



GLOBAL WELLNESS
SUMMIT™

A close-up photograph of a pink lotus flower in full bloom, with its many petals radiating from a bright yellow center. The flower is set against a dark background, with large green lotus leaves visible around it.

AGENDA

THE SCIENCE, ART & SOUL OF WELLNESS

Phuket, Thailand | November 10-13, 2026

2026 AGENDA

All plenary sessions are recorded for delegates. The public can access 50+ keynotes and presentations anytime with Summit on Demand: The Future of Wellness on Replay. [Learn more.](#)

PRE-SUMMIT EXPERIENCES

FRIDAY, NOVEMBER 6 – MONDAY, NOVEMBER 9

Immersive Resort Experiences

Restore, recharge, and experience Thailand's legendary wellness hospitality with exclusive stays at some of the country's most celebrated wellness retreats, including [Chiva-Som Hua Hin](#), [Kamalaya Koh Samui](#), [Anantara Layan Phuket](#) and [Clinique La Prairie](#).

MONDAY, NOVEMBER 9

All excursions depart from and return to Angsana Laguna Phuket. Book through Summit registration or Summit app by November 2. Must be pre-registered to participate.

8:00 AM – 1:00 PM

Jungle Zipline Experience

Experience the rainforest from above at Hanuman World Phuket. Soar across one of Thailand's premier zipline courses, enjoy panoramic views from the Skywalk, and challenge yourself with an unforgettable adventure that combines movement, nature, and exhilaration.

8:00 AM – 1:00 PM

Market to Table Cooking Class

Explore Thailand's culinary wellness traditions with a guided market visit followed by a hands-on cooking class at the renowned Blue Elephant Cooking School. Learn to prepare authentic Thai dishes with local ingredients and authentic cooking techniques before enjoying the meal you've created.

8:00 AM – 4:00 PM**Private Speedboat Tour of Phang Nga Bay**

Discover the spectacular beauty of Phang Nga Bay by private speedboat, cruising through one of Thailand's most iconic seascapes of emerald waters and dramatic limestone karsts. Explore hidden lagoons by canoe, visit the famous James Bond Island, experience the floating village of Koh Panyee, and enjoy a relaxing lunch on the private shores of Naka Noi Island before unwinding on its beautiful beaches.

8:30 AM – 1:30 PM**Elephant Sanctuary Experience**

Spend a meaningful day at Phuket Elephant Sanctuary, where rescued elephants roam freely through lush jungle and open fields. Learn about the sanctuary's conservation mission, observe elephants in their natural habitat, participate in a hands-on activity supporting the herd, and enjoy a nourishing vegetarian Thai lunch.

8:30 AM – 5:00 PM**Wellness Business Day Tour**

Gain privileged access to some of Thailand's most innovative wellness businesses. Featured experiences include the new Clinique La Prairie Health Resort at Tri Vananda (a multigenerational real estate community), Tri Vananda, JARA Wellness Center at Trisara Resort, Layan LIFE by Anantara, and BDMS Wellness Clinic. Led by **Dervla Louli Musgrave**, founder of Compare Retreats.

9:00 AM – 2:00 PM**Old Town Phuket Walking Tour**

Immerse yourself in Phuket's rich cultural heritage through historic neighborhoods, a stop to Ban China Inn for desserts and a live Gu-Zheng performance, a visit to the Moh Seng Historical Museum, and hands-on culinary workshops at Ban Khun Chananithet where guests prepare local dishes like Hokkien noodles and Phuket desserts. The experience concludes with a relaxed hillside lunch at Tung Ka Café, overlooking Phuket Town and the Andaman Sea.

PRE-SUMMIT SESSIONS

TUESDAY, NOVEMBER 10, 2026

12:30 – 6:00 PM

Club Lounge

Registration Desk and Check-In Open

Check in for the Global Wellness Summit (GWS) and receive your event agenda, delegate directory and name tag. Collect your number pin (acknowledging the number of Summits you've attended) and your beautiful gift bag.

Ensure you download and install the Summit app to maximize your Summit experience.

1:00 – 1:45 PM

Angsana Ballroom

OPPORTUNITY KNOCKS

A Conversation with Informa Connect

Moderated by:

Nancy Davis, Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States

With:

Andrew Mullins, CEO, Informa Connect, United Kingdom

Doreen Brown, CEO, Informa Medical, United States

Join Nancy Davis, Chief Creative Officer & Executive Director of the Global Wellness Summit (GWS) and Global Wellness Institute (GWI) as she moderates a conversation with senior leadership at Informa Connect. Andrew Mullins, CEO of Informa Connect, and Doreen Brown, CEO of Informa Medical, will discuss the exciting future as GWS and GWI become part of the Informa family. Most importantly, learn how this will positively impact your business. Opportunity like this does not come knocking often, and when it does, it's time to answer! Bring your interest and questions as together we chart the course for the future.

