

The Formentera Council's department of sport reports that from Friday to Sunday, the island will host the fourth Formentera Zen.

Formentera Zen is three days of wellness in the stunning setting formed by Formentera's signature light, silence and tranquility. October is one of the best times of year to visit the island. Things move at a different pace, one perfectly suited to a range of movement and disciplines promoting physical and emotional wellness.

Core activities on the programme cover yoga, Pilates, snorkeling, Antigym and Paleotraining, although Formentera Zen also proposes education and training, including dedicated workshops about Eco Diet, mindfulness, aromatherapy and emotional intelligence. Daily from 10.30am to 3.00pm there will also be a *fira ecosaludable*, or “green fair”, where local producers will gather to peddle their fare, including organic and raw food.