

Teranka  
FORMENTERA

ESSENCE OF FLOW SERIES 2025

Sanctum



Mindful movement gurus land for the first time at Teranka returns for two inspirational sessions designed to unearth your potential, expand your mind, and reach mindful euphoria.



## SANCTUM SIGNATURE SEQUENCE

SUNSET SESSION

SATURDAY 7<sup>TH</sup> JUNE

Unstuck and release, amplify potential, and spark transformation.

Our Sanctum Signature Sequence is a cathartic, mindful movement experience designed to empower the body and expand the mind. Be guided to your physical, emotional and mental edge, unlocking new levels of focus, creativity, and self-awareness within a shared, energizing atmosphere – all accompanied by a unique musical soundtrack

**Start: 9PM | Walk-ins & Registration: 8:30PM**



## MINDFUL NATURE WALK

SUNDAY 8<sup>TH</sup> JUNE

Reimagine connection within, between and beyond.

Experience one of our most iconic offerings: a curated mindful walk through Formentera's serene natural landscapes, integrating movement and reflection at curated stations along the journey. Each station inspires introspection and connection, culminating in a breathtaking "Grande Finale" that leaves you feeling energized, aligned, and inspired.

**Start: 9PM | Walk-ins & Registration: 8:30PM**

**Price per session: 55€ pp <sup>VAT inc</sup> | Meeting point: Outdoor Yoga Platform**

To book and for more information: [reservas@teranka.com](mailto:reservas@teranka.com)