



EXPERIENCES & EVENTS FOR THE WEEK

*Sign up in advance to secure your place
Our hosts will be happy to advise you
24h free cancellation
experience@sonblancmenorca.com*

MONDAY 06/10 (8:30AM TO 10:00AM) | HATHA YOGA AND KILLIAN'S SOUND NIDRA

Teresa has a meditative approach to Hatha Yoga. Before practising well grounded, long and sometimes strong poses, she will help you set a clear intention for the session. Some breathing exercises and mantras will also help focus and channel your energy. This week resident Killian Campbell will end the session with his gongs and bowls for a very relaxing Savasana. MEET AT YOGA STUDIO/ €25 per person.

MONDAY 06/10 (6:00PM TO 7:00PM) | SOUND BATH WITH RESIDENT KILLIAN

Our resident Killian Campbell from Saoirse will be offering a serene and rejuvenating sound experience. Let yourself be transported on a journey of holistic well-being through the soothing resonance of crystal bowls and the gentle tones of gongs. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

TUESDAY 07/10 (8:30AM TO 9:45AM) | VINYASA YOGA

Tiina creates a new flow every session concentrating on different areas of the body and emotions. This session will leave you feeling empowered and dynamic. YOGA STUDIO / €25 per person.

TUESDAY 07/10 (10:30AM TO 11:30AM) | FARM SESSION

Time to see where our vegetables, fruit and eggs come from. Mireia will explain how and what grows in our vegetable patches and orchard and introduce you to our farmers so you can try a bit of harvesting yourself! Dirty hands guaranteed. MEET ON THE PORCH / **free for guests**, €25 for non-guests.

WEDNESDAY 08/10 (8:30AM TO 10:00AM) | FOREST BATHING AND YOGA

Join Emily for a mindful walk through our grounds, opening up all senses and your heart to the surrounding nature. A grounded and guided meditation in the woods followed by a little Nidra session on our panoramic deck that will give you a sense of clarity and ready you for the day ahead. MEET ON THE PORCH-YOGA DECK / €35 per person.

WEDNESDAY 08/10 (10:00AM TO 11:00AM) | ENERGISING BREATHWORK WITH RESIDENT PADDY

Coming to us from London, Paddy Cavendish will be offering an invigorating and empowering breathwork session this morning. Our resident helps people to improve their physical and emotional health through breathing exercises impacting their lives in many ways. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

WEDNESDAY 08/10 (6:00PM TO 7:00PM) | RELAXING BREATHWORK WITH RESIDENT PADDY

Let yourself unwind with Paddy Cavendish who will be offering a soothing and calming breathwork session this evening. Our resident helps people to improve their physical and emotional health through breathing exercises impacting their lives in many ways. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

WEDNESDAY 08/10 (8:00PM TO 11:00PM) | COMMUNAL DINNER

Join fellow guests and visitors (including resident Paddy Cavendish) for dinner at a shared table offering simple but delicious dishes made with the finca's produce, good company and local wines. MEET AT THE RESTAURANT / €100 per person (including drinks).

THURSDAY 09/10 (8:30AM TO 9:45AM) | VINYASA YOGA

Tiina creates a new flow every session concentrating on different areas of the body and emotions. This session will leave you feeling empowered and dynamic. YOGA STUDIO / €25 per person.

THURSDAY 09/10 (9:30AM TO 10.30AM) | ENERGISING BREATHWORK WITH RESIDENT PADDY

Coming to us from London, Paddy Cavendish will be offering an invigorating and empowering breathwork session this morning. Our resident helps people to improve their physical and emotional health through breathing exercises impacting their lives in many ways. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

THURSDAY 09/10 (6:00PM TO 7:15PM) | POWER VINYASA YOGA

This strong and empowering practice with Laxmi will help you to feel energised and strong in face of everyday challenges. MEET AT YOGA STUDIO / €25 per person.

FRIDAY 10/10 (8:00AM TO 9:00AM) | ENERGISING BREATHWORK WITH RESIDENT PADDY

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FRIDAY 10/10 (9:00AM TO 10:15AM) | HATHA YOGA

Laia Hernandez will be offering today's Hatha Yoga class. Her style is traditional but fun, pure and strong. Enjoy! MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

FRIDAY 10/10 (10:30AM TO 12:30PM) | POTTERY WORKSHOP

It's time to get your hands dirty and let your creativity run wild as artisans we all are! Join a special ceramics class with Isaac. POTTERY WORKSHOP / €100 per pers/per hour (min 2 pax).

FRIDAY 10/10 (5:00PM TO 6:30PM) | GARDEN COCKTAIL MASTERCLASS

Our head mixologist Valeria will be offering natural cocktail workshops using ingredients coming directly from our gardens (which you will go and pick yourself at the start of the session). For up to 6 people at the time, prepare yourself for a moment of fun and some surprisingly useful cocktail making tips. You will have two cocktails to taste. BREAKFAST KITCHEN / 45€ per person

FRIDAY 10/10 (6:00PM TO 7:00PM) | RELAXING BREATHWORK WITH RESIDENT PADDY

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SATURDAY 11/10 (8:30AM TO 9:30AM) | ENERGISING BREATHWORK WITH RESIDENT PADDY

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SATURDAY 11/10 (10:00AM TO 11:00AM) | PILATES

Join Emily on the mat for some gentle Pilates to work on your core muscles and strengthen your arms, legs, abs and back. MEET AT YOGA STUDIO / 25€ per person.

SATURDAY 11/10 (4:30PM TO 6:30PM) | POTTERY WORKSHOP

It's time to get your hands dirty and let your creativity run wild as artisans we all are! Join a special ceramics class with Isaac. POTTERY WORKSHOP / €100 per pers/per hour (min 2 pax).

SATURDAY 11/10 (6:00PM TO 7:00PM) | RELAXING BREATHWORK WITH RESIDENT PADDY

Let yourself unwind with Paddy Cavendish who will be offering a soothing and calming breathwork session this evening. Our resident helps people to improve their physical and emotional health through breathing exercises impacting their lives in many ways. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

SUNDAY 12/10 (9:00AM TO 10:15AM) | SLOW FLOW YOGA

Silvia's practice flows dynamically but slowly, with peaks and challenges adaptable to each person. The breath is a central element throughout the experience to reach deep physical and mental surrender. MEET AT YOGA STUDIO/ 25€ per person.

SUNDAY 12/10 (5:30PM TO 7:00PM) | VOICE SOUND HEALING SESSION

Olga Curras has a magical voice. She uses it during her sound therapy meditation and movement sessions to unlock each little block that is keeping you down, nagging deep inside. You might even hear your own voice too!. MEET AT YOGA STUDIO / 47€ per person.