

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



Logo

VERÓNICA BLUME

CLASES MAESTRAL DE YOGA AL SOLAROT

El camino del recuerdo a tu

presente y futuro interior.

21 JUNY 2022

20.00 H

Remota de Canaries del

Recuerdo, el paso del Sol

(Formentera)

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