



## 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 27/04 (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.

### **MONDAY 27/04 (10:00PM TO 11:00AM) | GROUNDING PILATES WITH ANNA BEK**

Anna Bek will be offering Morning movement sessions draw from grounding Pilates, designed to lengthen, strengthen, and align the body for the day, supporting clarity and a more precise way of seeing. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

### **MONDAY 27/04 (5:00PM TO 7:00PM) | PHOTOGRAPHY WORKSHOP-THE ART OF SEEING WITH RESIDENT ANNA BEK**

Photographer and creative director Anna Bek will be offering *The Art of Seeing*, an ongoing exploration of perception, the lenses we carry, and the neurobiology behind what draws our attention. Anna will lead photography workshops exploring how we see before we shoot, and how we fix and bend time with the camera. MEET ON PORCH / **free for guests**, €35 for non-guests.

### **TUESDAY 28/04 (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 28/04 (10:30AM TO 11:30AM) | FARM SESSION AND PHOTOGRAPHY**

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. This week, the visit will be even more special as resident Anna Bek will be guiding your lenses and capturing the moment. MEET ON THE PORCH / **free for guests**, €25 for non-guests.

### **TUESDAY 28/04 (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 28/04 (5.30PM TO 6.30PM) | GROUNDING PILATES WITH ANNA BEK**

Anna Bek will be offering Morning movement sessions draw from grounding Pilates, designed to lengthen, strengthen, and align the body for the day, supporting clarity and a more precise way of seeing. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

**WEDNESDAY 29/04 (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 29/04 (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 29/04 (6:00PM TO 7:30PM) | PHOTOGRAPHY WORKSHOP-THE ART OF SEEING WITH RESIDENT ANNA BEK**

Photographer and creative director Anna Bek will be offering *The Art of Seeing*, an ongoing exploration of perception, the lenses we carry, and the neurobiology behind what draws our attention. Anna will lead photography workshops exploring how we see before we shoot, and how we fix and bend time with the camera. MEET ON PORCH / **free for guests**, €35 for non-guests.

**WEDNESDAY 29/04 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH ANNA BEK**

Join fellow guests (Including Anna Bek) 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 30/04 (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 30/04 (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 01/05 (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 and 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.

**SATURDAY 02/05 (8.30AM TO 10AM) | POWER VINYASA YOGA & SOUND HEALING**

This strong and empowering practice with Laxmi will help you to feel energised and strong in face of everyday challenges. This Saturday, our resident Carly will complete the savasana with a short session on her crystal bowls. MEET AT YOGA STUDIO / €25 per person.

**SATURDAY 02/05 (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](#)

**SATURDAY 02/05 (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 and 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.

**SUNDAY 03/05 (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 03/05 (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 03/05 (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).

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