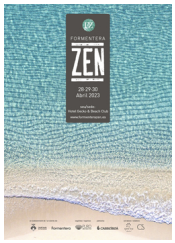
The Office of Tourism of the Consell de Formentera is pleased to report that registration is are now open for the ninth Formentera Zen, which will unfold on the island on 28, 29 and 30 April. This wellness event is backed by the Consell de Formentera and organised by Puro Bienestar.

Alejandra Ferrer, vice president and tourism councillor, explained that "the scheduling of this year's Formentera Zen once again marks an effort to draw visitors in the pre-season", and said the event offered "the promise of healthy leisure to tourists and islanders alike." Moreover, Ferrer pointed out, "this year we have created a special event for families: Formentera Zen Kids & Families."

This day-long event will take place 1 May, a bank holiday, and admission is included in the Formentera Zen registration fee. Formentera and Eivissa residents enjoy a 50% discount on Formentera Zen registration. It will also be possible to register only for the family day, with Formentera residents also paying half price for that event.




**Programme**
The Formentera Zen programme has been designed with multidisciplinary sessions covering every dimension –physical, intellectual, environmental and social– of the human being. Participating professionals will include Alejandra Vallejo-Nágera (psychologist), Natalia Zubizarreta (interior designer), Sari Arponen (doctor of biomedical sciences), María Casado (expert in integrated wellness), Enric Sánchez (journalist and podcaster), Cristina Martínez (doctor of psychology), Esther Gómez (nurse and communicator), Miguel Trainer (personal trainer) and Cristina Boscá (radio presenter).

Formentera Zen 2023 will also feature yoga teacher from Hong Kong Alessandra Oram; artist, dancer and choreographer Vicky Gómez; pharmacist and nutritionist Amelia Plató, and nurse

and sexologist Laura Cámara. All speakers at this year's event have more than one and a half million social media followers, among whom they share fundamental keys to wellness and living healthier and more balanced lives.



**Formentera Zen Kids & Families**
Among the new features of this year's Formentera Zen is Formentera Zen Kids & Families. On 1 May, there will be master classes, lectures and workshops on a variety of new topics related to the holistic (physical, mental and emotional) wellbeing of the family unit.

The day will feature creative and innovative activities tailored to promote wellness in families. Talks will focus on child psychology, nutrition, health and sleep. Top-level professionals will lead related activities in each field, offering tools to manage situations in the family environment.

The event will also include a variety of workshops to entertain and teach children. The main venue will be Gecko Hotel. Visit www.formenterazen.es to register.

*25 February 2023*
*Office of Communication*
*Consell de Formentera*