



# Wellness Activities

Teranka  
FORMENTERA



# Wellness Activities

## JULY WEEKLY CALENDAR

<b>MON 1<sup>ST</sup></b>	Pilates	09:00
	Yoga	18:00

<b>TUE 2<sup>ND</sup></b>	Yoga	09:00
	Botanical ceramic	18:00

<b>WED 3<sup>RD</sup></b>	Yoga	09:00
	SUP Yoga	18:00

<b>THU 4<sup>TH</sup></b>	Pilates	09:00
	Yoga	18:00

<b>FRI 5<sup>TH</sup></b>	Yoga	09:00
	Walk: Taking care of the island	18:00

<b>SAT 6<sup>TH</sup></b>	Yoga	09:00
	Paint	18:00

<b>SUN 7<sup>TH</sup></b>	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.





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## JULY WEEKLY CALENDAR

<b>MON 8<sup>TH</sup></b>	Pilates	09:00
	Yoga	18:00

<b>TUE 9<sup>TH</sup></b>	Yoga	09:00
	Botanical ceramic	18:00

<b>WED 10<sup>TH</sup></b>	Yoga	09:00
	SUP Yoga	18:00

<b>THU 11<sup>TH</sup></b>	Pilates	09:00
	Yoga	18:00

<b>FRI 12<sup>TH</sup></b>	Yoga	09:00
	Suzanne Faith “Human Design Introduction”	18:00

<b>SAT 13<sup>TH</sup></b>	Yoga with Suzanne Faith	09:00
	Paint	18:00

<b>SUN 14<sup>TH</sup></b>	Yoga	09:00
	Chi Kung	18:00

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## JULY WEEKLY CALENDAR

<b>MON 15<sup>TH</sup></b>	Pilates	09:00
	Yoga	18:00

<b>TUE 16<sup>TH</sup></b>	Yoga	09:00
	Botanical ceramic	18:00

<b>WED 17<sup>TH</sup></b>	Yoga	09:00
	SUP Yoga	18:00

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

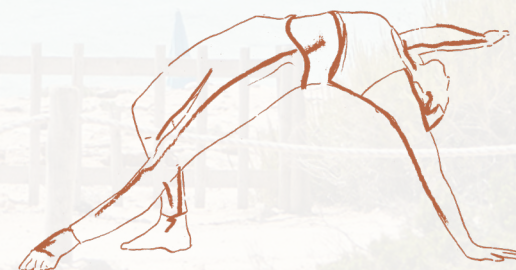
<b>FRI 19<sup>TH</sup></b>	Yoga	09:00
	Walk: Taking care of the island	18:00

<b>SAT 20<sup>TH</sup></b>	Yoga	09:00
	Paint	18:00

<b>SUN 21<sup>ST</sup></b>	Yoga	09:00
	Chi Kung	18:00

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## JULY WEEKLY CALENDAR

<b>MON 22<sup>ND</sup></b>	Pilates	09:00
	Yoga	18:00

<b>TUE 23<sup>RD</sup></b>	Yoga	09:00
	Botanical ceramic	18:00

<b>WED 24<sup>TH</sup></b>	Yoga	09:00
	SUP Yoga	18:00

<b>THU 25<sup>TH</sup></b>	Pilates	09:00
	Yoga	18:00

<b>FRI 26<sup>TH</sup></b>	Yoga	09:00
	Walk: Taking care of the island	18:00

<b>SAT 27<sup>TH</sup></b>	Yoga	09:00
	Paint	18:00

<b>SUN 28<sup>TH</sup></b>	Yoga	09:00
	Chi Kung	18:00

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## JULY WEEKLY CALENDAR

<b>MON 29<sup>TH</sup></b>	Pilates	09:00
	Yoga	18:00

<b>TUE 30<sup>TH</sup></b>	Yoga	09:00
	Botanical ceramic	18:00

<b>WED 31<sup>ST</sup></b>	Yoga	09:00
	SUP Yoga	18:00

<b>THU 1<sup>ST</sup></b>	Pilates	09:00
	Yoga	18:00

<b>FRI 2<sup>ND</sup></b>	Yoga	09:00
	Walk: Taking care of the island	18:00

<b>SAT 3<sup>RD</sup></b>	Yoga	09:00
	Paint	18:00

<b>SUN 4<sup>TH</sup></b>	Yoga	09:00
	Chi Kung	18:00

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Carrer Sant Agustí KM 10.7, Playa des Arenals, 07872 Es Caló de Sant Agustí, Formentera

Tel: +34 871 873 030 · [info@teranka.com](mailto:info@teranka.com) · [www.teranka.com](http://www.teranka.com)