The Formentera Office of Tourism is pleased to announce that from 24 to 26 September the seventh Formentera Zen will take place on the island. Dedicated to holistic wellness, the programme of master classes, workshops and talks focuses on dermatology, cosmetics, beauty, psychology, psychiatry, science and wellness, nutrition, batch cooking, wellness at home, exercise, yoga and more.

Formentera has hosted the Puro Benestar-organised event seven years, said president and tourism chief Alejandra Ferrer, who insisted the aim was to give residents and visitors “a space to reconnect body and mind”. She also asserted it had become “an end-of-season filip for tourism” and a “natural fit for an island so intimately associated with health and physical and emotional wellness”.

The number of participants at this year’s Formentera Zen will be limited based on Covid constraints in force when the event is held. Capacity has been set at 150, with two-thirds of available spaces already claimed. Signups can be completed at www.formenterazen.es , where visitors can also find complete details on the programme and speakers. Formentera residents get 50% off the normal price.

Organisers say Formentera’s light, tranquility and beauty make it a unique and incomparable backdrop to experience health, wellbeing and happiness. As in 2020, complete health and safety protocol will be enforced at the event.

30 August 2021
Communications Office
Consell de Formentera