1:00 – 3:45 PM Angsana Ballroom	KNOWLEDGE WORKSHOPS* Introduced by: Heidi Moon , Chief Marketing Officer, Global Wellness Summit and Global Wellness Institute, United States
1:00 – 1:45 PM Angsana Ballroom	Breath, Biology & the Art of Delivery Sponsored by NADclinic What if the next breakthrough in longevity is not just what we discover, but how we deliver it? Join NADclinic, PNOE and NADairX for an exploration of breath-based metabolic analysis, cellular health and innovative delivery technologies. Discover how personalized insights can translate into more accessible wellness experiences and new business opportunities.
2:00 – 2:45 PM Angsana Ballroom	The Science of Sleep in Spa: Where Holistic Beauty Meets Science Sponsored by L'OCCITANE en Provence Discover how the science of sleep is transforming the spa experience. Explore how L'OCCITANE en Provence combines sensory rituals, scientifically validated protocols and innovative treatments, including its Power Nap Massage, to support relaxation, recovery and well-being. A fresh perspective on the intersection of beauty, sleep science and spa innovation.
3:00 – 3:45 PM Angsana Ballroom	Precision & Regenerative Wellness: Japan's Model for Healthspan Sponsored by Medical Excellence Japan Discover how Japan is pioneering a new model for living better, longer. Explore the convergence of precision health assessments, regenerative medicine and measurable outcomes—and how Japan's approach to prevention and restoration could shape the next generation of wellness experiences, medical innovation and international business opportunities.

** Knowledge Workshop content is provided by participating sponsors. Views and claims expressed are those of the presenters and are not independently verified or endorsed by the Global Wellness Summit.*

5:00 – 5:45 PM

Angsana Ballroom

New Delegate Orientation: Making the Most of Your First Summit

An informal meeting for first-time delegates to learn about the Summit and connect with key leadership and each other.

Hosted by:

Nancy Davis, Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States

Participants:

Susie Ellis, Chair & CEO, Global Wellness Summit, United States

Aryn Chapman, Event Director, Global Wellness Summit, United States

Michelle Gamble, SVP, Global Business Development, Global Wellness Summit, United States

Heidi Moon, Chief Marketing Officer, Global Wellness Summit and Global Wellness Institute, United States

Global Wellness Summit Advisory Board:

Amir Alroy, Co-Founder, Welltech Ventures, Israel

Anna Bjurstam, Founder, Wahayla, Sweden

C. Victor Brick, Co-Founder, John W Brick Mental Health Foundation; Co-Founder and CEO, Ohana Growth Partners, LLC; United States

Cathy Feliciano-Chon, Managing Partner, FINN Partners APAC, Greater China, Hong Kong (SAR China)

Nicola Finley, MD, Integrative Medicine & Board-Certified Internal Medicine Physician, University of Miami Osher Center of Integrative Medicine, United States

Irene Forte, Founder & CEO, Irene Forte Skincare, United Kingdom

Maggie Hsu, Partner, Andreessen Horowitz, United States

5:00 – 5:45 PM*Continued*

Ömer K. Isvan, Founder & President, Servotel Corporation, United Kingdom

Jessica Jesse, Founder, CEO & Creative Director, BUDHAGIRL®; Founder, Zen Collective; United States

Hannah Messerli, PhD, Economic Development Specialist, World Bank (retired), United States

Veronica Schreibeis Smith, CEO & Founding Principal, Vera Iconica Architecture & Developments, United States

Yoriko Soma, President & CEO, Conceptasia Inc., Japan

Emeritus GWS Advisory Board Member

Prof. Mary Tabacchi, PhD, RD, Professor Emerita, Cornell University School of Hotel Administration, United States

6:00 – 6:45 PM

Azzura Rooftop

Private VIP Cocktail Reception for Sponsors, GWI Ambassadors, Susie Ellis Scholarship Recipients, Strategic Partners, Geography of Wellness Country Partners and Media

Hosted by the GWS and GWI Advisory Boards

7:00 – 9:00 PM

Poolside Garden

Opening Reception*Welcome to Phuket!*

9:15 – 10:00 PM	AFTER DINNER CONVERSATIONS
9:15 – 10:00 PM Anchan & Orchid	Public/Private Partnerships: Impact on Wellness Hosted by: Aradhana Khowala, CEO, Aptamind Partners, United Kingdom Special Guests: Ramona Chiriac, Vice President, Global Impact, Therme Group, Romania Tonia Callendar, Research Fellow, Global Wellness Institute, United States Jane Kitchen, Media & Trends Analyst, Global Wellness Summit; Director, Geography of Wellness and Ambassador Programs, Global Wellness Institute; United Kingdom
9:15 – 10:00 PM Angsana Ballroom	Understanding Longevity and Geroscience...Get Your Questions Answered Hosted by: Susie Ellis, Chair & CEO, Global Wellness Summit and Global Wellness Institute, United States Special Guest: Andrea Maier, MD, PhD, Director, NUS Academy for Healthy Longevity; Co-Founder, Chi Longevity; Singapore
9:15 – 10:00 PM Tabak & Phak Tob	Trends in Wellness Hosted by: Lisa Starr, Principal, Wynne Business, United States Special Guest: Beth McGroarty, Vice President for Research & Forecasting, Global Wellness Summit, United States

