



## 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 20/04 (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 21/04 (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 21/04 (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 21/04 (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.

### **WEDNESDAY 22/04 (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.

### **WEDNESDAY 22/04 (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 22/04 (8:00PM TO 11:00PM) | EMILY DOBB'S COMMUNAL DINNER**

Emily Dobbs is an acclaimed chef having worked in London and Sri Lanka. Author of two books, "Utterly Fantastic" and "The Spice Box", which is a creative guide to using spices and tasting new worlds. Emily will bring her love for seasonal and local products to this event. 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 / €100 per person (including drinks). Book seats here [Son Blanc Menorca | Restaurant](#)

### **THURSDAY 23/04 (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.

### **THURSDAY 23/04 (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 24/04 (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.

### **FRIDAY 24/04 (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 AT RECEPTION/  
**free for guests and visitors.**

### **SATURDAY 25/04 (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 25/04 (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 25/04 (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](#)

**SUNDAY 26/04 (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 26/04 (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 26/04 (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).

**SUNDAY 27/04 (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.