

# Teranka

FORMENTERA

ESSENCE OF FLOW SERIES 2026

## Luminaries



### ELKE SCIOR

AYURVEDIC BODYWORKER

FRIDAY 5<sup>TH</sup> – SUNDAY 7<sup>TH</sup> JUNE

Elke Scior is an Ayurveda Health Consultant, Massage Therapist & Clarity Breathwork Facilitator. She first came to Ayurveda through her Yoga practise and began studying Ayurveda in 2007. Later she travelled to India to deepen her studies, firstly with many massage courses to learn all of the different Ayurvedic Massage techniques. In Kerala she found an Ayurvedic clinic where she then stayed for 3 years to become specialised in Panchakarma which is an Ayurvedic cleansing process. Elke offers Ayurvedic fully body massage integrating this ancient knowledge using high quality ayurvedic herbal oils. Her treatments help her clients to improve their health and maintain good health.

50min • 190€ pp <sup>VAT inc</sup> | 1h20min • 310€ pp <sup>VAT inc</sup>

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.

# Teranka

FORMENTERA

ESSENCE OF FLOW SERIES 2026

## Luminaries



### BUZZ LAMBERT

BODYWORKER

WEDNESDAY 10<sup>TH</sup> – FRIDAY 12<sup>TH</sup> JUNE

Buzz's massage mastery comes from a finely tuned intuition and years in study of multiple bodywork techniques. He's fully trained in Swedish, Californian, Ayurvedic, Thai, Deep Tissue, Relaxation & Tantric Modalities. He tailors every treatment to the physical and energetic state of the client and what their needs may be in the moment. His sessions are designed to leave each client fully relaxed and in a dreamlike state of reconciliation with their body.

Each session begins with a short enquiry into how you are and where you need the attention most.

50min • 190€ pp <sup>VAT inc</sup> | 1h20min • 310€ pp <sup>VAT inc</sup>

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.

# Teranka

FORMENTERA

ESSENCE OF FLOW SERIES 2026

## Luminaries



### ELKE SCIOR

AYURVEDIC BODYWORKER

FRIDAY 28<sup>TH</sup> – SUNDAY 30<sup>TH</sup> AUGUST

Elke Scior is an Ayurveda Health Consultant, Massage Therapist & Clarity Breathwork Facilitator. She first came to Ayurveda through her Yoga practise and began studying Ayurveda in 2007. Later she travelled to India to deepen her studies, firstly with many massage courses to learn all of the different Ayurvedic Massage techniques. In Kerala she found an Ayurvedic clinic where she then stayed for 3 years to become specialised in Panchakarma which is an Ayurvedic cleansing process. Elke offers Ayurvedic fully body massage integrating this ancient knowledge using high quality ayurvedic herbal oils. Her treatments help her clients to improve their health and maintain good health.

50min • 190€ pp <sup>VAT inc</sup> | 1h20min • 310€ pp <sup>VAT inc</sup>

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.