The Formentera Office of Tourism is pleased to announce that Saturday 19 and Monday 21 June will come with two guided yoga sessions from international guru Xuan Lan. For International Yoga Day on Monday, the Consell de Formentera has teamed up with Puro Bienestar to spotlight a discipline centred on the wellbeing of the body and mind.

Lan is a wellness expert and exponent of myriad yoga styles, and her special demonstration in a unique setting promises a magical mood of detachment in the port of la Savina. The first session, “Brahma sunset yoga: back to the essence”, happens Saturday at 7.30pm, while the second, “108 sun salutations”, will take place at the same time two days later. Each session costs €20 and proceeds benefit conservation of posidonia seagrass through the Save Posidonia Project.

Complete information can be found at https://formenterazen.es/dia-internacional-del-ioga .

14 June 2021
Communications Department
Consell de Formentera