



# Wellness Activities

Teranka  
FORMENTERA

# Wellness Activities

## SEPTEMBER WEEKLY CALENDAR

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**MON 2<sup>ND</sup>** Pilates 09:00  
Yoga 18:00

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**TUE 3<sup>RD</sup>** Yoga 09:00  
Botanical ceramic 18:00

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**WED 4<sup>TH</sup>** Yoga 09:00  
SUP Yoga 18:00

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**THU 5<sup>TH</sup>** Pilates 09:00  
Yoga 18:00

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**FRI 6<sup>TH</sup>** Yoga 09:00  
Resident artist workshop with Anna Ametller 18:00

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**SAT 7<sup>TH</sup>** Yoga 09:00  
Paint with watercolours 18:00

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**SUN 8<sup>TH</sup>** Yoga 09:00  
Chi Kung 18:00

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Complimentary for hotel guests · 40 EUROS per activity per visitor.  
Booking required. We ask that you please be on time.



# Wellness Activities

## SEPTEMBER WEEKLY CALENDAR

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**MON 9<sup>TH</sup>** Pilates 09:00  
Yoga 18:00

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**TUE 10<sup>TH</sup>** Yoga 09:00  
Botanical ceramic 18:00

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**WED 11<sup>TH</sup>** Yoga 09:00  
SUP Yoga 18:00

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**THU 12<sup>TH</sup>** Pilates 09:00  
Yoga 18:00

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**FRI 13<sup>TH</sup>** Yoga 09:00  
Resident artist workshop with Anna Ametller 18:00

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**SAT 14<sup>TH</sup>** Yoga 09:00  
Paint with watercolours 18:00

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**SUN 15<sup>TH</sup>** Yoga 09:00  
Chi Kung 18:00

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# Wellness Activities

## SEPTEMBER WEEKLY CALENDAR

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**MON 16<sup>TH</sup>** Pilates 09:00  
Yoga 18:00

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**TUE 17<sup>TH</sup>** Yoga 09:00  
Botanical ceramic 18:00

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**WED 18<sup>TH</sup>** Yoga 09:00  
Botanical ceramic 18:00

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**THU 19<sup>TH</sup>** Pilates 09:00  
Yoga 18:00

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**FRI 20<sup>TH</sup>** Yoga 09:00  
Have fun drawing 18:00

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**SAT 21<sup>ST</sup>** Yoga 09:00  
Paint with watercolours 18:00

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**SUN 22<sup>ND</sup>** Yoga 09:00  
Chi Kung 18:00

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# Wellness Activities

## SEPTEMBER WEEKLY CALENDAR

**MON 23<sup>RD</sup>** Pilates 09:00  
Yoga 18:00

**TUE 24<sup>TH</sup>** Yoga 09:00  
Botanical ceramic 18:00

**WED 25<sup>TH</sup>** Yoga 09:00  
SUP Yoga 18:00

**THU 26<sup>TH</sup>** Pilates 09:00  
Yoga 18:00

**FRI 27<sup>TH</sup>** Yoga 09:00  
Resident artist workshop with Anna Ametller 18:00

**SAT 28<sup>TH</sup>** Yoga 09:00  
Paint with watercolours 18:00

**SUN 29<sup>TH</sup>** Yoga 09:00  
Chi Kung 18:00

**MON 30<sup>TH</sup>** Pilates 09:00  
Yoga 18:00

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## TERANKA FORMENTERA

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