DAY 1

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WEDNESDAY, NOVEMBER 11, 2026

MORNING WELLNESS ACTIVITIES

6:30 – 7:15 AM **SANCTUM Signature Sequence: You Are Not Alone**

Explore the power of human connection through Sanctum’s signature blend of movement, breathwork, music and collective energy. Led by founder **Luuk Melisse**, this immersive experience challenges the illusion of separation, inviting participants to discover the profound connection between self and community.

6:30 – 7:15 AM **Technogym Bench360: Strength & Motion**

Build strength, mobility and coordination in this dynamic full-body workout using the versatile Technogym Bench. Led by a Technogym Thailand Master Trainer, this engaging session combines functional training and accessible exercises to energize the body and enhance overall fitness. All fitness levels welcome.

6:30 – 7:15 AM **MUAY THAI: Energy, Strength & Balance**

Discover Thailand’s iconic martial art in this energizing session presented by Angsana Laguna Phuket. Combining traditional Muay Thai techniques, functional movement and mindful breathing, this accessible 45-minute experience builds strength, coordination and confidence while offering an authentic connection to Thai culture.

6:30 – 7:15 AM **WALKSHOP: The Power of Walking**

Turn movement into meaningful conversation with **Thierry** and **Mary Anne Malleret**. Inspired by their bestselling book, *Ten Good Reasons to Go for a Walk*, this interactive walking session explores the science of walking and its powerful benefits for health, creativity, cognition and human connection.

DAY 1 (Wednesday)

THE 20TH ANNUAL GWS PLENARY SESSIONS BEGIN

All sessions in ACES unless otherwise noted.

8:30 – 9:10 AM

Royal Opening of the 20th Global Wellness Summit

Her Majesty Queen Suthida

Bajrasudhabimalalakshana, Queen of Thailand

Introduced by:

Jiří Dvořák, MD, PhD, 2026 GWS Co-Chair;
Professor of Neurology, Schulthess Clinic Zurich &
BDMS Wellness Clinic; Former Chief Medical Officer,
FIFA; Switzerland

9:12 – 9:22 AM

Welcome to the Science, Art & Soul of Wellness

Nancy Davis, Chief Creative Officer & Executive
Director, Global Wellness Summit and Global
Wellness Institute, United States

9:24 – 9:39 AM

20 Years, What We’ve Accomplished, What
Lies Ahead

Susie Ellis, Founder, Chair & CEO, Global Wellness
Summit and Global Wellness Institute, United States

9:41 – 9:51 AM

Thailand’s Wellness Future: Ancient Wisdom,
Modern Medicine

Pongsadhorn Pokpermdee, MD, PhD, Director
General, Department of Thai Traditional and
Alternative Medicine, Ministry of Public Health; Vice
Chair, WHO Executive Board; Thailand

9:53 – 10:18 AM

The 2026 Global Wellness Economy Monitor

Katherine Johnston, Senior Research Fellow, Global
Wellness Institute, United States

10:25 – 10:55 AM

Hospitality Lounge

Networking Energy Break + Innovation Lab

DAY 1 (Wednesday)

10:52 – 11:12 AM

A Family's Legacy of Care: Trisara, Tri Vananda & More

Moderated by:

Amy McDonald, Founder & CEO, Under a Tree, United States

Participants

Father: **Narong Pattamasaevi**, Founder & Chairman, Montara Hospitality Group, Thailand

Mother: **Poonsri Pichayaphanich**, Vice Chair, Niyom Pattamasaevi Foundation, Thailand

Son: **Kittisak Pattamasaevi**, President & CEO, Montara Hospitality Group, Thailand

11:14 – 11:34 AM

Authentic Expansion: Bringing Clinique La Prairie to Phuket

Simone Gibertoni, CEO, Clinique La Prairie, Switzerland

11:36 – 11:56 AM

Live Long & Prosper: Sorting Fact from Fantasy in Human Longevity

Kenneth R. Pelletier, MD, PhD, Clinical Professor of Medicine, Family and Community Medicine, and Psychiatry, University of California, San Francisco (UCSF); Chairman, American Health Association; United States

11:58 AM – 12:18 PM

Health Optimization: Integrating Consumer-Led Health and Precision Geromedicine

Andrea Maier, MD, PhD, Director, NUS Academy for Healthy Longevity; Co-Founder, Chi Longevity, Singapore

12:20 – 12:30 PM

Bennett Award for Collaboration in the Science of Wellness

Presented by:

