



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 13/07 (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 13/07 (5:30PM TO 6:30PM) | BREATHWORK WITH RESIDENTS LISA&KILLIAN

Our residents Lisa Brennen and Killian Campbell form an amazing duo and will be conducting you through a session designed to help you release stress, regulate your nervous system and come back to yourself. The power of breathing is so surprising!. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

TUESDAY 14/07 (8:30AM TO 9:45AM) | PILATES WITH RESIDENT LISA BRENNEN

Enjoy a dynamic Pilates session with our resident this week, London based Lisa Brennen. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

TUESDAY 14/07 (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 14/07 (5:30PM TO 6:30PM) | SOUND HEALING WITH RESIDENT KILLIAN

Our resident Killian Campbell will be offering a serene and rejuvenating sound experience. Let yourself be transported on a journey of holistic well-being through the soothing resonance of crystal bowls and the gentle tones of gongs. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

WEDNESDAY 15/07 (8:30AM TO 9:45AM) | PILATES WITH RESIDENT LISA BRENNEN

Enjoy a dynamic Pilates session with our resident this week, London based Lisa Brennen. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

WEDNESDAY 15/07 (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 15/07 (5:30PM TO 7:30PM) | BREATHWORK AND SOUND JOURNEY WITH RESIDENTS LISA&KILLIAN

Our residents Lisa Brennen and Killian Campbell form an amazing duo and will be conducting you through a session designed to help you release stress, regulate your nervous system and come back to yourself. Breath and sound come together for a transporting result. MEET AT YOGA STUDIO / **free for guests**, €35 for non-guests.

WEDNESDAY 15/07 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH LISA AND KILLIAN

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 residents Lisa Brennen and Killian Campbell) 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 16/07 (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 16/07 (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 16/07 (5:30PM TO 6:30PM) | SOUND HEALING WITH RESIDENT KILLIAN

Our resident Killian Campbell will be offering a serene and rejuvenating sound experience. Let yourself be transported on a journey of holistic well-being through the soothing resonance of crystal bowls and the gentle tones of gongs. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

FRIDAY 17/07 (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 17/07 (9:00AM TO 10:00AM) | PILATES WITH RESIDENT LISA BRENNEN

Enjoy a dynamic Pilates session with our resident this week, London based Lisa Brennen. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

FRIDAY 17/07 (5:30PM TO 6:30PM) | SOUND HEALING WITH RESIDENT KILLIAN

Our resident Killian Campbell will be offering a serene and rejuvenating sound experience. Let yourself be transported on a journey of holistic well-being through the soothing resonance of crystal bowls and the gentle tones of gongs. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

FRIDAY 17/07 (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 18/07 (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 18/07 (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.

SUNDAY 19/07 (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 19/07 (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 19/07 (6:30PM TO 8:00PM) | YOGA WITH RESIDENT SOOMAI

Our yoga teacher in residence for this coming week- Soomai- will take participants on a chakra opening journey during her stay with us. This will be the first session of the series with **root chakra muladhara | connecting to our foundation**. Open to all levels- gentle yoga and meditation. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.