katie Barnes, Managing Editor; and Helen Andrews, Journalist

**Spa Professional Mexico magazine**, Mexico, Sara Jones, Editor & Managing Director

**Travel to Wellness**, Canada, Anne Dimon, Founder & CEO

**Weight Watchers magazine**, U.S., Theresa DiMasi, VP, Content & Editor-in-Chief

**Wellness Warrior**, U.S., Damon Cory-Watson, Chief Correspondent, Activist and Writer

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**3:00 pm - 3:45 pm**

Astor Ballroom

**Check-in: All Speakers & Presenters**

**Nancy Davis**, SVP & Executive Director, GWS, U.S.

**Sue DePalma**, Producer, GWS, U.S.

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**3:00 pm - 3:45 pm**

Diamond Ballroom

**How to Use Your Mobile App**

*Bring your mobile phone and we will help you set everything up!*

**Alexandra Plessier**, Manager of Operations & Special Projects, GWS, U.S.

**Mobile App Sponsored by Book4Time**

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**4:00 pm - 4:45 pm**

Madeleine A

**Three Options:**

**Knowledge Workshop sponsored by Raison d'Etre**

**A Revolutionary Way to Make Training Profitable**

*The perception is that training is a costly operation. But now, through all their years of combined experience within the Spa industry, Anna and Anna-Cari have come up with the ultimate solution.*

Introductions by **Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

**Anna Bjurstam**, Vice President of Spas & Wellness, Six Senses Hotels Resorts Spas, Thailand; Owner, Raison d'Etre, Sweden

**Anna-Cari Gund**, Managing Director, Raison d'Etre, Sweden

Madeline B

**Knowledge Workshop sponsored by Grow Rotorua Ltd.**

**Rotorua: Creating the Health & Wellness Capital of the South Pacific. A Journey of the People**

*Rotorua has positioned their destination as the Health and Wellness Capital of the South Pacific. Learn how this community has marketed their natural assets of geothermal hot springs, forests, lakes, and miles of hiking and bike trails to effectively grow their tourism industry within their region and beyond. Rotorua has an ambitious goal of being a \$1 billion tourism industry by 2030.*

Introductions by **Michelle Gamble**, Vice President, Global Business Development, GWS, U.S.

**Malcolm Short**, Chairman, Pukeroa Oruawhata Trust, Rotorua, New Zealand

Diamond Ballroom

**Knowledge Workshop sponsored by Natura Bissé**

**ONCOAESTHETICS™ - Paying It Forward**

*In 2009, NATURA BISSÉ began to collaborate with hospitals and oncology centers to offer free aesthetic treatments for people undergoing cancer treatments. NATURA BISSÉ also created and*

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conducts training programs aimed at aestheticians who want to specialize and pay it forward through ONCOAESTHETICS™.

Diamond Ballroom

Introductions by **Erica Orange**, Executive Vice President & Chief Operating Officer, The Future Hunters, U.S.

**Patricia Fisas Verges**, Senior Vice President & Marketing Director, Natura Bissé International, Spain

**Joaquín Serra**, Senior VP & Chief Business Development Officer, Natura Bissé International, Spain

**José Villegas**, COO, Natura Bissé International, U.S.

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5:00 pm - 5:45 pm

Three Options:

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**Knowledge Workshop sponsored by Universal Companies**

**Promoting Wellness Through Your Retail Programs**

*Are you promoting wellness through your retail programs? Wellness for your staff, for your guests and for your bottom line? Does your retail extend your brand, enhance your guest experience and boost incremental profit? Learn how you can accomplish all of this!*

Madeleine A

Introductions by **Michelle Gamble**, Vice President, Global Business Development, GWS, U.S. and **Brenda Elliot**, Chief Executive Officer, Universal Companies, U.S.

**Bill Barcy**, Vice President, Retail Marketing, À la Mode, A Division of Universal Companies, U.S.

**Tracie Wertz**, Vice President, Retail Sales, À la Mode, A Division of Universal Companies, U.S.

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**Knowledge Workshop sponsored by Delos Living LLC**

**Wellness Activation 101: Infusing Wellness into Hospitality and Residential Projects**

*This workshop will introduce you to Delos Well Signature Programs and its current implementations in both hospitality and residential projects. Understand the concept of "Return on Wellness," and examine opportunities for user engagement and the strength of promoting and marketing wellness to hotel guests and residential owners and tenants.*

Madeleine B

Introductions by **Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

**Alfredo Carvajal**, President, Delos International and Signature Programs, Delos Living LLC, U.S.

**Paul Scialla**, Founder & CEO, Delos Living LLC, U.S.

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**Knowledge Workshop sponsored by Weight Watchers International**

**Find Your Focus**

*Do you ever get distracted from what's important or even what's right in front of you? This interactive experience will give you some practical techniques for being present and finding focus—part of a WW innovation initiative to create healthy shifts and support the whole person.*

Diamond Ballroom

Introductions by **Erica Orange**, Executive Vice President & Chief Operating Officer, The Future Hunters, U.S.

**Dondeena Bradley**, PhD, Vice President, Global Innovation, Weight Watchers International, U.S.

**Theresa DiMasi**, VP, Content & Editor-in-Chief, Weight Watchers International, U.S.

**Kyia Downing**, Possibilitarian, Global Innovation, Weight Watchers International, U.S.



**6:00 pm - 6:45 pm**  
Astor Ballroom

**Meeting: All Speakers & Presenters**

**Nancy Davis**, SVP & Executive Director, GWS, U.S.  
**Sue DePalma**, Producer, GWS, U.S.  
**Susie Ellis**, Chairman & CEO, GWS, U.S.

**Get Together: All Global Wellness Institute Initiative Chairs**

**Nancy Davis**, SVP & Executive Director, GWI, U.S.  
**Susie Ellis**, Chairman & CEO, GWI, U.S.

**Initiative Chairs:**

**Belgin Aksoy**, Creative Director, Richmond International, Turkey:  
*Global Wellness Day Initiative*

**Julie Bach**, Executive Director, Wellness for Cancer, U.S.: *Wellness for Cancer Initiative*

**Bonnie Baker**, Co-Founder & Managing Partner, Satteva Spa and Wellness Concepts, Mexico: *People and Planet*

**Jean-Guy de Gabriac**, Founder & CEO, TIP TOUCH International, Belgium: *Career Development Initiative*

**Don Genders**, Managing Director, Design for Leisure, UK:  
*Hydrothermal Initiative*

**Anni Hood**, Founder & Director, Wellness Business Consultancy, UK:  
*Wellness Tourism Initiative*

**Mia Kyricos**, Chief Brand Officer, Spafinder Wellness, Inc., U.S.:  
*Wellness Communities Initiative*

**Guillaume Lefevre**, President & Co-Founder, THÉMAÉ, France:  
*Ministry of Wellness Initiative*

**Felix Lopez**, Author, "Mindfulness: The Alchemy of Now"; Jhana Healing Mindfulness and Yoga Center, U.S.: *Wellness for Cancer Initiative*

**Amy McDonald**, Principal, Under a Tree Health and Wellness Consulting, U.S.: *Hot Springs Initiative*

**Renee Moorefield, PhD**, CEO, Wisdom Works, U.S.: *Ministry of Wellness Initiative* and *Future of Workplace Wellness Initiative*

**Veronica Schreibeis Smith**, CEO & Founding Principal, Vera Iconica Design, Inc., U.S.: *Wellness Architecture Initiative*

**Louie Schwartzberg**, Founder, Moving Art, U.S.: *Digital Healing Solutions Initiative*

**Lisa Starr**, Senior Consultant, Wynne Business; Contributor, DAYSPA Magazine, U.S.: *Consulting Best Practices Initiative*

**Josef Woodman**, CEO, Patient Beyond Borders, U.S.: *Clinical Wellness Initiative*

**7:15 pm - 8:00 pm**  
Bar at J&G Grill

**Welcome Cocktail Reception**

**Sponsored by Four Seasons Hotel Mexico City**  
**"Heartfelt Welcome to Mexico City"**

*Attire: Casual or Cocktail*

*Temperatures: Low 8° C (47° F) to High 22° C (72° F)*

**Welcome Remarks**

**8:00 pm - 10:00 pm**  
Outdoor Courtyard,  
Four Seasons Hotel  
Mexico City

# FRIDAY, NOVEMBER 13, 2015

## DAY ONE

**6:30 am - 8:45 am**

At your hotel

**Breakfast**

**Sponsored by Miraval**

**7:00 am - 6:00 pm**

Astor Lounge & Diamond Lounge

**Summit Concierge & Registration Open**

**Sponsored by LEMI**

**9:00 am - 9:30 am**

Astor Ballroom

**General Session: Opening by Moving Art**

*Gratitude Revealed*

**Louie Schwartzberg**, Founder, Moving Art, U.S.

**9:30 am - 9:50 am**

Astor Ballroom

**General Session: Welcome & Opening Remarks**

**Susie Ellis**, Chairman & CEO, GWS, U.S.

**Gina Diez Barroso**, Co-Chair 2015 Summit; President & CEO, Grupo Diarq, Mexico

**Alfredo Carvajal**, Co-Chair 2015 Summit; President, Delos International and Signature Programs, Delos Living LLC, U.S.

