



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 04/05 (8:30AM TO 09:45AM) | HATHA YOGA AND SOUND

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 Monday, our resident Carly will complete the savasana with a short session on her crystal bowls. MEET AT YOGA STUDIO/ 25€ per person.

MONDAY 04/05 (5.30PM TO 6:30PM) | SOUND HEALING WITH CARLY GRACE

The founder of Crystal Singing Bowls Temple, Carly Grace, is in residency with us this week. Come an experience one of her sound healing sessions and find a space for harmony, peace and deep nourishment. MEET AT YOGA STUDIO/ **free for guests**, €25 for non-guests.

TUESDAY 05/05(8:30AM TO 9:45AM) | VINYASA YOGA AND SOUND

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. On this occasion, our resident Carly will complete the savasana with a short session on her crystal bowls. MEET AT YOGA STUDIO / €25 per person.

TUESDAY 05/05 (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.

TUESDAY 05/05 (10:30AM TO 11:30AM) | BREAKFAST & FARM SESSION

How about enjoying one of our famous breakfasts before heading out on your Farm tour? This experience includes access to the main house buffet breakfast from 9 am to 10.15am, when you will join Mireia for the tour described above. Everything in the scrumptious offering is local (often homegrown) and homemade. Limited space, book in advance. MEET AT RECEPTION / €35 for non-guests.

TUESDAY 05/05 (5.30PM TO 6:30PM) | SOUND HEALING WITH CARLY GRACE

The founder of Crystal Singing Bowls Temple, Carly Grace, is in residency with us this week. Come an experience one of her sound healing sessions and find a space for harmony, peace and deep nourishment. MEET AT YOGA STUDIO/ **free for guests**, €25 for non-guests.

WEDNESDAY 06/05 (8:30AM TO 9:45AM | HATHA YOGA AND SOUND

Laia Hernandez leads this all-levels Hatha class. Her style is traditional but fun, pure and strong. Enjoy! On this occasion, our resident Carly will complete the savasana with a short session on her crystal bowls. MEET AT YOGA STUDIO / €25 per person.

WEDNESDAY 06/05 (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 local potter Isaac during which participants will learn to create a wheel thrown piece from start to finish. As your own piece won't be dry Isaac will offer you one of his own pieces to take home with you. POTTERY WORKSHOP / €100 per pers/per hour (min 2 pax).

WEDNESDAY 06/05 (8:00PM TO 11:00PM) | COMMUNAL DINNER

Join fellow guests and visitors 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 / €80 per person (including drinks). Book seats here [Son Blanc Menorca | Restaurant](#)

THURSDAY 07/05 (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 07/05 (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 07/05 (6:00pm TO 7:15 PM) | 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 08/05 (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.

FRIDAY 08/05 (6.30PM TO 8PM) | FARM VISIT AND PRE-DINNER GARDEN COCKTAIL

We are delighted to offer anyone with a booking at our restaurant this evening the possibility of visiting our farm and gardens and then enjoying a sunset garden cocktail at our restaurant for free. MEET AT RECEPTION/
free for guests and visitors.

SATURDAY 09/05 (8.30AM TO 9.45AM) | 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.

SATURDAY 09/05 (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 09/05 (11:00AM TO 3:30PM) | POOL BAR BRUNCH

Time to enjoy the weekend with a relaxed Brunch in the middle of the countryside, an assortment of shared dishes served to your table including Son Blanc eggs, Menorcan grilled sausages, our own roasted vegetables, home bakes, artisanal yoghurt and granola, freshly squeezed juices... POOL BAR / 40€ per person. Book a table here [Son Blanc Menorca | Restaurant](#)

SUNDAY 10/05 (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 10/05 (9:00AM TO 11AM) | SLOW FLOW YOGA & BREAKFAST

This is a new possibility this season: enjoy your usual yoga as described above and then come and make your morning complete with access to the main house buffet breakfast. Everything in the scrumptious offering is local (often homegrown) and homemade. Limited space, book in advance. MEET AT YOGA STUDIO/ 40€ per non-guest.

SUNDAY 10/05 (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 local potter Isaac during which participants will learn to create a wheel thrown piece from start to finish. As your own piece won't be dry Isaac will offer you one of his own pieces to take home with you. POTTERY WORKSHOP / €100 per pers/per hour (min 2 pax).

SUNDAY 10/05 (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.