



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 01/06 (8:30AM TO 9:45AM) | RESTORATIVE YOGA AND NIDRA WITH RESIDENT GRACE GU

This deeply regenerative session invites students to let go of 'doing' and experience 'being' through gentle, breath-guided stretching followed by a series of passive, tension-releasing postures. The core of the class is *yoga nidra*, a guided 'sleep' meditation renowned for its ability to reset the nervous system and reveal intention and insight stored in the sub & unconscious. MEET IN YOGA STUDIO / **free for guests**, €25 for non-guests.

MONDAY 01/06 (5:30PM TO 6:45PM) | INNER ANTHROPOLOGY EXPLORATION WITH RESIDENT GRACE GU

What if we could truly get to know ourselves—our essence, unique gifts, and deeper purpose—by mindfully turning the anthropological lens inward? This workshop blends traditional yogic practices—breath work and meditative techniques—with novel, anthropology-inspired mentorship—intentional questions, thought exercises, and honest conversation—to unlock clarity and presence while gently pulling at the thread of what is most vital to us. Please bring a pen and journal or notebook!. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

TUESDAY 02/06(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. MEET AT YOGA STUDIO / €25 per person.

TUESDAY 02/06 (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 02/06 (9AM 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 03/06 (8:30AM TO 9:45AM) | REGENERATIVE 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 03/06 (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 03/06 (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](#)