**9:50 am - 10:00 am**

Astor Ballroom

**General Session: Special Welcome from Mexico City**

**Miguel Torruco Marqués**, Mexico City Minister of Tourism, Mexico City Ministry of Tourism, Mexico

**Introduced by:**

**Gina Diez Barroso**, President & CEO, Grupo Diarq, Mexico

**10:00 am - 10:10 am**

Astor Ballroom

**General Session: Meet 2015 Summit Emcee**

**Giselle Fernandez**, Latin-American Spokesperson, Emmy Award-winning Journalist, Philanthropist, Film Maker, Women and Children's Rights Advocate, U.S.

**10:10 am - 10:30 am**

Astor Ballroom

**General Session: Short Keynote**

*Outlook for a World Where Wellness May Become Mandatory*

**Thierry Malleret**, Co-Founder, The Monthly Barometer; Global Strategist and Economist, France

**10:30 am - 11:00 am**

Astor Lounge & Diamond Lounge

**Networking Energy Break**

**Sponsored by SpaSoft**

**11:00 am - 11:15 am**

Astor Ballroom

**General Session: Short Keynote**

*Being My Own Boss: What I Have Learned about Holacracy*

**Maggie Hsu**, Chief of Staff to Tony Hsieh (CEO of Zappos.com and Founder of Downtown Project), U.S.

**11:15 am - 11:30 am**

Astor Ballroom

**General Session: Short Keynote**

*Uber-like Businesses for Massage: Friend or Foe?*

**Samer Hamadeh**, Founder and CEO, Zeel, U.S.

**11:30 am - 11:45 am**

Astor Ballroom

**General Session: Short Keynote**

*The Brain Skin Connection: Neurophilosophy and Psychology, The Next Frontier*

**Claudia Aguirre, PhD**, Neuroscientist & Mind-Body Expert, U.S.

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### General Session: Presentation

*Wellness at Work Research Report, 2015*

**Katherine Johnston**, Senior Research Fellow, GWI; Senior Economist, SRI International, U.S.

**Ophelia Yeung**, Senior Research Fellow, GWI; Senior Consultant, SRI International, U.S.

### Research Report sponsored by:

Spafinder Wellness 365™ (Titanium)  
Clarins (Gold)  
Delos Living LLC (Gold)  
Massage Envy (Gold)  
Universal Companies (Gold)  
Achievers  
Blackhawk Engagement Solutions  
Bon Vital'  
Comphy  
ESPA International  
HydraFacial  
HydroPeptide  
PanTheryx  
Rancho La Puerta  
TheBodyHoliday  
Wahanda

**11:50 am - 12:10 pm**

Astor Ballroom

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### General Session: Introduction

*How an Indigenous Practice Can Galvanize a Country's Wellness Tourism: The Traditional Mexican Temazcal*

**Bonnie Baker**, Co-Founder & Managing Partner, Satteva Spa and Wellness Concepts, Mexico

**Eduardo Rincon Gallardo**, Director of Art and Environment, Satteva Spa and Wellness Concepts, Mexico

**Fernanda Montiel**, Temazcalero, Mexico

**Diana Mestre**, Owner, Mestre & Mestre Spa Consulting, Mexico

**12:10 pm - 12:30 pm**

Astor Ballroom

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**12:30 pm - 1:15 pm**

Astor Ballroom

### Press Conference for Media and Press Delegates

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**12:30 pm - 2:00 pm**

### Interactive Lunch: "Ask the Expert" Table Topic Discussions

*Roundtable discussions with two designated experts. Each table will have a specific topic. Choose any table you like and ask questions of the experts.*

Madeleine Ballroom  
Table Topics 1-29

#### 1. All About Mexico

**Diana F. Mestre**, Owner, Mestre & Mestre Spa & Wellness Consulting, Mexico

**Pepita Serrano**, President of the Board & Founder, Sivam, Mexico

#### 2. Building Responsibly

**Kevin Kelly**, CEO & Partner, Two Bunch Palms Resort and Spa, U.S.

**Jean Lucien Ligonde**, President & CEO, CHRAD (Centre Haïtien de Recherche en Aménagement et en Développement), Haiti

#### 3. Canyon Ranch: Past, Present, Future

**Angie Day**, Corporate Spa Director, Canyon Ranch, U.S.

**Joshua Luckow**, Executive Director, Health & Healing, Canyon Ranch, U.S.

#### 4. Conscious Capitalism

**Dr. Daniel Friedland**, CEO, SuperSmartHealth, U.S.

**Mark Wuttke**, Principal, Wuttke Group LLC, U.S.

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*5. Cuba*

**Dr. Jenry Carreño Cuador**, Director, International Health Center La Pradera, Ministry of Public Health, Cuba

**Tony Henthorne, PhD**, Professor, University of Nevada, Las Vegas, U.S.

*6. Developing Compelling Hospitality Product*

**Scott Blakeslee**, General Manager, Paséa Hotel & Spa, U.S.

**Iván Chávez**, Executive Vice President, Grupo Vidanta, Mexico

*7. Digital Health/Wellness & Social Media*

**Silvija Martincevic**, Vice President & General Manager, Health, Beauty & Wellness, Groupon Inc., U.S.

**Frank Pitsikalis**, Founder & CEO, ResortSuite, Canada

*8. Doing Business in China*

**Richard Grew**, Head of Operations, Resense Spas S.A, Switzerland

**Thierry Malleret**, Co-Founder, The Monthly Barometer, France

*9. Doing Good for the Planet*

**Debra Duneier**, President & Founder, EcoChi, U.S.

**Paul Schmidt**, Executive Director, Green Spa Network Inc., U.S.

*10. Everything You Want To Know About Workplace Wellness*

**Dr. Fikry Isaac**, Vice President, Global Health Services, Johnson & Johnson, Inc., U.S.

**Dr. Kenneth R. Pelletier**, Clinical Professor of Medicine, University of Arizona, School of Medicine & University of California, School of Medicine, U.S.