Bija Bennett, CEO, BijaB, United States

12:32 – 12:42 PM

An Insurance Giant Bets on Wellness

John Schoonbee, MD, Global Chief Medical Officer, Swiss RE, Switzerland

12:44 – 12:54 PM**Changing the Game and Redefining Health****John Schoonbee, MD**, Global Chief Medical Officer, Swiss RE, Switzerland**In Conversation with:****Jiří Dvořák, MD, PhD**, 2026 GWS Co-Chair; Professor of Neurology, Schulthess Clinic Zurich & BDMS Wellness Clinic; Former Chief Medical Officer, FIFA; Switzerland**12:56 – 1:16 PM****Building Cities, Caring for Individuals****Jonathan Emery**, CEO, Aldar Development, United Arab Emirates**12:56 – 1:16 PM****In Pursuit of Wellness: Series Four****Annavittoria Leteo Cameli**, Global Series Lead, BBC StoryWorks, United Kingdom**THREE CONCURRENT OPTIONS****1:35 – 3:05 PM**

ACES Prefunction & Hospitality Lounge

Innovation Lab Open**1:35 – 3:05 PM**

ACES

Press Conference for Media Only**1:35 – 3:05 PM**Market Place,
Angsana Ballroom,
Anchan+Orchid,
Tabak+Phak Tob,
Bodega Grill**Table Topic Networking Lunch***All options will be listed here with room assignments.***3:07 – 3:27 PM****Blue Zones: I Built It, Sold It, and Bought It Back... What's Next?****Dan Buettner**, Founder, Blue Zones, United States**3:29 – 3:49 PM****Reframing Longevity: A Dynamic State of Everyday Health****George Gaitanos, PhD**, Chief Operating and Scientific Officer, Chenot, Switzerland

3:51 – 4:11 PM**The Architecture of Indifference: What Boring Buildings Are Doing to Us****Thomas Heatherwick**, Founder & Design Director, Heatherwick Studio, United Kingdom**4:13 – 4:33 PM****Selling the Glow: 20 Years of Advertising Wellness****Dave McCaughan**, Founder, BIBLIOSEXUAL, Thailand**4:35 – 4:55 PM****20 Years of Beauty & Wellness...and the Next 20!****Kelly Kovack**, Founder & CEO, BeautyMatter, United States**Nick Vaus**, Founder, Free The Birds, United Kingdom**4:57 – 5:27 PM**

Hospitality Lounge

Networking Energy Break + Innovation Lab**5:29 – 5:44 PM****The Susie Ellis Scholarship for Equity in Wellness: Welcome the 2026 Recipients****Presented by:****Susie Ellis**, Chair & CEO, Global Wellness Summit and Global Wellness Institute, United States**Hannah Messerli, PhD**, Economic Development Specialist, World Bank (retired), United States**Christie Lockhart**, Executive Coordinator, Global Wellness Summit and Global Wellness Institute, United States**Katrine Formby**, Founding Donor, Vice President, Sable Investments, United States**2026 Scholarship Recipients:****Krystina Maciuszko**, Whole Health Coach and Program Coordinator, US Department of Veterans Affairs, United States**Tumi Moshoeshoe-Mthombeni**, Specialist Physician, Internal Medicine, U Reap Health, South Africa**Valeria Ruiz**, Researcher and Designer, Universidad Autonoma Metropolitana, Mexico**Lily Sim**, Founder, Strive App, Malaysia

5:46 – 5:56 PM**A Musical Note & Special Presentation**

Freddie Moross, Founder & CEO, Myndstream,
United Kingdom

*All delegates who are in the plenary for this session
will receive a special gift.*

5:58 – 6:18 PM**The Power of Place: 20 Years of Seeing the World
Together**

Louie Schwartzberg, Filmmaker & CEO, Moving Art,
United States

6:19 – 6:22 PM**What a Day!**

Nancy Davis, Chief Creative Officer & Executive
Director, Global Wellness Summit and Global
Wellness Institute, United States

6:30 – 7:30 PM

Loy Krathong Bar

Happiness Hour**Sponsored by Kohler**

Raise a glass to an inspiring first day as we
celebrate fresh perspectives, groundbreaking
ideas, and the Science, Art & Soul of Wellness while
connecting with fellow delegates before dinner.

7:30 – 10:00 PM

Poolside Garden

A Taste of Thailand!

Celebrate the flavors and spirit of Thailand at an
enchanted open-air dinner under the stars. Explore
vibrant culinary stations featuring authentic Thai
specialties, enjoy refreshing drinks and lively
conversation, and connect with fellow delegates
in a relaxed, festive atmosphere. A delicious and
memorable evening of Thai hospitality!

DAY TWO

THURSDAY, NOVEMBER 12, 2026

MORNING WELLNESS ACTIVITIES

6:30 – 7:25 AM

SANCTUM Signature Sequence: The Dance of Vibrations

Experience the rhythm of life through Sanctum’s signature blend of movement, breathwork, music and collective energy. Led by founder **Luuk Melisse**, this immersive journey invites participants to release resistance, embrace change and connect with the energy within and around them.

