



## 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 29/06 (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 30/06(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 30/06 (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.

### **WEDNESDAY 01/07 (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 01/07(10:00AM TO 12:00PM) | CERAMIC WORKSHOP WITH RESIDENT JORDINA**

The creator of JOR CERAMICS will be leading this creative ceramic workshop during which participants will let their imagination express run through their hands while moulding clay. Jordina Ferrando will share her love for the Med through her art and some simple techniques for stunning results. OLIVE TREE TABLE / **free for guests**, €35 for non-guests

### **WEDNESDAY 01/07 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH JOR CERAMICS**

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 Jordina) and local wines. The table will be dressed in Jor Ceramics. Son Blanc Farmhouse is about community! MEET AT THE RESTAURANT / 100€ per person (including drinks).  
Book seats here [Son Blanc Menorca | Restaurant](#)

### **THURSDAY 02/07 (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 02/07 (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 02/07(10:00AM TO 12:00PM) | CERAMIC WORKSHOP WITH RESIDENT JORDINA**

The creator of JOR CERAMICS will be leading this creative ceramic workshop during which participants will let their imagination express run through their hands while moulding clay. Jordina Ferrando will share her love for the Med through her art and some simple techniques for stunning results. OLIVE TREE TABLE / **free for guests**, €35 for non-guests

**THURSDAY 02/07 (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 03/07 (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 03/07(10:00AM TO 12:00PM) | CERAMIC WORKSHOP WITH RESIDENT JORDINA**

The creator of JOR CERAMICS will be leading this creative ceramic workshop during which participants will let their imagination express run through their hands while moulding clay. Jordina Ferrando will share her love for the Med through her art and some simple techniques for stunning results. OLIVE TREE TABLE / **free for guests**, €35 for non-guests

**FRIDAY 03/07 (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 04/07 (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 04/07 (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 04/07(6:00AM TO 7:30PM) | CERAMIC WORKSHOP WITH RESIDENT JORDINA**

The creator of JOR CERAMICS will be leading this creative ceramic workshop during which participants will let their imagination express run through their hands while moulding clay. Jordina Ferrando will share her love for the Med through her art and some simple techniques for stunning results. OLIVE TREE TABLE / **free for guests**, €35 for non-guests

**SUNDAY 05/07 (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 05/07 (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).