



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 13/04 (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 14/04 (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 14/04 (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 14/04 (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 14/04 (5:00PM TO 6:30PM) | JENNI DAWES- MINDFULNESS SESSION

Jenni is an Australian joining us from Paris with an invitation to embody our ideal futures. Her technique weaves creative flow, cognitive science, meditation, somatic resets, futures thinking and philosophy into a modular, multi-faceted practice. *How to Remember the Future* explores imagination as a muscle, and the way inner narrative unconsciously shapes our existences. Her method equips us to reset our nervous systems, navigate uncertainty, envision braver futures and rewire our blueprints. MEET ON THE PORCH / **free for guests**, €25 for non-guests.

WEDNESDAY 15/04 (8:30AM TO 9:45AM) | HATHA YOGA

Grace Gu leads this all-levels class which is an invitation to release tension and invite inner spaciousness using the very tools that nature (inner and outer) has given us. Body, breath, sensation, and imagination, along with wild Menorcan landscapes, become collaborators for an effortless and profound meditation — and a calm awareness that travels back with us into daily living. MEET AT YOGA STUDIO / €25 per person.

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WEDNESDAY 15/04 (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 15/04 (6:00PM TO 7:30PM) | JENNI DAWES- MINDFULNESS SESSION

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WEDNESDAY 15/04 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH JENNI DAWES

Join fellow guests, visitors and resident Jenni Dawes 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 16/04 (8:30AM TO 9:45AM) | VINYASA YOGA

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THURSDAY 16/04 (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 17/04 (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.

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FRIDAY 17/04 (5:00PM TO 6:30PM) | JENNI DAWES- MINDFULNESS SESSION

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FRIDAY 17/04 (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 ON THE PORCH/ **free for guests and visitors.**

SATURDAY 18/04 (8.30AM TO 9.45AM) | POWER VINYASA YOGA

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SATURDAY 18/04 (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 18/04 (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](#)

SATURDAY 18/04 (5:00PM TO 6:00PM) | SOUND HEALING SESSION

Let Charlotte take you on a meditative journey thanks to the healing power of her instruments. Crystal bowl baths are transcending and often deeply relaxing experiences. MEET AT YOGA STUDIO/ 47€ per person

SUNDAY 19/04 (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 19/04 (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 19/04 (10:30AM TO 12:30PM) | POTTERY WORKSHOP

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