6:30 – 7:15 AM

TECHNOGYM Hybrid Hive: Energy, Movement & Motivation

Kick-start your morning with a dynamic 45-minute workout combining functional movement, expert coaching and Technogym equipment. Designed to energize the body, sharpen focus and boost motivation, this engaging session brings participants together for an uplifting fitness experience suitable for a range of abilities.

6:30 – 7:15 AM

BuDhaGirl Wellness Collective: A Morning Sound Ritual

Begin the day with an intentional pause. Led by **Lauren Cureton** of the BuDhaGirl Wellness Collective, this restorative experience combines gentle grounding, conscious breathing and intention setting with an immersive crystal singing bowl sound bath, inviting clarity, connection and a deeper sense of presence.

6:30 – 7:15AM

WALKSHOP: The Power of Walking

Turn movement into meaningful conversation with **Thierry** and **Mary Anne Malleret**. Inspired by their bestselling book, *Ten Good Reasons to Go for a Walk*, this interactive walking session explores the science of walking and its powerful benefits for health, creativity, cognition and human connection.

DAY 2 (Thursday)

DAY TWO PLENARY SESSIONS BEGIN

All sessions in ACES unless otherwise noted.

8:30 – 8:50 AM	The Sound of Stillness: A Buddhist Opening Experience Dhammajarinnee Witthaya School Buddhist Chanting Team , Thailand Introduced by: Nancy Davis , Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States
8:52 – 9:02 AM	Ritual & Intention Jessica Jesse , GWS 2026 Co-Chair; Founder, CEO & Creative Director, BuDhaGirl®; Founder, Zen Collective; United States
9:04 – 9:24 AM	The Inner World: The Spirit of Wellness Shunya , Co-Founder, Tianren Culture, Hong Kong (SAR China)
9:26 – 9:46 AM	Beyond the Hype: Rethinking Longevity and the Business of Wellness Anna Bjurstam , Founder, Wahayla, Sweden
9:48 – 10:08 AM	The Anti-Resort: Can Hospitality Have a Point of View? Hosted by: Anna Bjurstam , Founder, Wahayla, Sweden Participants: Ronald Akili , Co-Founder, Desa Potato Head, Indonesia Huy Hoang , Founder, Shishi-Iwa House, Japan

10:10 – 10:35 AM

The Transformation Economy & Its Impact on the Wellness Economy

Video conversation featuring:

B. Joseph Pine II, Bestselling Author, Speaker & Management Advisor; Co-Founder, Strategic Horizons; United States

In conversation with:

Susie Ellis, Chair & CEO, Global Wellness Summit and Global Wellness Institute, United States

10:37 – 11:07 AM

Hospitality Lounge

Networking Energy Break + Innovation Lab

11:09 – 11:29 AM

The Great Remembering: How Powerful Ancient Practices Are Reinventing Modern Wellness

June Cohen, Author, Media and Technology Pioneer, United States

11:31 – 11:56 AM

Beyond the Wellness Boom: Where Is the Industry Really Heading—and Who Will Shape Its Future?

Moderated by:

Ingo Schweder, Founder & CEO, GOCO Hospitality, Thailand

Participants:

Professor Gerry Bodeker, Member at Green Templeton College, University of Oxford, UK and Malaysia

Rakesh Patel, CEO & Founder, Alta Capital Real Estate, Hong Kong (SAR China)

11:58 AM – 12:13 PM

Banking on Wellness

Diego Carrete, Chief Wellness Officer, First Abu Dhabi Bank, United Arab Emirates

12:15 – 12:30 PM

From Hire to Retire: Longevity in a Working Life

Denise Bober, Senior Vice President of Human Resources, The Breakers Palm Beach, United States

12:32 – 12:38 PM**Time Capsule Moment****Predictions Made in 2016 at the 10th Anniversary Global Wellness Summit**

Nancy Davis, Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States

12:40 – 12:50 PM**Debra Simon Award for Furthering Mental Wellness****Presented by:**

Lauren Wright, President, Debra Simon Family Foundation, United States

12:52 – 12:57 PM**A Moment of Gratitude: Our Sponsors & Geography of Wellness Partners**

Michelle Gamble, Senior Vice President for Global Business Development, Global Wellness Summit, United States

Jane Kitchen, Media & Trends Analyst, Global Wellness Summit; Director, Geography of Wellness and Ambassador Programs, Global Wellness Institute; United Kingdom

THREE CONCURRENT LUNCH OPTIONS**12:59 – 2:29 PM**

ACES Prefunction & Hospitality Lounge

Innovation Lab Open**12:59 – 2:29 PM**

Bodega Grill

This is an invitation-only lunch for Ambassadors of the nonprofit GWI. Visit the registration desk to become an Ambassador, or email Jane Kitchen.

