



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 06/07 (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 06/07 (6:00PM TO 7:00PM) | CIRCUIT CONDITIONING WITH RESIDENT JOSH

Joshua Edoubo, fitness trainer at the Soho House, will lead you through a fun and intense exercise session based on circuit training and conditioning followed by a deep stretch. YOGA STUDIO / **free for guests**, 25€ for non-guests.

TUESDAY 07/07(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 07/07 (9:00AM TO 10:00AM) | POOL CONDITIONING FITNESS WITH RESIDENT JOSH

Try out this original workout with our resident Joshua Edoubo from Soho London to keep fit but at the same time cool, in the pool!. MEET BY THE POOL / **free for guests**, 25€ for non-guests.

TUESDAY 07/07 (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 07/07 (6:00PM TO 7:00PM) | CARDIO&STRENGTH WITH RESIDENT JOSH

Joshua Edoubo, fitness trainer at the London Soho House will lead you through a fun and intense cardio session based on interval training and conditioning followed by a deep stretch. MEET AT THE STUDIO **free for guests**, 25€ for non-guests.

WEDNESDAY 08/07 (8:30AM TO 9:45AM) | HATHA YOGA

Laia Hernando 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 08/07 (10:00AM TO 11:00AM) | STRENGTH SESSION WITH RESIDENT JOSH

Test yourself and your strength through a session with Joshua Edoubo, fitness trainer at the London Soho House. MEET ON PORCH FOR YOGA DECK / **free for guests**, 25€ for non-guests.

WEDNESDAY 08/07 (4:30PM TO 6:30PM) | 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 08/07 (6:00PM TO 7:00PM) | ANIMAL FLOW&CORE WITH RESIDENT JOSH

Our resident Joshua from Soho London, will lead you through a fun session combining an animal inspired flow and core exercises. MEET AT YOGA STUDIO **free for guests**, 25€ for non-guests.

WEDNESDAY 08/07 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH JOSHUA EDOUEBO

Join fellow guests and visitors for dinner at a shared table offering simple but delicious dishes made with the finca's produce, good company (including resident Joshua) and local wines. Son Blanc Farmhouse is about community! MEET AT THE RESTAURANT / 90€ per person (including drinks). Book seats here [Son Blanc Menorca | Restaurant](#)

THURSDAY 09/07 (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 09/07 (9:00AM TO 10:00AM) | CARDIO&STRENGTH WITH RESIDENT JOSH

Joshua Edoubo, fitness trainer at the London Soho House will lead you through a fun and intense cardio session based on interval training and conditioning followed by a deep stretch. MEET ON THE PORCH FOR DECK **free for guests**, 25€ for non-guests.

THURSDAY 09/07 (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 10/07 (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 10/07 (10:00AM TO 11:00AM) | CIRCUIT CONDITIONING WITH RESIDENT JOSH

Joshua Edoubo, fitness trainer at the Soho House, will lead you through a fun and intense exercise session based on circuit training and conditioning followed by a deep stretch. MEET AT YOGA STUDIO / **free for guests**, 25€ for non-guests.

FRIDAY 10/07 (5:30PM TO 6:30PM) | ANIMAL FLOW&CORE WITH RESIDENT JOSH

Our resident Joshua from Soho London, will lead you through a fun session combining an animal inspired flow and core exercises. MEET AT YOGA STUDIO **free for guests**, 25€ for non-guests.

FRIDAY 10/07 (6:30PM TO 8:00PM) | 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 11/07 (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 11/07 (9:00AM TO 10:00AM) | POOL CONDITIONING FITNESS WITH RESIDENT JOSH

Try out this original workout with our resident Joshua Edouebo from Soho London to keep fit but at the same time cool, in the pool!. MEET BY THE POOL / **free for guests**, 25€ for non-guests.

SATURDAY 11/07 (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 11/07 (5:00PM TO 6:00PM) | SOUND HEALING SESSION

Let Charlotte take you on a meditative journey thanks to the healing power of her instruments. Crystal bowl baths are transcending and often deeply relaxing experiences. MEET AT YOGA STUDIO/ 47€ per person

SATURDAY 11/07 (6:00PM TO 7:00PM) | CARDIO&STRENGTH WITH RESIDENT JOSH

Joshua Edouebo, fitness trainer at the London Soho House will lead you through a fun and intense cardio session based on interval training and conditioning followed by a deep stretch. MEET ON THE PORCH FOR DECK **free for guests**, 25€ for non-guests.

SUNDAY 12/07 (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 12/07 (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 12/07 (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.