*11. Future of Spa, Wellness, Tourism Education*

**Isobel Stockdale**, Head of Spa, Wellness & Tourism, Deputy Head of Department HRSM, College of Business, University of Derby, UK

**Mary Wisnom, PhD**, Professor & Spa Management Coordinator, Florida Gulf Coast University, U.S.

*12. Future of Spas in Hotels*

**Anne McCall Wilson**, Owner, McCall & Wilson, U.S.

**Antony Wong**, Director, Operations Planning & Support, The Hong-kong and Shanghai Hotels Limited, Hong Kong

*13. Future of Workplace Wellness*

**Katherine Johnston**, Senior Research Fellow, GWI, U.S.

**Ophelia Yeung**, Senior Research Fellow, GWI, U.S.

*14. Growing into a Successful Chain*

**Talal Bin Ali**, Founder & President, Enaya Care International Co. Ltd., Saudi Arabia

**CK (Chee Kwong) Low**, Managing Director, Skin Essentials (M) Sdn Bhd, Malaysia

*15. Healthy Buildings*

**Dr. Joseph Allen**, Assistant Professor, Harvard T.H. Chan School of Public Health, U.S.

**Andres Estaire Prim**, Division Manager, PRIM Spa, Spain

*16. Holacracy and the Future*

**Maggie Hsu**, Chief of Staff to Tony Hsieh (CEO of Zappos.com and Founder of Downtown Project), U.S.

**Edie Weiner**, President & CEO, The Future Hunters, U.S.

**12:30 pm - 2:00 pm**

Madeleine Ballroom  
Table Topics 1-29

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(Continued from previous page)

*17. Incentives That Work*

**Greg Brown**, Chief Revenue Officer, Achievers, U.S.

**Greg Kunkel**, Co-Founder & Senior Vice President, Next Jump, U.S.

*18. Innovations in Health and Sustainability*

**Eileen McNeely, PhD**, Co-Director, Harvard SHINE, Harvard T.H. Chan School of Public Health, U.S.

**Manuel Vazques Phillips**, Legal Representative, Tenaja Holdings, U.S.

*19. Luxury Redefined*

**Emanuel Berger**, President & CEO, Berger Hospitality, Switzerland

**Bastien Gonzalez**, President, BGA, France

*20. Magic of Cirque Du Soleil*

**Martin Boudreau**, President, Parks & Immersive Content, Cirque du Soleil, Canada

**Amy Lareau**, Senior Director, Parks & Immersive Content, Cirque du Soleil, Canada

*21. Medical Cities*

**Gloria Caulfield**, Vice President, Strategic Alliances, Tavistock Development Company, U.S.

**Lisa Clarke**, Executive Director, Destination Medical Center, U.S.

*22. Medical Tourism*

**Dr. Abraham Franklin**, President & CEO, Grupo Franklin, Mexico

**Aura Lopez**, General Manager International Business Development, Cleveland Clinic, U.S.

*23. Nutrition and the Future*

**Amy Greene**, Senior Vice President, Global Engagement, Herbalife International, U.S.

**George Stagnitti**, Executive Vice President, PanTheryx, Inc., U.S.

*24. Online Customers*

**Dr. Brunilda Nazario**, Associate Medical Director, Web MD, U.S.

**Lee Shufro**, Regional Head of Sales, Travelzoo, U.S.

*25. Optimizing Vitality*

**Dr. Cesar Gonzalez**, Consultant Physician, US Health Center Inc., Mexico

**Dr. Adam Perlman**, Executive Director, Duke Integrative Medicine, Duke University Health System, U.S.

*26. Organizations, Resilience and Coaching*

**Ayesha Soni**, President, Shyft Wellness, U.S.

**Gloria Treister**, Founder & CEO, Wellness Evolution, U.S.

*27. Residential Communities*

**Benjamin Beja**, CEO, TAO Inspired Living, Mexico

**Steve Nygren**, President & Founder, Serenbe, U.S.

*28. Risk Taking Advice*

**Sean Harrington**, President, Elemis, U.S.

**Lisa Michaelis**, Founder & CEO, LIVE LOVE SPA, U.S.

*29. Running a World Class School*

**Jeanene Bluhm**, Co-Founder & Creator, Thomas Jefferson Institute, Mexico

**Roger Weaver**, Board of Directors, Rancho La Puerta, Mexico

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**12:30 pm - 2:00 pm**  
Madeleine Ballroom  
Table Topics 1-29

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(Continued from previous page)

*30. Skin Science*

**Claudia Aguirre, PhD**, Neuroscientist and Mind-Body Expert, U.S.  
**Neal Kitchen**, VP of Strategy and Development, HydroPeptide LLC, U.S.

*31. Surfing and Wellness Trend*

**Serge Dedina**, Mayor, The City of Imperial Beach, U.S.  
**Tony De Leede**, Owner & Founder, Gwinganna Lifestyle Retreat, Australia

*32. Technology Disruption*

**Samer Hamadeh**, Founder & CEO, Zeel, U.S.  
**Clare Martorana**, Executive Vice President & General Manager, Consumer Health and Wellness, Everyday Health Inc., U.S.

*33. Temazcales*

**Bonnie Baker**, Managing Partner & Co-Founder, Satteva Spa and Wellness Concepts, Mexico  
**Fernanda Montiel**, Temazcalera, Grupo Temazcalli, Mexico

*34. The Creative Process*

**Mike Mayr Reisch**, Owner, Sporthotel Reisch GmbH, Austria  
**Michael Reisch**, CEO, Filmfestival Kitzbühel, Austria  
**Louie Schwartzberg**, Founder, Moving Art, U.S.

*35. The Investment Picture*

**Mark Call**, Director, The BodyHoliday LeSport, St. Lucia  
**Omer Isvan**, President, Servotel, Turkey

*36. Toxicity Today*

**Dr. Marc Cohen**, Professor, RMIT University, Australia  
**Nazlie Latefi, PhD**, Chief Scientific Officer, Pegasus Capital Advisors, U.S.

*37. Trends in Beauty*

**Simone Dobson**, Owner, Euphoria Wellness Spa, Canada  
**Dawn Watts**, CEO, Christina Cosmeceuticals, U.S.

*38. Wearable Technology*

**Paul Scialla**, Founder & CEO, Delos Living LLC, U.S.  
**Will Stein**, President, Philip Stein Inc., U.S.

*39. Wellness Vs. Well-being*

**Dr. Paul Limburg**, Medical Director, Office of Wellness, Mayo Clinic, U.S.  
**Veer Singh**, Founder, Vana Retreats, India

*40. What I Know For Sure*

**Agapi Stassinopoulos**, Author & Speaker, Unbinding the Heart, U.S.  
**Deborah Szekely**, Co-Founder, Rancho La Puerta, U.S.

**12:30 pm - 2:00 pm**

Diamond Ballroom  
Table Topics 30-40

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**General Session: Short Keynote**

*Understanding Workplace Wellness: Past, Present and Future Part I*

**2:00 pm - 2:15 pm**

Astor Ballroom

**Dr. Kenneth R. Pelletier**, Clinical Professor of Medicine, University of Arizona, School of Medicine and University of California, School of Medicine; Award Winning Author, U.S.

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**General Session: Short Keynote**

