

This weekend 200 people took part in Formentera Zen on Cala Saona beach, where attendees tapped into the unique spirit of the island from the water's edge.

From Friday to Sunday (24–26 September), the seventh Formentera Zen focused on holistic wellness and featured master classes, workshops and lectures on dermatology, cosmetics, beauty, psychology, psychiatry, scientific and wellness dissemination, nutrition, batch cooking, health at home, physical exercise, yoga and more.

President and Councillor of Tourism Alejandra Ferrer was in charge of closing the event and welcomed participants' positive feedback about the Consell-sponsored event overseen by Puro Bienestar. "Events like these are about giving our visitors and residents a space to reconnect body and mind", she offered, underscoring Formentera's association with physical and emotional well-being and remarking that Formentera Zen's place at the end of the summer calendar was an "added bonus".

Capacity at Formentera Zen 2021 was limited per current COVID-19 constraints. Organisers assert the island's light, silence and natural beauty make it a unique and incomparable backdrop for experiences in health, wellbeing and happiness. Just like last year, the 2021 Formentera Zen will be held in full compliance with health and safety measures in force at the time of the event.

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Communications Office
Consell de Formentera