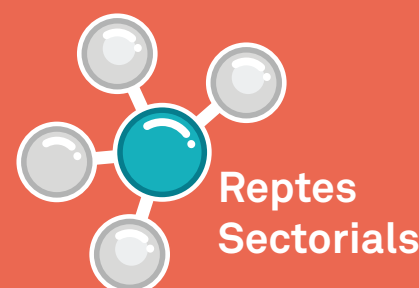


# Heritage tourism through wellbeing practices and spiritual sites

## Seminar from the series NEW GAZES ON TOURISM AND HERITAGE (Online)

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Wednesday, 12th May at 11.00 h



The seminar series dedicated to New Gazes on Tourism and Heritage aims at presenting pioneering initiatives that highlight new approaches and directions emerging around these two topics in constant transformation.

In this session, Dr. Sílvia Aulet - professor at the Faculty of Tourism at the Universitat de Girona - will introduce the seminar by presenting the relationship between wellbeing tourism and cultural and natural heritage. Following Dr. Aulet, Dr. Josep Lluís Iriberry - professor, counsellor and director of the Ignatian Way's Pilgrimage Office - will talk about pilgrimage and spiritual tourism connected to the Ignatian Way. Edgar Tarrés - Mindful Hacker and Mindful Travel Consultant - will present the Ribeira Sacra (Galicia, Spain) case study and how wellbeing experiences practiced in heritage sites can transform the world. To conclude, Dr. László Puczkó - CEO Co-founder of Health Tourism Worldwide - will describe the history of Hungarian thermal spa culture and its connection to wellbeing and health tourism.

This session is organized by the sectoral hubs of Tourism and Cultural and Natural Heritage at the Universitat de Girona in collaboration with the Costa Brava Girona Tourist Board.

Attendance is free with previous registration to the following **LINK**.

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### Programme

#### 11.00h Seminar presentation

Dr. Sílvia Aulet, professor at the Faculty of Tourism at the Universitat de Girona  
Moderated by Clàudia Trias, Wellness Product Manager at the Costa Brava Girona Tourist Board

#### 11.15h Pilgrimage as Sacred Tourism: the Ignatian Way in Spain

Josep Lluís Iriberry, Professor & Counsellor. Director of Ignatian Way Pilgrim's office

#### 11.35h Mindful Heritage Experiences. How wellbeing experiences in heritage sites can transform the world. A showcase study at the Ribeira Sacra (Galicia - Spain)

Edgar Tarrés, Mindful Hacker. Mindful Travel Consultant and Designer of Wellbeing Experiences

#### 11.55h The history of Hungarian thermal spa culture and its connection to wellbeing and health tourism

László Puczkó, CEO & Co-founder, Health Tourism Worldwide

#### 12.15h Q&A

#### 12.35h End of session

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