*Understanding Workplace Wellness: Past, Present and Future Part II*

**2:15 pm - 2:30 pm**

Astor Ballroom

**Dr. Fikry Isaac**, Vice President of Global Health Services, Johnson & Johnson, Inc., U.S.

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<b>2:30 pm - 3:15 pm</b> Astor Ballroom	<p><b>General Session: Mainstage Panel</b>  <i>Clinical Wellness: How the Medical World and the Wellness World Are Beginning to Work Together – or Are They?</i></p> <p><b>Moderator: Jeremy Abbate</b>, VP, Global Media Alliances, Scientific American; Publishing Director, Scientific American Worldview, U.S.</p> <p><b>Participants:</b>  <b>Thomas Gubanc</b>, Senior Director, Cleveland Clinic, U.S.  <b>Dr. Karen Koffler</b>, Medical Director, Carillon Hotel and Spa (formerly known as Canyon Ranch), U.S.  <b>Dr. Paul Limburg</b>, Medical Director, Office of Wellness, Mayo Clinic, U.S.  <b>Dr. Adam Perlman</b>, Associate VP, Duke Health &amp; Wellness; Executive Director, Duke Integrative Medicine, U.S.  <b>Dr. Juliet Skinner</b>, Co-founder &amp; Medical Director, Barbados Fertility Centre, Barbados  <b>Josef Woodman</b>, CEO, Patients Beyond Borders, U.S.</p>
<b>3:15 pm - 3:30 pm</b> Astor Ballroom	<p><b>General Session: Conversation Starter</b>  <i>Harvard's Healthy Buildings Program: Introducing New Indicators and Vocabulary</i></p> <p><b>Joseph Allen</b>, Assistant Professor, Harvard T.H. Chan School of Public Health; Director of the Health Buildings Program, Harvard Center for Health and the Global Environment, U.S.</p>
<b>3:30 pm - 4:00 pm</b> Astor Lounge & Diamond Lounge	<p><b>Networking Energy Break</b>  <b>Sponsored by Jane Iredale</b></p>
<b>4:00 pm - 5:00 pm</b>	<b>Five Options:</b>
Astor Ballroom	<p><b>Option 1: Participation</b>  <i>Experience the Force Behind the Thrive Movement</i></p> <p><b>Agapi Stassinopoulos</b>, Author and Speaker, Unbinding the Heart, U.S.</p>
Madeleine A	<p><b>Option 2: Breakout Discussion Panel</b>  <i>Wellness, Mayo Clinic and the Ultimate Success</i></p> <p>Introductions by <b>Erica Orange</b>, Executive Vice President &amp; Chief Operating Officer, The Future Hunters, U.S.</p> <p><b>Participants:</b>  <b>Lisa M. Clarke</b>, Executive Director, Destination Medical Center, U.S.  <b>Jeff Kohl</b>, Chief Operating Officer, Spa &amp; Club Ideations, LLC, U.S.  <b>Dr. Paul Limburg</b>, Medical Director, Office of Wellness, Mayo Clinic, U.S.</p>
Madeleine B	<p><b>Option 3: Breakout Discussion Forum</b>  <i>The Business of Hot Springs and Why They are so "Hot!"</i></p> <p><b>Facilitator: Amy McDonald</b>, Principal, Under a Tree Health and Wellness Consulting, U.S.</p> <p><b>Participants:</b>  <b>Wendi Gelfound</b>, Director of Marketing, Ojo Caliente Mineral Springs Resort &amp; Spa, U.S.  <b>Mark Hennebry</b>, Board Director, Danubius Hotel Group, UK  <b>Brook Ramage</b>, General Manager, Peninsula Hot Springs, Australia  <b>Marion Schneider</b>, CEO, Toskanaworld, Germany</p>
Diamond A	<p><b>Option 4: Breakout Discussion Forum</b>  <i>Corporate Spa Directors (Past or Present) – Invitation Only</i></p> <p><b>Facilitator: Jared Weiner</b>, Executive Vice President &amp; Chief Strategy Officer, The Future Hunters, U.S.</p>

Diamond B	<p><b>Option 5: Breakout Discussion Forum</b>  <i>Is the Time Right for a Ministry of Wellness? Let's Craft This Role Together</i></p> <p><b>Participants:</b>  <b>Mayor Serge Dedina</b>, Mayor, The City of Imperial Beach, U.S.  <b>Guillaume Lefevre</b>, President &amp; Co-Founder, THÉMAÉ Paris, France  <b>Renee Moorefield, PhD</b>, CEO, Wisdom Works, U.S.</p>
5:10 pm - 6:10 pm	Five Options:
Astor Ballroom	<p><b>Option 1: Breakout Discussion Forum</b>  <i>What do Successful Workplace Wellness Programs Look Like?</i></p> <p><b>Facilitator: Jared Weiner</b>, Executive Vice President &amp; Chief Strategy Officer, The Future Hunters, U.S.</p> <p><b>Participants:</b>  <b>Enrico Bracesco</b>, Chief Commercial Officer, Technogym, Italy  <b>Roberto Arjona</b>, Chief Executive &amp; General Manager, Rancho La Puerta, Mexico  <b>Denise Bober</b>, Vice President, Human Resources, The Breakers Palm Beach, Inc., U.S.  <b>Michelle Hocking</b>, Health &amp; Performance Manager, Google Inc., U.S.</p>
Madeleine A	<p><b>Option 2: Breakout Discussion Forum</b>  <i>Nutrition Panel: What is the New Healthy? Rethinking Paradigms &amp; Guidelines</i></p> <p><b>Facilitator: Erica Orange</b>, Executive Vice President &amp; Chief Operating Officer, The Future Hunters, U.S.</p> <p><b>Participants:</b>  <b>Alfredo Bataller Pineda</b>, CEO, SHA Wellness Clinic, Spain  <b>Nils Behrens</b>, Managing Director &amp; Chief Marketing Officer, Lanserhof Group, Austria  <b>Dondeena Bradley, PhD</b>, Vice President, Global Innovation, Weight Watchers International, U.S.  <b>Samantha Gowing</b>, Chef, Nutritionist &amp; Mentor, Gowings Food Health Wealth, Australia  <b>Dr. Adam Perlman</b>, Associate VP, Duke Health &amp; Wellness; Executive Director, Duke Integrative Medicine and Duke Diet and Fitness Center, U.S.</p>
Madeleine B	<p><b>Option 3: Wellness Tourism Roundtable</b>  <i>The Role of Wellness Tourism in Economic Development</i></p> <p><b>Facilitator: Anni Hood</b>, Founder &amp; Director, Wellness Business Consultancy, UK</p> <p><b>Jean-Claude Baumgarten</b>, Chairman &amp; CEO, CREWE Associates; Former President, World Travel and Tourism Council, France  <b>John Bevan</b>, COO, Spafinder Wellness Inc., U.S.  <b>Kathrin Boerger-Bechtold</b>, Director of Business Development, Grand Resort Bad Ragaz, Switzerland  <b>Dr. Jenry Carreño Cuador</b>, Director of the International Center for Health "La Pradera", Ministry of Public Health, Cuba  <b>Simon Casson</b>, Regional Vice President &amp; GM, Four Seasons Hotels and Resorts, United Arab Emirates  <b>Serge Dedina</b>, Mayor, The City of Imperial Beach, U.S.  <b>Anne Dimon</b>, Editor, Travel To Wellness, Canada  <b>Jean Lucien Ligonde</b>, President &amp; CEO, CHARD (Centre Haïtien de Recherche en Aménagement et en Développement), Haiti  <b>Raymundo Flores</b>, Sales Manager, Universe Travel, Mexico</p>

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(Continued from previous page)

Madeleine B

**Vickum Nawagamuwage**, Founder & CEO, Santani, Sri Lanka  
**Robert Ranzi**, CEO & Founder, Cluster Wellness Tirol, Austria  
**Cheryl Smith**, Specialty Markets Manager, Medical and Wellness Tourism, Las Vegas Convention and Visitors Authority, U.S.  
**Malcolm Short**, Chairperson Director, Pukeroa Lakefront Holding Ltd, New Zealand  
**Karina Stewart**, Founder, Brand & Concept Director, Kamalaya Wellness Sanctuary & Holistic Spa, Thailand  
**Jorge Vazquez**, Directory of Marketing, Secretary of Tourism, Mexico City, Mexico

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**Option 4: Mind-full to Mindfulness**

*Leverage Your Intuition and Become a Better Leader*

Diamond A

**Sponsored by Jhana Healing Mindfulness and Yoga Center**

**Felix Lopez**, Author, "Mindfulness: The Alchemy of Now"; Jhana Healing Mindfulness and Yoga Center, U.S.

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**Option 5: Discussion**

*Casual Conversation with World Renowned Futurist*

*Opening topic is **Brain Sex**, followed by topics of your choice*

Diamond B

**Edie Weiner**, President and CEO, The Future Hunters, U.S.

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**Evening Event**

**Co-Sponsored by CENTRO University and BuDhaGirl**

**"High-Design Taste of Mexico" at CENTRO, Design and Film School**

*Indoor/Outdoor Attire: Dress for a cool evening—literally and figuratively. Step into the life of an art student. Bring a jacket, comfortable shoes and an open mind. Rainbow hair dye optional.*

*Temperature: Low 8° C (47° F) to High 22° C (72° F).*

**7:30 pm – 10:30 pm**

Meet in Foyer,  
The St. Regis or  
Four Seasons



# SATURDAY, NOVEMBER 14, 2015

## DAY TWO

**6:30 am - 8:45 am**

At your hotel

**Breakfast**

**Sponsored by The Madison Collection**

**7:00 am - 6:00 pm**

Astor Lounge &  
Diamond Lounge

**Summit Concierge & Registration Open**

**Sponsored by LEMI**

**9:00 am - 9:45 am**

Astor Ballroom

**General Session: Keynote Interview**

*Entertainment, Hospitality, Wellness; An Evolution*

**Martin Boudreau**, President, Parks and Immersive Content, Cirque du Soleil, Canada

**Iván Chávez**, Executive Vice President, Grupo Vidanta, Mexico

**Interviewed by:**

**Amy McDonald**, Principal, Under a Tree Health and Wellness Consulting, U.S.

**9:45 am - 10:30 am**

Astor Ballroom

**General Session: Presentation and a Surprise**

*Beginning Young: Wellness at the Center of Education*

**Jeanene Bluhm**, Co-Founder and Creator, Thomas Jefferson Institute, Mexico

**Esther Oldak**, Head of Educational Development of Sustainable Intelligence, Instituto Thomas Jefferson; General Director of the National Program of School Coexistence, Ministry of Mexican Education, Mexico.

