



## 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 22/06 (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 23/06(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 23/06 (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 23/06 (5:30PM TO 6:30PM) | FANZINE WORKSHOP WITH RESIDENT LINA**

Join chef and artist Lina Bou, founder of Cullinate Collective and Ronia Terra, visiting us from Basque Country, for a fun creative workshop intended to bring to paper a colour filled impression of your stay at the farmhouse (or anything that inspires you!) by creating your own zine. The workshop will begin with an introduction, followed by a warm-up creative exercise and one hour of making your own zine. All materials are provided, including paper and drawing tools. MEET AT OLIVE TABLES / **free for guests**, €25 for non-guests.

### **WEDNESDAY 23/06 (8:30AM TO 9:45AM) | 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 24/06 (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 24/06 (8:00PM TO 11:00PM) | LINA BOU'S SUMMER SOLSTICE COMMUNAL DINNER**

Our dear chef and artist Lina Bou will be leading us through the most magical evening of the year by creating a visually stunning and delicious Communal Dinner. 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 25/06 (8:30AM TO 10AM) | 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 25/06 (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 25/06 (6:00PM TO 7:30 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 26/06 (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 26/06 (10:00AM TO 11:00AM) | FANZINE WORKSHOP WITH RESIDENT LINA**

Join chef and artist Lina Bou, founder of Culinate Collective and Ronia Terra, visiting us from Basque Country, for a fun creative workshop intended to bring to paper a colour filled impression of your stay at the farmhouse (or anything that inspires you!) by creating your own zine. The workshop will begin with an introduction, followed by a warm-up creative exercise and one hour of making your own zine. All materials are provided, including paper and drawing tools. MEET AT OLIVE TABLES / **free for guests**, €25 for non-guests.

**FRIDAY 26/06 (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 27/06 (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 27/06 (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 28/06 (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 28/06 (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).

**SUNDAY 28/06 (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 your own aromatherapy or cosmetic products. MEET ON PORCH / €45 per person.