VIP Lunch for GWI Ambassadors Only

The Global Macro Outlook—How Will It Affect Wellness & the Wellness Economy

Hosted by:

Thierry Malleret, Co-Founder and Managing Partner, Monthly Barometer, France

12:59 – 2:29 PM

Market Place,
Angsana Ballroom,
Anchan+Orchid,
Tabak+Phak Tob,
Bodega Grill

Table Topic Networking Lunch

All options will be listed here with room assignments.

2:31 – 3:01 PM

Shark Tank Of Wellness

Nancy Davis, Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States

Christie Lockhart, Executive Coordinator, Global Wellness Summit and Global Wellness Institute, United States

Finalists:

Darwen Deil Lachica, Bachelor of Science in Management, University of the Philippines - Cebu, Philippines

Professor: **Chum Keji Ocan**

Imani Laird, Political Science, Hampton University, United States

Professor: **Glenda Evans**

Weronika Szlachcic, Management and Quality Sciences, Wroclaw University of Economics and Business, Poland

Professor: **Iwona Czerska**

Wellness Sharks:

Karen Campbell, Business Development Director, Chiva-Som, Thailand

Mia Kyricos, Founder & Chief Strategist, Kyricos and Associates, LLC, United States

Frank Pitsikalis, SVP, Product Strategy and CMO, Agilysys, Canada

3:03 – 3:23 PM

Building Community: The New Currency of Hospitality Brands

In Conversation:

Lisa Von Tang, Founder & Creative Director, Lisa Von Tang, Singapore

Colin Low, CEO, Patience Lifestyle, Singapore

Lexie Rodriguez, VP of Lifestyle, Capella Hotel Group, Singapore

3:25 – 3:40PM

World Premiere Film — Stories That Move Us

Tal Danai, Founder & Creative Director, ArtLink, United Kingdom

3:42 – 3:57 PM**Immersive Entertainment: The Science-Backed Blueprint for the Next Frontier in Wellness****Deron Triff**, Founder, Project VELUM, United States

3:59 – 4:29 PM

Hospitality Lounge

Networking Energy Break + Innovation Lab

4:31 – 4:51 PM**The Women's Health Conversation Nobody Wants to Have****Christopher Asandra, MD**, Founder & Chief Medical Officer, AsandraMD, United States

4:53 – 5:13 PM**Wellness for Millions, Not Millionaires****Ramona Chiriac**, Vice President, Global Impact, Therme Group, Romania

5:15 – 5:35 PM**Can a Wellness Destination Keep Its Soul as It Scales?****Krip Rojanastien**, Chairman & CEO, Chiva-Som International Health Resorts, Thailand

7:30 – 10:30 PM**The 2026 GWS Gala**

Celebrate 20 years of the Global Wellness Summit with an extraordinary evening on the shores of Phuket. Follow an illuminated pathway to a spectacular beachfront setting beneath the tropical night sky, where our Thai hosts will welcome the global wellness community for an unforgettable evening of exceptional cuisine, warm hospitality and meaningful connections. A magical setting for the Summit's signature celebration—and a night not to be missed.

DAY THREE

FRIDAY, NOVEMBER 13, 2026

MORNING WELLNESS ACTIVITIES

6:30 – 7:00 AM

Technogym Mind & Body Movement: Free Your Mind—Flow, Hold & Breathe

Restore balance through mindful stretching, mobility exercises and guided breathing. Using the Technogym Wellness Ball, mat and bodyweight movements, this restorative session improves flexibility, posture and body awareness while releasing tension and strengthening the mind-body connection. Suitable for all fitness levels.

6:30 – 7:15 AM

BuDhaGirl Wellness Collective: A Morning Sound Ritual

Begin the day with an intentional pause. Led by **Lauren Cureton** of the BuDhaGirl Wellness Collective, this restorative experience combines gentle grounding, conscious breathing and intention setting with an immersive crystal singing bowl sound bath, inviting clarity, connection and a deeper sense of presence.

DAY THREE PLENARY SESSIONS BEGIN

All sessions in ACES unless otherwise noted.

8:30 – 8:55 AM

What Remains When We Stop Trying to Improve Ourselves?

Ajahn Jayasaro, Buddhist Monk & Spiritual Teacher, Thailand

8:57 – 9:17 AM

The Hospitality Empire That Refuses to Stand Still

William E. Heinecke, Founder & Chairman, Minor International, Thailand

In Conversation with:

Nancy Davis, Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States

9:19 – 9:29 AM

Lifespan. Healthspan. Playspan.

Jiří Dvořák, MD, PhD, 2026 GWS Co-Chair;
Professor of Neurology, Schulthess Clinic Zurich
& BDMS Wellness Clinic; Former Chief Medical
Officer, FIFA; Switzerland

9:31 – 9:51 AM

Can You Design a Place People Feel They Belong?

