



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 15/06 (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 16/06(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 16/06 (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 16/06 (5:30PM TO 6:30PM) | BREATHWORK AND STRETCH WITH RESIDENT MARCELA

Join Marcela Beltran del rio, healing facilitator visiting us from Mexico, for A conscious stretch and breath session to release tension, reset the body, and calm the nervous system through movement and rhythmic breathing. MEET IN YOGA STUDIO / **free for guests**, €25 for non-guests.

WEDNESDAY 17/06 (9:00AM TO 10:15AM) | HATHA YOGA

Laia Hernandez will be offering today's Hatha Yoga class. Her style is traditional but fun, pure and strong. Enjoy! MEET AT YOGA STUDIO / €25 per person.

WEDNESDAY 17/06 (9:30AM TO 10.30AM) | RESET BREATHWORK WITH RESIDENT MARCELA

Join Marcela Beltran del Rio, visiting us from Mexico, for **Reset Breathwork** A conscious breathing session to reconnect body and mind, creating space for awareness, balance, and inner reset. MEET ON PORCH for panoramic deck / **free for guests**, €25 for non-guests.

WEDNESDAY 17/06 (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 16/06 (6:00PM TO 7:00PM) | CAROB "COCOA" CEREMONY WITH RESIDENT MARCELA

Join healer in residence Marcela Beltran del Rio, visiting us from Mexico, for a warm gathering inspired by ritual, connection, and community. A space to slow down, share, connect, and enjoy being together with presence and intention. MEET AT OLIVE TABLE / **free for guests**, €35 for non-guests.

WEDNESDAY 17/06 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH MARCELA BELTRAN DEL RIO

Marcela is a healing facilitator coming to us from Bajo California Dur in Mexico. Join her, 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 18/06 (8:30AM TO 10AM) | VINYASA YOGA AND GROUNDING MEDITATION

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 Marcela will round up the practice with a guided meditation intended to ground you. YOGA STUDIO / €25 per person.

THURSDAY 18/06 (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 18/06 (6:00PM TO 7:30 PM) | POWER VINYASA YOGA AND BREATHING MEDITATION

This strong and empowering practice with Laxmi will help you to feel energised and strong in face of everyday challenges. On this occasion, our resident Marcela will round up the practice with a gentle conscious breathing practice guided through a relaxed, wave-like breath pattern to support relaxation, nervous system regulation, and emotional balance. MEET AT YOGA STUDIO / €25 per person.

FRIDAY 19/06 (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 19/06 (10:00AM TO 11:00AM) | BREATHWORK AND STRETCH WITH RESIDENT MARCELA

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FRIDAY 19/06 (5:00PM TO 6:00PM) | RESET BREATHWORK WITH RESIDENT MARCELA

Join Marcela Beltran del Rio, visiting us from Mexico, for **Reset Breathwork** A conscious breathing session to reconnect body and mind, creating space for awareness, balance, and inner reset. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

FRIDAY 19/06 (6.30PM TO 8PM) | GARDEN COCKTAIL MASTERCLASS

Mixologist Jose Guerrero will be offering natural cocktail workshops using ingredients coming directly from our gardens (which you will go and pick yourself at the start of the session). For up to 6 people at the time, prepare yourself for a moment of fun and some surprisingly useful cocktail making tips. You will have two cocktails to taste. BREAKFAST KITCHEN / 45€ per person.

SATURDAY 20/06 (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 20/06 (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.

SUNDAY 21/06 (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 21/06 (10:30AM TO 12:30PM) | POTTERY WORKSHOP

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