

The Office of Tourism of the Consell de Formentera reports that from 11–13 October, Formentera Zen will return to the island for its fifth year of day-long deep-dives into physical and emotional health and wellness alongside Discover Formentera in October.

President and tourism chief Alejandra Ferrer highlighted the Consell-backed programme's approach to leveraging "Formentera's signature tranquility to propose an array of activities from yoga and fitness to meditation and mindfulness", and pointed to "its draw on October visitors keen to skip the crowds, and take it nice and slow on their visit".

Experts each discipline will offer workshops, talks and classes. The complete programme and a link to register —tourists pay €90; islanders €45— can be found at https://formenterazen.es/ca/formentera-zen/el-programa/
(currently 30 are enrolled). Core categories include diet, emotional intelligence, physical activities and other pillars of well-being.

Masterclass with Veronica Blume

Formentera Zen activities are staged in specially adapted venues, like a masterclass with the acclaimed Veronica Blume in the Sant Francesc square on Saturday 12 October at 6.00pm.

President Ferrer pointed out that Formentera Zen runs parallel to another event, Fòrum Posidonia Project: "It's a way to fuse support for individual care with support for care for the planet".

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