



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 29/09 (8:30AM TO 09:45AM) | HATHA YOGA

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. MEET AT YOGA STUDIO/ €25 per person.

TUESDAY 30/09 (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 30/09 (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 01/10 (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 01/10 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH CHEF IN RESIDENCE PEDRO BERJA

Pedro Berja comes to us from his conceptual restaurant on mainland Spain: DesTapa't. He deconstructs each ingredient to understand and appreciate it to the core. Join fellow guests and visitors for dinner at a shared table offering a daring, curious and skilled tasting menu made with the finca's produce, good company and local wines. MEET AT THE RESTAURANT / €100 per person (including drinks).

THURSDAY 02/10 (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 02/10 (10:00AM TO 11:00AM) | CROSS COUNTRY FITNESS

Follow Pau for a little cross country warm up followed by strength and mobility circuits on our panoramic yoga deck. Expect a little intensity but such a great feeling! MEET ON PORCH / €35 per person.

THURSDAY 02/10 (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 03/10 (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 03/10 (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 03/10 (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

SATURDAY 04/10 (8:30AM TO 9:30AM) | ENERGISING BREATHWORK WITH RESIDENT KILLIAN

Our resident Killian Campbell will be guiding you through some energising breathing exercises to gain full conscience and make you feel great for the rest of the day. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

SATURDAY 04/10 (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 04/10 (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 04/10 (5:30PM TO 6:30PM) | 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.

SUNDAY 05/10 (9:00AM TO 10:15AM) | SLOW FLOW YOGA AND SOUND BATH

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. On this occasion, our resident Killian will offer a short sound session at the end of the practice. MEET AT YOGA STUDIO/ 25€ per person.

SUNDAY 05/10 (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.