Bernhard Bohnenberger, Co-Founder & CEO,
Discover Collection, Thailand

In Conversation with:

Sarah Miller, Luxury Brand Ambassador, Wall
Street Journal, United Kingdom

9:53 – 10:13 AM

**From Paradise to Purpose: The Evolution of
Wellness Hospitality**

Ho KwonPing, Founder & Executive Chairman,
Banyan Group, Singapore

10:15 – 10:45 AM

Hospitality Lounge

Networking Energy Break + Innovation Lab

10:47 – 11:07AM

Cultures That Flourish in a Fractured World

Renee Moorefield, PhD, Founder & CEO, Wisdom
Works Group, United States

In Conversation with:

Eva McLellan, Global Healthcare Executive and Co-
Founder, Unlocking Eve, Switzerland

11:09 – 11:29 AM

**Future Wellness Cities: Cultural Capital &
Wellness-Led Urban Developments**

Moderated by:

Heidi Moon, Chief Marketing Officer, Global
Wellness Summit and Global Wellness Institute,
United States

Participants:

David Delrahim, Founder & CEO, COCUN, United
States

Proudpuh Liptapanlop, Executive Director, Proud
Real Estate, Thailand

Ari Peralta, Director, Arigami, United States

11:31 – 11:41 AM**Passion Story: Why Longevity Needs an Ithaka****Marina Efraimoglou**, Owner & Founder, Euphoria Retreat, Greece**11:43 – 11:53 AM****Global Wellness Day: Drumming Up a Movement****Belgin Aksoy**, Founder, Global Wellness Day, Turkey**11:55 – 12:55 PM****Relaxed Lunch**Market Place,
Angsana Ballroom,
Anchan+Orchid,
Tabak+Phak Tob,
Bodega Grill**12:57 – 1:03 PM****Announcement of Shark Tank of Wellness Awards***\$10,000 in Prize Money Awarded to Finalists: 1st, 2nd, and 3rd place***Shark Tank Finalists:****Darwen Deil Lachica**, Bachelor of Science in Management, University of the Philippines - Cebu, Philippines**Imani Laird**, Political Science, Hampton University, United States**Weronika Szlachcic**, Management and Quality Sciences, Wroclaw University of Economics and Business, Poland**Wellness Sharks:****Karen Campbell**, Business Development Director, Chiva-Som, Thailand**Mia Kyricos**, Founder & Chief Strategist, Kyricos and Associates, LLC, United States**Frank Pitsikalis**, SVP, Product Strategy and CMO, Agilysys, Canada**1:05 – 1:25 PM****Thailand's Vision: Leading the Future of Global Health and Wellness****H.E. Pattana Promphat**, Minister of Public Health, Ministry of Public Health, Thailand

1:27 - 1:47 PM	BDMS: Putting the “Hospital” in Hospitality Tanupol Virunhagarun, MD , Chief Executive Officer, Group 8 (BDMS Wellness Clinic, BDMS Wellness Resort and BDMS Silver), Bangkok Dusit Medical Services Public Company Limited (BDMS), Thailand
1:49 - 2:09 PM	The Next Billion Consumers Will Rewrite the Wellness Rulebook Melodie Nakhle , Global Chief Marketing Officer, Amway, United States
2:11 - 2:31 PM	The Next Chapter in Global Hospitality Neil Jacobs , Founder, Wild Origins, United States In Conversation with: Nancy Davis , Chief Creative Officer & Executive Director, Global Wellness Summit, United States
2:33 - 2:58 PM Hospitality Lounge	Networking Energy Break + Innovation Lab
3:00 - 3:25 PM	The Art of Living Well: Movement, Memory and the Wisdom of Place Lindsay Madden-Nadeau , Senior Director Wellness Strategy & Development, Red Sea Global, Kingdom of Saudi Arabia Bilal Allaf , Choreographer, Kingdom of Saudi Arabia
3:27 - 3:47 PM	A Quiet Revolution: A Case for Putting Hearing on Your Longevity Play List Nancy Davis , Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States In Conversation with: Julie “DJ Hesta Prynn” Slavin , DJ & Licensed Clinical Therapist, Music Connection Therapy, United States

3:49 - 3:59 PM**Special Presentation: The Woman Who Changed the Wellness World****Presented by:**

Nancy Davis, Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States

With GWS Strategic Partners, Sponsors, GWS & GWI Advisory Boards

4:01 - 4:11 PM**Special Presentation: The Woman Who Changed Our World**

Nancy Davis, Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States

With GWS + GWI Teams

4:13 - 4:23 PM**Special Presentation: Co-Chair Awards**

Nancy Davis, Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States

Susie Ellis, Chair & CEO, Global Wellness Summit and Global Wellness Institute, United States

2026 GWS Co-Chairs

Cathy Feliciano-Chon, Managing Partner, FINN Partners APAC, Greater China, Hong Kong

Jiří Dvořák, MD, PhD, Professor Emeritus of Neurology, University of Zurich; Co-Founder and Executive Senior Adviser, BDMS Wellness Clinic; Switzerland

Jessica Jesse, Founder, CEO & Creative Director, BuDhaGirl®; Founder, Zen Collective, United States

Pongsadhorn Pokpermdee, MD, PhD, Director General, Department of Thai Traditional and Alternative Medicine, Ministry of Public Health, Thailand

4:25 - 4:30 PM

Flag Tease!

