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# GLOBAL WELLNESS TRENDS REPORT



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# 2019 Global Wellness Trends Report

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*Jeannette von Johnsbach offers her unique BioMeditation sessions at the Four Seasons Hotel Los Angeles at Beverly Hills.*

classes with a dose of mindful meditation (this trend's practices fit into the open monitoring category). That long-lived hyphen between "mind-body" is being strengthened and literally addressed in this trend, and the new mindful fitness speaks to people wanting solutions that meld physical and mental wellness in one class or platform. You can see fitness expanding to mental wellness everywhere, such as in Peloton's recent foray into meditation (and yoga), and they're now serving up on-demand meditation sessions, such as breath-focused and guided visualization classes.

Being mindful while moving has ancient precedents: Walking meditation has long been a Buddhist practice where one focuses on the breath or on the body's movement through space.

And now there is a rush of mindfulness-meets-fitness moves globally. Pioneering fitness chain Equinox (US and UK) integrates mindfulness meditation practices into classes, with a fitness class called HeadStrong revolving around mindfulness. Running shoe company Asics just created "the world's first running track to train your mind" (called the Blackout Track), which removes light and all distractions to create a "meditative running environment." SHA Wellness Clinic in Spain has a new weeklong fitness

program that intersperses physical workouts, such as boxing and hiking, with stress-reducing practices, such as meditation and sophrology, to work both the body and mind in equal parts. The NYC fitness program Body Activation, created by a professional dancer, blends the hot trend of stretching with the open monitoring-based body scan, progressing from the feet to the head—and ends the physical training with meditation.

Combining mindfulness training with fitness obviously seems best suited for exercise that's more "mindless," such as cardio and running, because with sports that require intense concentration (such as boxing or football), you would run the concentration needed for mindful meditation right up against the intense focus needed to execute the moves—diminishing, rather than adding to, both. There isn't much clinical evidence yet around the mindful fitness concept, but an interesting [study](#) from Rutgers University found that MAP (Mental and Physical) Training (combining aerobic exercise with silent mindfulness meditation) led to some eye-opening results, including significant neurogenesis and a greatly boosted ability to concentrate—while 40 percent of participants in the "combo" clinical intervention found a permanent solution to their depression issues.

### More mindful spa experiences

More spas are creating mindfulness and treatment mash-ups. Some might begin with a guided mindfulness meditation session, then move on to treatments, and finish with a guided visualization—like those at Mexico's Nizuc Resorts & Spa. Things are getting pretty creative. At the Shore Club Turks and Caicos, they offer an out-in-nature Twilight Ceremony (held at twilight), which combines mindful meditation with massage, sage burning and prayers.

The Mindfulness Spa Experience at Santuario LeDomaine spa (at Abadia Retuerta LeDomaine) in Spain, uses virtual reality technology to deliver guided meditations—a pretreatment ritual that focuses the guest's mind on the treatment to come while guiding their breathing—to make the touch experience and stress-reduction deeper. One of the hottest treatments in L.A. is Jeannette von Johnsbach's BioMeditation sessions at the Four Seasons Hotel Los Angeles at Beverly Hills, a long, hands-on therapy that combines meditation to incite a dream-like state with touch and energy healing to clear energy blockages.

### "Shaking meditation" is shaking

A practice called Tension and Trauma Release Exercise (TRE)—that's being called "shaking meditation"—is on the rise. And while it's not a meditation practice per se, its effects could be called meditative. It involves a series of controlled exercises that take you to that place where your muscles start to tremble, to unlock the body's tension and trauma of getting stuck in protective patterns (tense muscles, clenched jaws, shallow

breathing, etc.). The goal is to reduce stress, shut down the fight-or-flight instinct, and rest your mind. (Yes, you will be shaking on the floor.)

Classes are being offered at more yoga and wellness studios. It's big in the UK, with at least 100 TRE providers, and it's where TRE guru Steve Haines teaches at the chic Triyoga studios in London. Learning how to shake off your trauma has been taught everywhere from Sacred Space in Miami, to the new TRE for Life studio in Uganda. There's also a phone app ([Stress Less TRE](#)), and soon there will be a UK [TRE Association](#), where trainers will share their tips and expertise.

### More drop-in meditation studios—with deep, diverse menus

As much as we hate the phrase "X is the new Y," the boom in drop-in meditation studios worldwide indicates that meditation is very much the new yoga. There are so many examples, including pioneers such as NYC's MNDFL (now with three locations) and L.A.'s The DEN Meditation (now with two). So many more cool, around-the-corner meditation places are opening all the time, such as Inhere meditation studio in London (founded by a neuroscientist); Re:Mind in London; Meditation Bar in Austin, Texas; Enhale in Hong Kong; and MINDSET Brain Gym in Toronto (where they use brain wave-sensing tech to chart your progress). In New York, you don't even need to "drop in" to do your mindfulness meditation because the Be Time meditation studio on wheels drops right in on you.

What's so striking when you peruse these studios' all-day programming is just how *many* types

*In New York, Be Time meditation studio on wheels comes to clients, allowing them to do their mindfulness meditation class without traveling. There are also an estimated 1,500 meditation and mindfulness apps that make meditation more accessible, whether you are at home, work or traveling. Headspace alone has 35 million users in 190 countries while Calm has driven 26 million downloads with 50,000 new signups each day.*