**Introduced by:**

**Alfredo Carvajal**, President, Delos International and Signature Programs, Delos Living LCC, U.S.

**10:30 am - 11:00 am**

Astor Lounge &  
Diamond Lounge

**Networking Energy Break**

**Sponsored by Babor**

**11:00 am - 11:15 am**

Astor Ballroom

**General Session: Short Keynote**

*Miracle of Stem Cells*

**Dr. Abraham Franklin**, Founder, The Franklin Group, Mexico

**11:15 am - 11:30 am**

Astor Ballroom

**General Session: Short Keynote**

*Epigenesis and Ingestible Technology*

**Dr. Kenneth R. Pelletier**, Clinical Professor of Medicine, University of Arizona, School of Medicine and University of California, School of Medicine; Award Winning Author, U.S.

**11:30 am - 11:45 am**

Astor Ballroom

**General Session: Short Keynote**

*Intestinal Microbiome, Fecal Transplants, Stem Cell Biology with Hair Follicles*

**Cristine Chisholm, PhD**, Senior Scientist, Mount Sinai Medical Center, U.S.

<b>11:45 am - 11:52 am</b> Astor Ballroom	<b>General Session: Short Presentation</b> <i>Against All Odds</i> <b>Geraldine Howard</b> , Chairman & Co-Founder, Aromatherapy Associates, UK <b>Interviewed by:</b> <b>Nancy Davis</b> , SVP & Executive Director, GWS, U.S.
<b>11:52 am - 12:00 pm</b> Astor Ballroom	<b>General Session: Short Presentation</b> <i>News from the Global Wellness Institute</i> <b>Susie Ellis</b> , Chairman & CEO, GWI, U.S.
<b>12:00 pm - 12:30 pm</b> Astor Ballroom	<b>General Session: Sponsor Spotlight</b> <b>Pete Ellis</b> , Chairman & CEO, Spafinder Wellness, Inc., U.S.; Chairman Emeritus, GWS, U.S. <b>Susie Ellis</b> , Chairman & CEO, GWS, U.S. <b>Michelle Gamble</b> , Vice President, Global Business Development, GWS, U.S. <b>With Board of Directors:</b> <b>Jean-Claude Baumgarten</b> , Chairman & CEO, CREWE Associates; Former President, World Travel and Tourism Council, France <b>Emanuel Berger</b> , President & CEO, Berger Hospitality, Switzerland <b>Anna Bjurstam</b> , Vice President of Spas & Wellness, Six Senses Hotels Resorts Spas, Thailand; Owner, Raison d'Etre, Sweden <b>Dr. Marc Cohen</b> , Professor, RMIT University, Australia <b>Gina Diez Barroso</b> , President & CEO, Grupo Diarq, Mexico <b>Andrew Gibson</b> , Vice President, Spa & Wellness, FRHI Hotels & Resorts, United Arab Emirates <b>Susan Harmsworth</b> , Chairman & Founder, ESPA International, UK <b>Mia Kyricos</b> , Chief Brand Officer, Spafinder Wellness, Inc., U.S. <b>Franz Linser, PhD</b> , CEO, Linser Hospitality GmbH, Austria <b>Veer Singh</b> , Founder, Vana Retreats, India <b>Mary Tabacchi, PhD</b> , Professor, Cornell University, U.S. <b>Magatte Wade</b> , CEO & Founder, Tiossan, Senegal
<b>12:30 pm - 2:00 pm</b> J&G Grill Private Studio	<b>Hosted Boardroom Lunch</b> <i>Global Economy 2016: Your Questions Answered – Invitation Only for Global Wellness Institute Ambassadors</i> <b>Thierry Malleret</b> , Co-Founder, The Monthly Barometer; Global Strategist and Economist, France
<b>12:30 pm - 2:00 pm</b> John Jacob Astor 3 & 4	<b>Hosted Boardroom Discussion with Lunch</b> <i>Destination Spas/Wellness Retreats – Invitation Only</i> <b>Jared Weiner</b> , Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.
<b>12:30 pm - 2:00 pm</b> Madeleine Ballroom & Diamond Ballroom	<b>Interactive Lunch: Open Seating or Institute Initiative Table Topics Sponsored by Grupo Diarq</b> Open seating at all tables in the Diamond Ballroom. Open seating at most tables in the Madeline Ballroom with some tables having a designated topic. Choose any table you like and join the conversation.
<b>1. Architecture</b> <b>Veronica Schreiber Smith</b> , CEO & Founding Principal, Vera Iconica Design, Inc., U.S. <b>2. Career Development</b> <b>Jean-Guy de Gabriac</b> , Founder & CEO, TIP TOUCH International, Belgium <b>3. Clinical Wellness</b> <b>Josef Woodman</b> , CEO, Patients Beyond Borders, U.S.	

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*4. Consulting Best Practices*

**Lisa Starr**, Senior Consultant, Wynne Business, U.S.

*5. Digital Innovations for Healing*

**Louie Schwartzberg**, Founder, Moving Art, U.S.

*6. Future of Workplace Wellness*

**Renee Moorefield, PhD**, CEO, Wisdom Works Group, U.S.

*7. Hot Springs and Geothermal Mineral Waters*

**Prof. Jonathan Paul De Vierville, PhD**, Owner & Director, The Alamo Plaza Spa, Menger Hotel, Professor, Spa Cultures, U.S.

*8. Global Wellness Day*

**Belgin Aksoy**, Founder, Global Wellness Day, Creative Director, Richmond International, Turkey

*9. Hydrothermal*

**Don Genders**, CEO, Design for Leisure, UK

*10. Ministry of Wellness*

**Guillaume Lefevre**, President & Co-Founder, THÉMAÉ Paris, France

*11. People and Planet*

**Bonnie Baker**, Co-Founder and Managing Partner Satteva Spa and Wellness Concepts, Mexico

*12. Wellness for Cancer*

**Julie Bach**, Executive Director, Wellness for Cancer, U.S.

*13. Wellness Communities*

**Mia Kyricos**, Chief Brand Officer, Spafinder Wellness, Inc.®, Founder, Kyricos & Associates, U.S.

*14. Wellness Tourism*

**Anni Hood**, Founder & Director, Wellness Business Consultancy, UK

*15. Wellness Evidence*

**Daniel Friedland, MD**, CEO, SuperSmartHealth, U.S.

*16. Wellness Warriors*

**Deborah Szekely**, Co-Founder, Rancho La Puerta, U.S.

Madeleine Ballroom

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**2:00 pm - 2:15 pm**

Astor Ballroom

**General Session: Short Keynote**

*The Business of Creativity, and the Creativity in Business*

**Gina Diez Barroso**, President & CEO, Grupo Diarq, Mexico

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**2:15 pm - 2:30 pm**

Astor Ballroom

**General Session: Short Keynote**

*Healing the World Through Art*

**Jose Rivelino Moreno**, Sculptor, Mexico

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**2:30 pm - 3:00 pm**

Astor Ballroom

**General Sessions: Keynote**

*Health is Wealth: Looking to the Future of Wellness with Technology*

**Nerio Alessandri**, President and Founder, Technogym, Italy

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**3:00 pm - 3:30 pm**

Astor Lounge &  
Diamond Lounge

**Networking Energy Break**

**Sponsored by Biologique Recherche**

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**3:30 pm - 4:30 pm**

**Five Options:**

Astor Ballroom

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**Option 1: Breakout Discussion Forum**

