



# Wellness Activities

Teranka  
FORMENTERA

# Wellness Activities

## MAY WEEKLY CALENDAR

<b>FRI 9<sup>TH</sup></b>	Formentera nature-inspired pottery	19:00
<b>SAT 10<sup>TH</sup></b>	Pilates	09:00
	Watercolours class with a local artist	19:00
<b>SUN 11<sup>TH</sup></b>	Yoga	09:00
	Sound bath meditation	19:00



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Complimentary for hotel guests · 40 EUROS per activity per visitor.

Booking required as spots are limited. Please call our Front Office Team (+34) 871 87 30 30, dial 9 from your room or email [info@teranka.com](mailto:info@teranka.com).

We ask that you please be on time. Those arriving late will not be permitted to enter.

# Wellness Activities

## MAY WEEKLY CALENDAR

**MON 12<sup>TH</sup>** Pilates 09:00  
Yoga 19:00

**TUE 13<sup>TH</sup>** Water pulse 09:00  
Watercolours class with a local artist 19:00

**WED 14<sup>TH</sup>** Yoga 09:00  
Formentera nature-inspired pottery 19:00

**THU 15<sup>TH</sup>** Pilates 09:00  
Yoga 19:00

**FRI 16<sup>TH</sup>** Yoga 09:00  
Formentera nature-inspired pottery 19:00

**SAT 17<sup>TH</sup>** Pilates 09:00  
Watercolours class with a local artist 19:00

**SUN 18<sup>TH</sup>** Yoga 09:00  
Sound bath meditation 19:00



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<b>MON 19<sup>TH</sup></b>	Pilates	09:00	<b>FRI 23<sup>RD</sup></b>	Yoga	09:00
	Chi Kung	19:00		Formentera nature-inspired pottery	19:00
<b>TUE 20<sup>TH</sup></b>	Water pulse	09:00	<b>SAT 24<sup>TH</sup></b>	Pilates	09:00
	Watercolours class with a local artist	19:00		Watercolours class with a local artist	19:00
<b>WED 21<sup>ST</sup></b>	Yoga	09:00	<b>SUN 25<sup>TH</sup></b>	Yoga	09:00
	Formentera nature-inspired pottery	19:00		Sound bath meditation	19:00
<b>THU 22<sup>ND</sup></b>	Pilates	09:00			
	Yoga	19:00			



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## MAY WEEKLY CALENDAR

**MON 26<sup>TH</sup>** Pilates 09:00  
Chi Kung 19:00

**TUE 27<sup>TH</sup>** Water pulse 09:00  
Watercolours class with a local artist 19:00

**WED 28<sup>TH</sup>** Yoga 09:00  
Formentera nature-inspired pottery 19:00

**THU 29<sup>TH</sup>** Pilates 09:00  
Yoga 19:00

**FRI 30<sup>TH</sup>** Yoga 09:00  
Formentera nature-inspired pottery 19:00

**SAT 31<sup>ST</sup>** SUP Yoga 09:00  
Watercolours class with a local artist 19:00

**SUN 1<sup>ST</sup>** Yoga 09:00  
Sound bath meditation 19:00



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