



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 10/08 (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 11/08 (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 11/08 (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 12/08 (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 12/08 (10:00AM TO 11:00AM) | MOVING THROUGH TRANSFORMATION ECLIPSE MOVEMENT SESSION WITH RESIDENT OSSI RITTER

Inspired by the energy of the solar eclipse, this dance workshop invites us into a liminal space between shadow and light, endings and beginnings. Through movement exploration, we will connect to themes of surrender, inner radiance, transformation, and the natural cycles of disappearance and return, allowing the body to navigate change as a living ritual. MEET ON PORCH FOR DECK/ **free for guests**. €25 for non-guests.

WEDNESDAY 12/08 (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 12/08 (7:00PM TO 11:00PM) | ECLIPSE COMMUNAL DINNER WITH OSSI RITTER

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 Ossi Ritter) and local wines. For a possible glimpse of the **eclipse**, we will be serving drinks and special glasses at the Chillout as from 7pm. Son Blanc Farmhouse is about community! MEET AT THE RESTAURANT / 90€ per person (including drinks).

Book seats here [Son Blanc Menorca | Restaurant](#)

THURSDAY 13/08 (8:30AM TO 9:30AM) | AWAKENING THROUGH MOVEMENT SUNRISE SESSION WITH RESIDENT OSSI RITTER

A gentle morning movement practice to welcome the day with presence and intention. Through conscious movement, breath, reflective writing, and connection with the natural surroundings, this session invites participants to awaken the body, ground themselves, and begin the day in alignment with their inner rhythm. MEET AT YOGA STUDIO / **free for guests**. €25 for non-guests.

THURSDAY 13/08 (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 13/08 (6:30PM TO 7:30PM) | RELEASE & CELEBRATION SUNSET SESSION WITH RESIDENT OSSI RITTER

An energising movement session to honour the transition from day to night through rhythm, expression, and collective energy. Moving through release, playfulness, and connection, this session creates space for freedom, celebration, and shared expression - flowing into an open dance gathering. MEET ON PORCH FOR DECK / **free for guests**. €25 for non-guests.

FRIDAY 14/08 (8:30AM TO 9:30AM) | AWAKENING THROUGH MOVEMENT SUNRISE SESSION WITH RESIDENT OSSI RITTER

A gentle morning movement practice to welcome the day with presence and intention. Through conscious movement, breath, reflective writing, and connection with the natural surroundings, this session invites participants to awaken the body, ground themselves, and begin the day in alignment with their inner rhythm. MEET AT YOGA STUDIO / **free for guests**. €25 for non-guests.

FRIDAY 14/08 (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 15/08 (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 15/08 (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 ON PORCH FOR DECK / 25€ per person.

SATURDAY 15/08 (6:30PM TO 7:30PM) | RELEASE & CELEBRATION SUNSET SESSION WITH RESIDENT OSSI RITTER

An energising movement session to honour the transition from day to night through rhythm, expression, and collective energy. Moving through release, playfulness, and connection, this session creates space for freedom, celebration, and shared expression - flowing into an open dance gathering. MEET ON PORCH FOR DECK / **free for guests**. €25 for non-guests.

SUNDAY 16/08 (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 16/08 (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).