The Formentera Office of Tourism is pleased to announce that on Tuesday 21 June, model and yogi **Verónica Blume** will be on the island to help us celebrate International Yoga Day.

To mark the special day, the Consell de Formentera and Puro Bienestar have revived a one of a kind master class in **La Savina port** with Blume, an international leading light in the profession.

The United Nations has chosen this date to build awareness around the benefits of yoga, a holistic wellness discipline which engages the body in an integral, harmonious and balanced way while respecting natural cycles.

"The Way Back to You" promises to be a special, intimate and very personal exercise. There will be a consciousness-oriented master class in yoga, which organisers hope will push attendees to start, remember or resume that path that leads back to themselves.

**The class is scheduled for 8.00pm, June 21, on the patio of the Fishermen's Guild [*Confraria de Pescadors*
] in La Savina.**

This event is charitable and tuned for sustainability, so proceeds will go to preserving posidonia seagrass. Registration costs **€25**. Space is limited and mats will be provided, but participants should bring warm clothing for the final relaxation exercise.

Click here to sign up.

1 June 2022
Communications Office
Consell de Formentera


DIA INTERNACIONAL DEL
Ioga
FORMENTERA
VERÓNICA BLUME
CLASSE MAGISTRAL DE IOGA AL SOLPOST
El camí de tornada a tu
ESDEVENIMENT BENÈFIC
21 JUNY 2022
20.00 H
Terrassa de Confraria de Pescadors, al port de la Savina (Formentera)
INFORMACIÓ I INSCRIPCIÓ:
www.formenterazen.es
INICIA, RECORDA I SENT EL CAMÍ QUE ET PORTA A TU...
Un esdeveniment de:
Formentera
Fons destinats a:
Col·laboren:
Organitza: