

Save
The Date

June 14, 2025

GLOBAL WELLNESS DAY

GWD



14. JUNE 2025.

Kuršumlijska SPA, Serbia

About the event

With great excitement and inspiration, we invite you to join us for a fantastic Mindfulness event!

Mindfulness will be part of the program marking the Global Wellness Day (GWD) in Serbia, which will be held on Saturday, June 14, 2025.

This year GWD celebrates 10 years in Serbia, and the main outdoor event will be held in the Hotel "Planinka 4" in Kuršumlijska SPA, winner of the special award of the European Spas Association for the year 2024 for medical and wellness services.

WHAT IS GLOBAL WELLNESS DAY?

GWD is an entirely non-profit day dedicated to supporting the universally shared dream of living a healthier and better life. It is a global movement that gathers wellness professionals to promote a healthy lifestyle, self-care, and the integration of healthy habits.

GWD is celebrated only with complimentary activities on the second Saturday of June every year in over 170 countries and tens of thousands of locations around the world, under the slogan:

'One day can change your whole life!'

Confirmation of attendance

info@energyhouse.life

GLOBAL WELLNESS DAY – GWD

Special Focus: Mindfulness

This year's GWD theme is:

“Reconnect Magenta”

“Reconnecting with yourself, others, and your environment”

A special event

A highlight of our Mindfulness program is the Master Class with Karl Nielsen, President of the In-Me Association in Berlin with his favorite topic: “Happines dragon”

"The Happiness Dragon" is a metaphor for the inner obstacles that lead us not toward happiness, but toward stress, exhaustion, and the constant chase for external validation. In this free 90-minute training, you'll learn how to "tame" that dragon — the ancient survival patterns — and replace them with a state of presence, joy, and inner peace.

Through mindfulness, NLP, movement, and breathwork, you'll awaken forgotten capacities for gratitude, love, and authenticity. You'll feel the difference between living from obligation and living from inner motivation, and learn how to set a clear, emotionally powerful intention each day to reconnect with yourself.

If you feel it's time for a change — this is your moment.



About Karl Nielsen

Prof. Dr. Karl Nielsen is a Psychology Professor at UCN and Azteca University. He is the co-founder and Global President of the Associations for Mindfulness (In-Me), NLP (IN), Coaching (ICI), Hypnosis (WHO), Constellation (WSCO), Positive Psychology (PosPsy), Enneagram (EWA) and Artificial Intelligence (AITI).

These associations have 13,000+ members in 107 countries. They stand worldwide for high ethics, quality standards, cooperation and human growth.

♥ Join us for this inspiring day of:

- practicing mindfulness together,
- sharing knowledge and experience,
- and supporting each participant's personal growth.

If you feel called to be part of this special gathering – you are warmly welcome!

Thank you for helping us raise awareness about Wellness and Mindfulness 🌿

Confirmation of attendance
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