*Raising Capital: What Sells Investors in the Tech-Driven Spa or Wellness Space?*

**Facilitator:** **Pete Ellis**, Chairman & CEO, Spafinder Wellness, Inc., U.S.

**Participants:**

**Lopo Champalimaud**, CEO & Co-Founder, Wahanda, UK

**Annbeth Eschbach**, Founder & Chief Executive Officer, Exhale Enterprises, Inc., U.S.

**Samer Hamadeh**, Founder & CEO, Zeel, U.S.

**Josh McCarter**, CEO, Booker, U.S.

**Rick Stollmeyer**, CEO & Co-Founder, MINDBODY, Inc., U.S.

Madeleine A

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**Option 2: Breakout Discussion Forum**

*Galvanizing Career Development, Mentorship and Internship Programs*

**Facilitators:**

**Kate Sornson**, Project Manager, Global Career Development Initiative, U.S.

*Careership*

**CG Funk**, VP, Industry Relations & Product Development, Massage Envy Limited, LLC, U.S.

*Mentorship*

**Jean-Guy de Gabriac**, Founder & CEO, TIP TOUCH International, Belgium

*Internship*

**Leslie Lyon**, President, Spas2b Inc., Canada

Madeleine B

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**Option 3: Breakout Discussion Forum**

*Wellness Communities on the Rise: How Should We Measure & Attract Investment?*

**Facilitator:**

**Mia Kyricos**, Chief Brand Officer, Spafinder Wellness, Inc., U.S.

**Participants:**

**Benjamin Beja**, CEO, TAO Inspired Living, Mexico

**Anna Bjurstam**, Vice President of Spas & Wellness, Six Senses Hotels Resorts Spas, Thailand; Owner, Raison d'Etre, Sweden

**Alfredo Carvajal**, President, Delos International and Signature Programs, Delos Living LCC, U.S.

**Gloria Caulfield**, Director, Lake Nona, U.S.

**Andrew Gibson**, Vice President, Spa & Wellness, FRHI Hotels & Resorts, United Arab Emirates

**Kevin Kelly**, CEO & Partner, Two Bunch Palms, U.S.; Founder, Civano Living, U.S.

**Joy Menzies**, Managing Director, Destination Spa Management Ltd, Thailand

**Steve Nygren**, President & Founder, Serenbe, U.S.

**Contributors:**

**Lisa M. Clarke**, Executive Director, Destination Medical Center, U.S.

**Steve Kass**, CEO, Steve Kass Consulting - Wellnext Concept and Design, U.S.

**Robert Ranzi**, CEO & Founder, Cluster Wellness Tirol, Austria

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Diamond A	<p><b>Option 4: Digging Deeper Q &amp; A with Medical Pioneers</b></p> <p><b>Facilitator: Erica Orange</b>, Executive Vice President &amp; Chief Operating Officer, The Future Hunters, U.S.</p> <p><i>The Brain Skin Connection</i></p> <p><b>Claudia Aguirre, PhD</b>, Neuroscientist and Mind-Body Expert, U.S.</p> <p><i>The Latest with Stem Cells</i></p> <p><b>Dr. Abraham Franklin</b>, Founder, The Franklin Group, Mexico</p>
Diamond B	<p><b>Option 5: Breakout Presentation and Discussion</b></p> <p><i>Understanding Your Customer</i></p> <p><i>The Millineals and Wellness Report</i></p> <p><b>Rodney Mason</b>, SVP Marketing, Blackhawk Engagement Solutions, U.S.</p> <p><i>Gerontopoly</i></p> <p><b>Eddie Weiner</b>, President and CEO, The Future Hunters, U.S</p>
<b>4:40 pm - 5:40 pm</b>	<b>Five Options:</b>
Astor Ballroom	<p><b>Option 1: Participation</b></p> <p><i>Experience the Force Behind the Thrive Movement</i></p> <p><b>Agapi Stassinopoulos</b>, Author and Speaker, Unbinding the Heart, U.S.</p>
Madeleine A	<p><b>Option 2: Breakout Discussion Forum</b></p> <p><i>Strategic Storytelling in the Language of the Day: Keeping Your Message Relevant and Your Profits High</i></p> <p><b>Facilitator: Kim Marshall</b>, Owner, The Marshall Plan, U.S.</p> <p><b>Participants:</b></p> <p><b>Sascha Boston</b>, General Manager, redspa media GmbH, Germany</p> <p><b>Theresa DiMasi</b>, VP, Content &amp; Editor-in-Chief, Weight Watchers International, U.S.</p> <p><b>Giselle Fernandez</b>, Journalist and Film Maker, U.S.</p> <p><b>Max Linares</b>, CEO, Forbes Mexico</p> <p><b>Billy Rovzar</b>, Founder &amp; Producer, Lemon Films, Mexico</p>
Madeleine B	<p><b>Option 3: Breakout Discussion Forum</b></p> <p><i>Rapid-Fire Ideas: Innovations in Workplace Wellness</i></p> <p>Join an energy-laden round-robin discussion with cutting edge themes around employee engagement, leadership, meaning, purpose and more!</p> <p><b>Facilitator: Renee Moorefield, PhD</b>, CEO, Wisdom Works, U.S.</p> <p><b>Participants:</b></p> <p><b>Sharon Gabrielson</b>, Chair, Mayo Clinic Global Business Solutions, Mayo Clinic, U.S.</p> <p><b>Maggie Hsu</b>, Chief of Staff to Tony Hseish (CEO of Zappos.com and Founder of Downtown Project), U.S.</p> <p><b>Dr. Fikry Isaac</b>, Vice President of Global Health Services, Johnson &amp; Johnson, Inc., U.S.</p> <p><b>Eileen McNeely, PhD</b>, Co-Director, Harvard SHINE, Harvard T.H. Chan School of Public Health, U.S.</p> <p><b>Dr. Russell Greenfield</b>, Clinical Professor of Medicine, University of North Carolina Chapel Hill School of Medicine, U.S.</p> <p><b>John Toomey</b>, CEO, Australian Wellness Education and Training Pty Ltd, Australia</p>

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Diamond A

**Option 4: Breakout Discussion Forum**

*Calling all Consultants: What Can We Accomplish Together That We Can Not Accomplish Alone?*

**Facilitator: Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

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Diamond B

**Option 5: Mindfulness + Productivity**

*Transforming Stress and Cultivating Creativity*

**Sponsored by Jhana Healing Mindfulness and Yoga Center**

**Felix Lopez**, Author, "Mindfulness: The Alchemy of Now"; Jhana Healing Mindfulness and Yoga Center, U.S.

**7:30 pm - 12:00 am**

Meet in Foyer,  
The St. Regis or  
Four Seasons

**Evening Cocktails & Gala Dinner**

*"The Art and Culture of Mexico"*  
At the magnificent Palacio de Bellas Artes  
*Attire: Cocktail*



# SUNDAY, NOVEMBER 15, 2015

## DAY THREE

**6:30 am - 8:45 am**

At your hotel

**Breakfast**

**7:00 am - 6:00 pm**

Astor Lounge & Diamond Lounge

**Summit Concierge & Registration Open**  
**Sponsored by LEMI**

**9:00 am - 10:00 am**

Astor Ballroom

### **7th Annual Student Challenge Competition**

**Sponsored by Raffles Hotels & Resorts, Chiva-Som International Health Resort, Four Seasons Hotels and Resorts, Hilton Worldwide, Klafs GmbH & Co. KG, Red Door Spa Holdings, ResortSuite**

*Showcase a design and concept for a spa of the future that encompasses authentic Latin American culture and could be rolled out globally. It must be commercially viable and credible.*

#### **Moderators:**

**Susan Harmsworth**, Chairman & Founder, ESPA International, UK  
**Mary Tabacchi, PhD**, Professor, Cornell University, U.S.

