



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 25/05 (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 26/05(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 26/05 (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 26/05 (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 27/05 (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 27/05 (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).

WEDNESDAY 27/05 (6:30PM TO 7:30PM) | BREATHWORK SESSION WITH ANDREA

Psychologist Andrea Klimowitz is an expert in neuromodulation through meditation, sound healing and breathwork. She will be leading this Breathwork session in our shala. Come and see what breathing can release. MEET AT YOGA STUDIO / **free for guests**, €35 for non-guests.

WEDNESDAY 27/05 (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](#)

THURSDAY 28/05 (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 28/05 (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 28/05 (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 29/05 (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 29/05 (5:30PM TO 6:45PM) | RESTORATIVE YOGA AND NATURE-INTEGRATED 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 a nature-integrated version of *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 ON PORCH / **free for guests**, €25 for non-guests.

FRIDAY 29/05 (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 30/05 (8:30AM TO 9.45AM) | NATURE-IMMERSED MEDITATION WITH RESIDENT GRACE GU

This class weaves gentle flow, breath practices and nature-integrated meditation techniques on our stunning, cliff-side yoga deck to generate an experience of awe and interconnectedness that is as accessible as it is profound. This session is highly recommended for 'unlikely' and seasoned meditators alike who are curious to go inward and experience nature in a new way. MEET ON PORCH / **free for guests**, €25 for non-guests.

SATURDAY 30/05 (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 30/05 (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 30/05 (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 THE BREAKFAST KITCHEN / **free for guests**, €25 for non-guests.

SUNDAY 31/05 (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 31/05 (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 31/05 (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).

SUNDAY 31/05 (6:30PM TO 7:45PM) | SENSE FORAGING SESSION WITH RESIDENT GRACE GU

Can a memorable wine open up our senses, imagination and focus to the present moment - in short, encourage a state of mindfulness? Conversely, when our minds are quiet and still, are we able to better identify and appreciate the aromas and nuances in the glass? This playful experience pairs two unlikely collaborators—(natural) wine tasting and meditation—with unexpected chemistry. Inspired by neuroscience and Mediterranean cultural wisdom, this workshop spotlights the practice of “sense foraging” as a pathway to both a broader, more attuned awareness and a playful, present-tense approach to life's unknowns. MEET AT THE RESTAURANT / €45 per person.