Nancy Davis, Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States

Susie Ellis, Chair & CEO, Global Wellness Summit and Global Wellness Institute, United States

4:32 - 4:38 PM

Announcement: GWS 2027

Nancy Davis, Chief Creative Officer & Executive Director, Global Wellness Summit and Global Wellness Institute, United States

Susie Ellis, Chair & CEO, Global Wellness Summit and Global Wellness Institute, United States

With Special Guests

4:39 - 4:45 PM

Film Premiere: 20 Years & Going Strong

Claire Small, Head of Creative, BBC Studios, United Kingdom

4:47 - 4:52 PM

Special Presentation: The Woman Who Is Our World

Nancy Davis, Chief Creative Officer & Executive Director, Global Wellness Summit, United States

Katrine Formby, Vice President, Sable Investments, United States

With Special Guests

4:53 - 5:00 PM

The Last Word & Sparkling Toast

Susie Ellis, Chair & CEO, Global Wellness Summit and Global Wellness Institute, United States

POST-SUMMIT EXPERIENCES

FRIDAY, NOVEMBER 13 – MONDAY, NOVEMBER 16

Immersive Resort Experiences

Restore, recharge, and experience Thailand’s legendary wellness hospitality with exclusive stays at some of the country’s most celebrated wellness retreats, including [Chiva-Som Hua Hin](#), [Kamalaya Koh Samui](#), [Anantara Layan Phuket](#) and [Clinique La Prairie](#).

SATURDAY, NOVEMBER 14

*All excursions depart from and return to Angsana Laguna Phuket.
Book through Summit registration or Summit app by November 2.*

8:00 AM – 1:00 PM

Jungle Zipline Experience

Experience the rainforest from above at Hanuman World Phuket. Soar across one of Thailand’s premier zipline courses, enjoy panoramic views from the Skywalk, and challenge yourself with an unforgettable adventure that combines movement, nature, and exhilaration.

8:00 AM – 1:00 PM

Market to Table Cooking Class

Explore Thailand’s culinary wellness traditions with a guided market visit followed by a hands-on cooking class at the renowned Blue Elephant Cooking School. Learn to prepare authentic Thai dishes with local ingredients and authentic cooking techniques before enjoying the meal you’ve created.

8:00 AM – 4:00 PM

Private Speedboat Tour of Phang Nga Bay

Discover the spectacular beauty of Phang Nga Bay by private speedboat, cruising through one of Thailand’s most iconic seascapes of emerald waters and dramatic limestone karsts. Explore hidden lagoons by canoe, visit the famous James Bond Island, experience the floating village of Koh Panyee, and enjoy a relaxing lunch on the private shores of Naka Noi Island before unwinding on its beautiful beaches.

8:30 AM – 1:30 PM	Elephant Sanctuary Experience Spend a meaningful day at Phuket Elephant Sanctuary, where rescued elephants roam freely through lush jungle and open fields. Learn about the sanctuary's conservation mission, observe elephants in their natural habitat, participate in a hands-on activity supporting the herd, and enjoy a nourishing vegetarian Thai lunch.
8:30 AM – 5:00 PM	Wellness Business Day Tour Gain privileged access to some of Thailand's most innovative wellness businesses. Featured experiences include the new Clinique La Prairie Health Resort at Tri Vananda (a multigenerational real estate community), Tri Vananda, JARA Wellness Center at Trisara Resort, Layan LIFE by Anantara, and BDMS Wellness Clinic. Led by Lisa Starr , a spa and wellness business consultant, educator, podcaster and journalist.
9:00 AM – 2:00 PM	Old Town Phuket Walking Tour Immerse yourself in Phuket's rich cultural heritage through historic neighborhoods, a stop to Ban China Inn for desserts and a live Gu-Zheng performance, a visit to the Moh Seng Historical Museum, and hands-on culinary workshops at Ban Khun Chananithet where guests prepare local dishes like Hokkien noodles and Phuket desserts. The experience concludes with a relaxed hillside lunch at Tung Ka Café, overlooking Phuket Town and the Andaman Sea.
Times Vary	Anantara Layan: Post-Summit Wellness Day Layan Life workshop, movement, sound healing and wellness cooking; separate booking.
Evening	Anantara Layan: Stargazing Experience & Cocktail Night For in-house guests.

Meeting time and location by request

Hosting a Future Summit

Meet with **Nancy Davis**, GWS Chief Creative Officer & Executive Director, and **Michelle Gamble**, GWS SVP, Global Business Development, to discuss your interest in hosting a future Summit. Please reach out to Michelle (michelle.gamble@globalwellnesssummit.com) ahead of time to schedule your meeting.