*Universidad Anáhuac México Norte, Mexico*

**Students:** Andrea Fernanda Aspeitia Ortiz, Michelle Flores Zozoaga, Itziar Sordo Abascal, Itzelt Monserrat Tovar

**Professor:** Professor Boris Diner

**Architect:** Roy Azar, Principal, Roy Azar Architects, Mexico

*University of Nevada Las Vegas, United States*

**Students:** Eun Joo, Kim, I-Ju Lu, Gina Marano, Courtney Marshall

**Professor:** Professor Tony Henthorne, PhD

**Architect:** Augusto Rodelo Mac Gregor, Vice President, HKS Inc., U.S.

#### **Judging Panel:**

**Andrew Gibson**, Vice President, Spa & Wellness, FRHI Hotels & Resorts, United Arab Emirates

**Simon Casson**, Regional Vice President & GM, Four Seasons Hotels and Resorts, United Arab Emirates

**Ryan Crabbe**, Senior Director, Global Wellness, Hilton Worldwide, U.S.

**Sheila McCann**, General Manager, Chiva-Som International Health Resort, Thailand

**Frank Pitsikalis**, Founder & CEO, ResortSuite, Canada

**Frank Strobel**, Director, International Sales, Klafs GmbH & Co. KG, Germany

**Todd Walter**, President & CEO, Red Door Spa Holdings, U.S.

**10:00 am - 11:00 am**

Astor Ballroom

### **General Session: Keynote Speaker**

*The Future of Wellbeing*

**Dr. Deepak Chopra**, Pioneer of Alternative Medicine & Author; Founder, The Chopra Foundation, U.S.

#### **Introduced by:**

**Paul Scialla**, Founder, CEO, Delos Living LLC, U.S.

**11:00 am - 11:30 am**

Astor Lounge & Diamond Lounge

### **Networking Energy Break**

**Sponsored by [comfort zone]**

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**11:30 am - 12:15 pm**  
Astor Ballroom

**General Session: Power Panel**

*Who is Responsible for the Wellness of the World?*

**Moderator: Giselle Fernandez**, Journalist and Film Maker, U.S.

**Participants:**

**Nerio Alessandri**, President and Founder, Technogym, Italy

**Gina Diez Barroso**, President & CEO, Grupo Diarq, Mexico

**Martin Boudreau**, President, Parks and Immersive Content, Cirque du Soleil, Canada

**Dr. Deepak Chopra**, Pioneer of Alternative Medicine and Author, U.S.

**Thierry Malleret**, Co-Founder, The Monthly Barometer; Global Strategist and Economist, France

**Agapi Stassinopoulos**, Author & Speaker, Unbinding the Heart, U.S.

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**General Session: Trends Jam**

*Two Trends in 2 Minutes*

**Moderator: Jared Weiner**, Executive Vice President & Chief Strategy Officer, The Future Hunters, U.S.

*Architecture*

**Liz Terry**, CEO, Leisure Media, UK

*Beauty*

**Pierre-Louis Delapalme**, CEO & Co-Owner, Biologique Recherche, France

*Economy*

**Thierry Malleret**, Co-Founder, The Monthly Barometer, France

*Education*

**Isobel Stockdale**, Head of Spa, Wellness & Tourism, Deputy Head of Department HRSM, College of Business, University of Derby, UK

*Fashion*

**Jessica Jesse**, CEO & Creative Director, BuDhaGirl, U.S.

*Fitness*

**Glenn Colarossi**, Director, Global Hospitality, TRUE Fitness, U.S.

*Medical*

**Dr. Daniel Friedland**, CEO, SuperSmartHealth, U.S.

*Nutrition*

**Samantha Gowing**, Chef, Nutritionist & Mentor, Food Health Wealth, Australia

*Spa*

**Sarah Camilleri**, Founding Editor & Publisher, European Spa Magazine, UK

*Technology*

**Samer Hamadeh**, Founder & CEO, Zeel, U.S.

*Travel*

**Simon Press**, Senior Exhibition Director, WTM London and Arabian Travel Market, UK

*Wellness Communities*

**Steve Nygren**, President & Founder, Serenbe, U.S.

*Workplace Wellness*

**Dr. Kenneth R. Pelletier**, Clinical Professor of Medicine, University of Arizona, School of Medicine & University of California, School of Medicine, U.S.

*Wellness Tourism*

**Anni Hood**, Founder & Director, Wellness Business Consultancy, UK

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**12:15 pm - 12:45 pm**  
Astor Ballroom

**General Session: Announcement**

*Wellness Warriors*

**Deborah Szekely**, Co-Founder, Rancho La Puerta, Mexico; Founder, Golden Door, U.S. [www.wellnesswarriors.com](http://www.wellnesswarriors.com)

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**12:45 pm - 12:50 pm**  
Astor Ballroom

<b>12:50 pm - 12:55 pm</b> Astor Ballroom	<b>General Session: Announcement</b> <i>Wellness for Cancer</i> <b>Julie Bach</b> , Executive Director, Wellness for Cancer, U.S. <a href="http://www.wellnessforcancer.com">www.wellnessforcancer.com</a>
<b>12:55 pm - 1:00 pm</b> Astor Ballroom	<b>General Session: Announcement</b> <i>Global Wellness Day</i> <b>Belgin Aksoy</b> , Creative Director, Richmond International; Founder, Global Wellness Day, Turkey <a href="http://www.globalwellnessday.org">www.globalwellnessday.org</a>
<b>1:00 pm - 2:00 pm</b> Madeleine Ballroom & Diamond Ballroom	<b>Relaxed Lunch</b> <b>A Suggested Lunch Discussion Topic at your Table</b> <i>What is the difference between Wellness and Wellbeing?</i>
<b>1:00 pm - 2:00 pm</b> Diamond Ballroom	<b>Student Competition Judges Have Lunch Together</b>
<b>2:00 pm - 2:45 pm</b> Astor Ballroom	<b>General Session: Main Stage Panel</b> <i>How to Attract Investment in Wellness-Driven Companies, Products &amp; Experiences</i> <b>Moderator: Susan Harmsworth</b> , Chairman & Founder, ESPA International, UK <b>Participants:</b> <b>Gina Diez Barroso</b> , President & CEO, Grupo Diarq, Mexico <b>Matthew Gaghen</b> , Portfolio Manager, KSL Capital Partners, LLC, U.S. <b>Omer Isvan</b> , President, Servotel Corporation, UK <b>Representative</b> , Msheireb Properties, Qatar
<b>2:45 pm - 2:55 pm</b> Astor Ballroom	<b>General Session: Awards &amp; Announcement of Winners</b> <i>Student Challenge Award Winner</i> <b>Presenting Sponsors:</b> <b>Andrew Gibson</b> , Vice President, Spa & Wellness, FRHI Hotels & Resorts, United Arab Emirates <b>Simon Casson</b> , Regional Vice President & GM, Four Seasons Hotels and Resorts, United Arab Emirates <b>Ryan Crabbe</b> , Senior Director, Global Wellness, Hilton Worldwide, U.S. <b>Sheila McCann</b> , General Manager, Chiva-Som International Health Resort, Thailand <b>Frank Pitsikalis</b> , Founder & CEO, ResortSuite, Canada <b>Frank Strobel</b> , Director, International Sales, Klafs GmbH & Co. KG, Germany <b>Todd Walter</b> , President & CEO, Red Door Spa Holdings, U.S. <b>Presenting Board Members:</b> <b>Mary Tabacchi, PhD</b> , Professor, Cornell University, U.S. <b>Susan Harmsworth</b> , Chairman & Founder, ESPA International, UK
<b>2:55 pm - 3:15 pm</b> Astor Ballroom	<b>General Session: Awards &amp; Announcement of Winners</b> <i>Global Wellness Awards</i> <i>Wellness Innovator</i> <b>Presenting Sponsor: Josh McCarter</b> , CEO, Booker, U.S. <b>Presenting Board Member: Mia Kyricos</b> , Chief Brand Officer, Spafinder Wellness, U.S. <i>Leader in Sustainability</i> <b>Presenting Sponsor: Karina Stewart</b> , Founder, Brand & Concept Director, Kamalaya Wellness Sanctuary & Holistic Spa, Thailand <b>Presenting Board Member: Dr. Marc Cohen</b> , Professor, RMIT University, Australia

