



## 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](mailto:experience@sonblancmenorca.com)*

### **MONDAY 11/05 (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 11/05 (5.30PM TO 6:30PM) | SOMATIC MOVEMENT WITH ANNA HAERLIN**

Photographer Anna Haerlin, coming to us from Berlin, is a certified Fluentbody facilitator. Her somatic movement sessions invite you into deeper presence by listening to your body. Gentle class, accessible to all. MEET ON THE PORCH/ **free for guests**, €25 for non-guests.

### **TUESDAY 12/05(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 12/05 (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 12/05 (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 12/05 (5.30PM TO 6:30PM) | SOMATIC MOVEMENT WITH ANNA HAERLIN**

Photographer Anna Haerlin, coming to us from Berlin, is a certified fluent body facilitator. Her somatic movement sessions invite you into deeper presence by listening to your body. Gentle class, accessible to all. MEET ON THE PORCH/ **free for guests**, €25 for non-guests.

**WEDNESDAY 13/05 (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 13/05 (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 13/05 (5.30PM TO 6:30PM) | SOMATIC MOVEMENT WITH ANNA HAERLIN**

Photographer Anna HaerLin, coming to us from Berlin, is a certified Fluentbody facilitator. Her somatic movement sessions invite you into deeper presence by listening to your body. Gentle class, accessible to all. MEET ON THE PORCH/ **free for guests**, €25 for non-guests.

**WEDNESDAY 13/05 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH ANNA HAERLIN**

Join fellow guests, including our resident Anna Haerlin, 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 14/05 (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 14/05 (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 14/05 (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.