



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 13/10 (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.

TUESDAY 14/10 (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 14/10 (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 15/10 (9:00AM TO 10:00AM) | GROUNDING PILATES WITH RESIDENT ANNA

Anna Bek will be offering a light Pilates and somatic movement session woven with breathwork and grounding rituals. A slow awakening, a way to arrive into the body and into the day, preparing the nervous system for creative flow. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

WEDNESDAY 15/10 (5:00PM TO 7:00PM) | PHOTOGRAPHY WORKSHOP-THE ARCHITECTURE OF SEEING WITH RESIDENT ANNA BEK

Photographer and creative director Anna Bek will be offering a soft and spacious arrival into visual practice tuning the eye to textures, shape, shadow and how we each uniquely frame the world. Guests explore the grounds, capture what feels resonant and co-create a visual moment that reflects the spirit of the day. MEET ON PORCH / **free for guests**, €35 for non-guests.

WEDNESDAY 15/10 (8:00PM TO 11:00PM) | COMMUNAL DINNER

Join fellow guests and visitors (including resident Anna Bek) 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 16/10 (8:30AM TO 9:45AM) | VINYASA YOGA

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THURSDAY 16/10 (9:00AM TO 10:00AM) | GROUNDING PILATES WITH RESIDENT ANNA

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THURSDAY 16/10 (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 17/10 (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 17/10 (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 17/10(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

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SATURDAY 18/10 (9:00AM TO 10:00AM) | GROUNDING PILATES WITH RESIDENT ANNA

Anna Bek will be offering a light Pilates and somatic movement session woven with breathwork and grounding rituals. A slow awakening, a way to arrive into the body and into the day preparing the nervous system for creative flow. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

SATURDAY 18/10 (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 18/10 (5:00PM TO 7:00PM) | PHOTOGRAPHY WORKSHOP-FRAMING THE VISIBLE WITH RESIDENT ANNA BEK

In this workshop photographer and creative director Anna Bek will be exploring how perception is personal-through shared prompts, guests create and compare imagery that reveals a unique point of view. The group will explore how to shift perspective intentionally and reflect on how photography becomes a way of shaping story, anchoring memory and cultivating a visual voice. MEET ON PORCH / **free for guests**, €35 for non-guests.

SUNDAY 19/10 (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 19/10 (5:30PM TO 7:00PM) | AROMATHERAPY WORKSHOP

This is a hands-on workshop during which you will be distilling the finca's flowers (after picking them of course) to obtain essential oil and hydrolat which will be used as a base to make cosmetic products such as moisturising lotion or face toner. So satisfying and interesting! MEET ON PORCH / €45 per person.

SUNDAY 19/10 (9:30PM TO 11:00PM) | STARGAZING SESSION

Let Mireia guide you through the skies. She will give you a brief introduction on astronomy and how to enjoy it and then point out some of the most beautiful constellations, planets and stars visible at this time of the year. RESTAURANT CHILLOUT / 35€ per person