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*(Continued from previous page)*

*Leading Woman in Wellness*

**Presenting Sponsor: Sammy Gharieni**, CEO & Founder, Gharieni Group GmbH, Germany

**Presenting Board Member: Andrew Gibson**, Vice President, Spa & Wellness, FRHI Hotels & Resorts, United Arab Emirates

*Leader in Workplace Wellness*

**Presenting Sponsor: Talal Bin Ali**, Founder & President, Enaya Care International Co. Ltd., Saudi Arabia

**Presenting Board Member: Mary Tabacchi, PhD**, Professor, Cornell University, U.S.

*Building a Well World Award 2015*

**Presented by: Susie Ellis**, Chairman & CEO, GWS, U.S.

**2:55 pm - 3:15 pm**

Astor Ballroom

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**3:20 - 3:40**

Astor Ballroom

**General Session: Keynote Speaker**

*Unbinding the Heart, Connecting and Thriving*

**Agapi Stassinopoulos**, Author and Speaker, Unbinding the Heart, U.S.

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**3:45 - 3:55**

Astor Ballroom

**Announcement of Location for the 2016 Global Wellness Summit and Introduction of Co-Chairs**

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**3:55 - 4:00**

Astor Ballroom

**Champagne Toast**

**Sponsored by Dornbracht**

GWS Team, GWS Board of Directors, 2015 Sponsors and All Delegates

# MONDAY, NOVEMBER 16, 2015

## POST-SUMMIT ACTIVITIES

### Host a Future Summit

**9:00 am - 12:00 pm**

Opportunity to speak with board members of the GWS and Michelle Gamble, VP Global Business Development, regarding what is involved in hosting a future Summit. To request a time to meet on Monday morning, please email [michelle.gamble@globalwellnesssummit.com](mailto:michelle.gamble@globalwellnesssummit.com). There will be RFPs for hosting future Summits available as well.

### Meet at 7:45 am

In The St. Regis Lobby.  
Transportation departs at 8:00 am from The St. Regis.

### Meet at 8:15 am

In The Four Seasons Lobby.  
Transportation departs at 8:30 am from Four Seasons.

### Geo-Thermal Mineral Waters Tour, Central Mexico

Using San Miguel de Allende as our base, we will explore some of the most amazing and interesting hot springs that Central Mexico has to offer. We'll learn more about the origination of the temazcales and cenotes for which Mexico is renowned. If you are passionate about experiencing hot springs in depth, this is the perfect trip for you.

*Note: All delegates who are not staying at one of these hotels, please meet us at the St. Regis at 7:45 am. Sallie Fraenkel, Bonnie Baker and Casey Miller will be there to meet & greet all the delegates traveling on these tours.*

### Meet at 7:45 am

In The St. Regis Lobby.  
Transportation departs at 8:00 am from The St. Regis.

### Meet at 8:15 am

In Four Seasons Lobby.  
Transportation departs at 8:30 am from Four Seasons.

### Cultural & Artisanal Mexico, San Miguel de Allende

When one dreams of Mexico—of cobblestone streets, warm sunsets and brilliant colors—one dreams of San Miguel de Allende, the city of artists, antiques and baroque architecture. Join us for a four-day experience that encompasses history, nature, hiking, farm-to-table dining and cooking, temazcal, spas and more.

*Note: All delegates who are not staying at one of these hotels, please meet us at the St. Regis at 7:45 am. Sallie Fraenkel and Casey Miller will be there to meet & greet all the delegates traveling on this tour.*

### Meet at 10:15 am

In The St. Regis Lobby.  
Transportation departs at 10:30 am from The St. Regis.

### "Taste of Mexico City" Half Day Tour

Spend the morning with fellow delegates on a double-decker sightseeing bus with an experienced guide, exploring some city highlights from the historic center, down the Paseo de la Reforma to Chapultepec Park and into trendy neighborhoods like Condesa, Roma and Polanco.

**Spots available. Please sign up by emailing:**  
**[alexandra.plessier@globalwellnesssummit.com](mailto:alexandra.plessier@globalwellnesssummit.com)**

### Arrive before 5:00 pm

Transportation on your own at your leisure

### Rancho La Puerta, Tecate

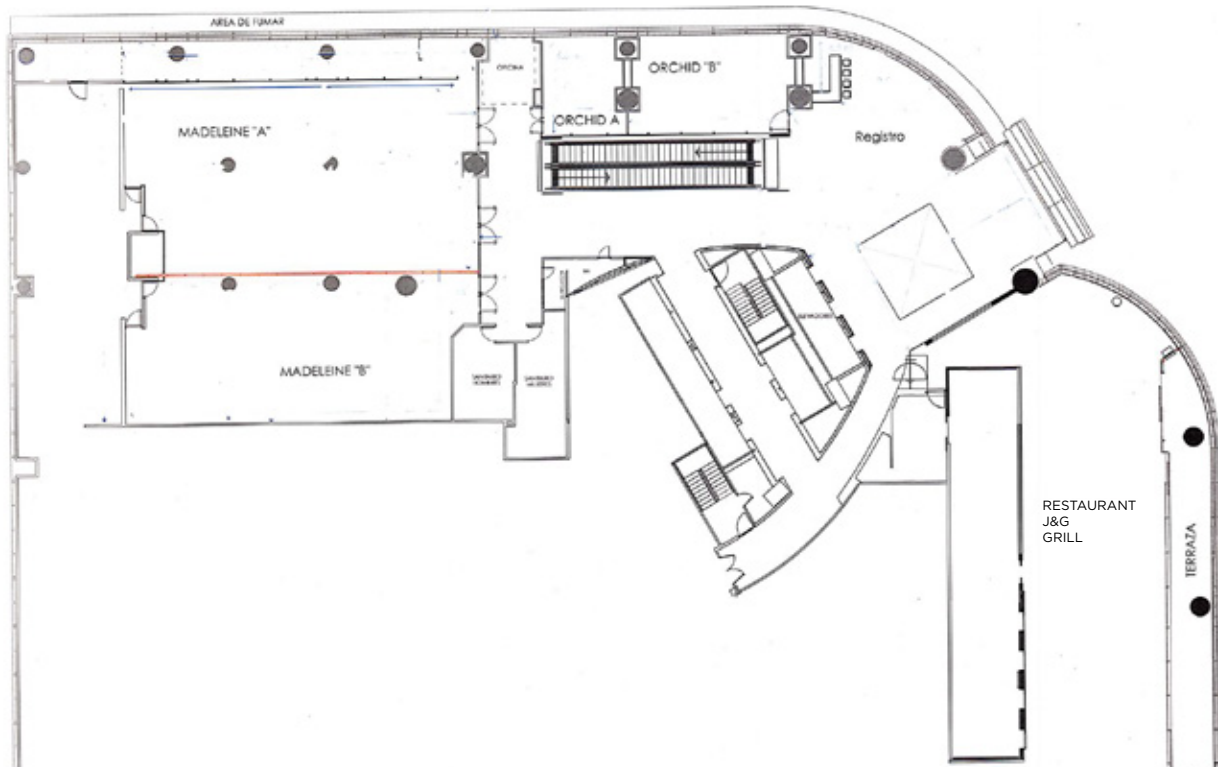
Experience the legendary original destination fitness resort and spa. Rancho La Puerta was founded in 1940 by Deborah and Edmond Szekely; the family-owned-and-operated property remains in the same location. Come see why the destination spa calls its program "the door to the future...glorious wellness where you may be emboldened by good health and fearless life-long learning, which unleashes the willingness to change...for the better."

*Note: Rancho La Puerta is approximately 1 ½ hours from the San Diego Airport. You will be met at the Mexican border and chaperoned from there, but you will need to arrange your own transportation from the airport. The RLP staff can assist you with this. It is suggested that you arrive before 5:00 pm so that you may settle in before dinner. Of course, you are welcome to arrive earlier.*

# ST. REGIS RESORT MAP

WIFI USERNAME: gws2015  
PASSWORD: mexico

## FIRST FLOOR



## SECOND FLOOR









# GLOBAL WELLNESS SUMMIT

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