



The Office of Tourism of the Consell de Formentera, in collaboration with Puro Bienestar, is pleased to report that the island will celebrate International Yoga Day with a master class from Alessandra Oram on 21 June. Oram, a yoga instructor, specialises in Navakarana Vinyāsa, with which she will offer "a unique journey of transformation."

"The Power of Self-Transformation with Alessandra Oram" will be held on the terrace of the Fishermen's Guild (*Confraria de Pescadors*) in the port of La Savina, 21 June at 7.30pm.

Interested parties can consult all the information and register on

<https://formenterazen.es/dia-internacional-del-yoga/>.

This is a charitable initiative: all proceeds from the symbolic registration fee of €10 will go to Save Posidonia Project, a pioneering effort to promote sustainable tourism on Formentera and safeguard posidonia seagrass through several lines of action.

Alessandra Oram is the first instructor to practise Navakarana Vinyāsa in Spain and one of the few professionals to practise it in Europe. This new and dynamic form of yoga constitutes a comforting practice adapted to all levels, and allows followers to gain awareness, strength and flexibility.

This limited-capacity event is backed by the Office of Tourism of the Consell de Formentera and Puro Bienestar, and benefits from the collaboration of Trasmapi and Port Authority of the Balearic Islands.

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Office of Communication

Consell de Formentera