

## Ireland's Ambassador for GLOBAL WELLNESS DAY announces 2016 activities

#GlobalWellnessDay

**Saturday 11<sup>th</sup> June** will mark the fifth Global Wellness Day (GWD), set to be celebrated around the world. With an international network of over 70 Global Wellness Day ambassadors, **Kira Walton, Co-Founder of VOYA**, already has her paddle in hand, as she 'SAYS YES!' to universal wellness.



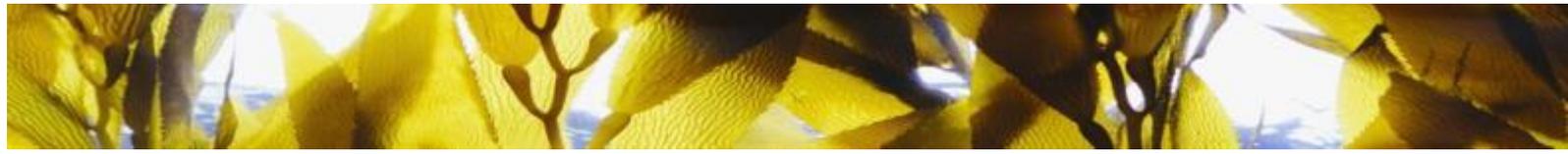
With planned activities set to promote wellness for the mind and body, those both near and far are invited to join Kira, the VOYA team and a variety of local wellness experts. **Commencing at 9am on Saturday 11<sup>th</sup> June**, VOYA will meet participants at the Sligo Enterprise Centre, where the day will start with a **45-minute mindful meditation practice**. This will be led by **Noeleen Tyrrell** from award-winning eco retreat centre, **Ard Nahoo**. **Meditation** aids to reduce stress, increase brain productivity and further aid a good night's sleep, taking a few minutes each day to reflect and gather your thoughts will allow you to instantly feel the benefits of a healthy body and peaceful mind.

Following this, renowned '**Personal Change Coach**', **John Graham**, will be giving a **45-minute talk on 'sleep'**, addressing sleep disorders and problems, and how a natural and consistent sleep cycle is within reach. Helpful hints, tips and tricks will also be revealed, enabling you to switch off your mind at night, for maximum energy and productivity the next day.

**Anne-Marie O'Halloran**, founder of **Yoga Meon** will host a **yoga session** tailored for all levels. The practice will incorporate mindful breathing, whilst gently increasing body flexibility for sense of overall wellness.

Having reset both the mind and body, VOYA will also host their annual **10,000 Step Challenge**, where a gentle walk across the bays of Sligo perfectly work up an appetite for lunch.

After a light lunch, **Sarah Middleton**, dance instructor and choreographer, will be welcoming all levels to partake in a **Dance Wellness** class, where fun and laughter are guaranteed for all ages. **Fitness 4 All** will be holding '**Rebounding** class' and then kid's activities will be hosted also further promising to keep children active, engaged and most



importantly away from the Xbox in the afternoon. With a wide range of exciting activities, fitness will be improved without anyone even noticing.

Those participating in activities will also have their name automatically entered into an exciting prize draw, where one lucky winner will receive a hamper full of VOYA goodies – the ultimate at-home, gift of spa!

To encourage awareness both locally and nationally, VOYA has created a [GWD Ireland Facebook Page](#) to get individuals thinking about their wellbeing and the small steps they can take personally to achieve a healthier and happier lifestyle. Through this page, VOYA will be engaging with people across Ireland with the intent of ensuring that they feel supported within their journey. As well as supporting others, VOYA has already received great support from their spas, as they come together to celebrating Global Wellness Day to promote happier and healthier lives.

For further information please visit

[www.globalwellnessday.org](http://www.globalwellnessday.org) or [www.voya.ie](http://www.voya.ie)

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**Note to Editors:**

VOYA, is an award-winning spa brand specialising in luxury organic skincare products incorporating hand-harvested seaweed from the wild Atlantic coast of Ireland.

It has grown out of a very successful family-run seaweed baths business in Strandhill, Co. Sligo, off the wild Atlantic coast of Ireland. As the popularity of the Walton's Seaweed Baths grew, more and more people wondered if there was some way they could replicate the experience in their own homes. By combining the Walton's knowledge of the therapeutic properties of wild seaweed with the expertise of highly skilled natural cosmetic scientists, marine biologists and dermatologists from around the world, they have been able to carry the unique qualities and effects of seaweed into their beauty and skincare products – and so VOYA was born. Organic beauty from the sea - the first genuinely organic seaweed based cosmetic products in the world.

VOYA's products and treatments are available throughout Ireland as well as in the leading spas of the world. VOYA is now a supplier to 38 countries and some of the world's top spas and hotels including the Burj Al-Arab, Ritz Carlton, Four Seasons Properties, Queen Mary II, Canyon Ranch cruise ships, St Regis Hotels & Resorts, GHM Hotels, and Waldorf Astoria.

The company is committed to carbon balance and have helped protect over 6,098 m2 of world wildlife habitat by cutting its carbon emissions and supporting the World Land Trust, an international conservation charity which protects the world's most biologically important and threatened habitats acre by acre.