The Formentera Office of Tourism is pleased to announce that registrations are now open to participate in the eighth Formentera Zen, 14 to 16 October. Backed by the Consell de Formentera and organised by Puro Bienestar, this wellness event showcases experts in positive psychology, emotional intelligence, self-knowledge, healthy habits, nutrition, fitness, dance, neuroscience, self-care and beauty, sleep and rest, sound baths, yoga and meditation.

Alejandra Ferrer, vice president and councillor of tourism, described Formentera Zen as part of the off-season tourism-boosting "Discover Formentera in October" campaign: "With summer behind us, Formentera Zen is about getting visitors and islanders alike to put the focus on the person and foster wellness of body and mind". Residents of Formentera enjoy a 50% discount on registration fees.

The 2022 programme includes multidisciplinary sessions that address the physical, intellectual, environmental and social dimensions of the human being and welcomes professionals such as Marta Verona (Masterchef 6), Cesc Escolà (Operación Triunfo and Muévete en casa), Jana Fernández (El Podcast de Jana Fernández), Marta Romo (Entrena tu cerebro), Marc Oromí (The Massage House), Júlia Rovira (Vadesabores) and Teresa Arnandis (Ladyscience).

Other participants will include psychologist Elena Puig; London-based artist Diana Pintado; musical alchemist José Manuel Martínez, and Greek yoga teacher Yiannis Mukta Om.

Between them, participating speakers reach a total of one million followers on social networks, disseminating keys to wellness and living healthier and more balanced lives. "These days the name of Formentera will ring out far and wide", said Vice President Ferrer, "and it will be associated with the world of wellness, health and nature".

Among the sessions of the holistic wellness programme are "When sleep gets better, everything gets better"; "Overcome the limits of your mind"; "The power of self-massage: a relationship of self-love"; "Supernutrition: nurture yourself healthily, soothingly and efficiently"; "Get to know your body so you can understand and care for it"; "Consciousness and ego", and "Hi, how's it

going? Shall we talk?". Formentera Zen 2022 will also include a live cooking session highlighting seasonal recipes and local produce and two master classes: dance fitness and dharma yoga.

Collaborators in the event, which will be held at the Gecko Hotel & Beach Club, include Sa Pedrera Suites & Spa, Trasmapi, Proauto Rent a Car and La Fabrica Artigianale.

Information and registration: https://formenterazen.es | comunicacion@purobienestar.es

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Communications Office
Consell de Formentera