



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 20/07 (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 20/07 (10:00PM TO 11:00AM) | JANZU 1 TO 1 WITH RESIDENT SOOMAI

Our yoga teacher in residence for this coming week- Soomai- is offering one to one Janzu sessions in the pool. Janzu is a healing through water therapy that brings deep relaxation, healing and connection. First come first served. MEET ON PORCH FOR POOL / **free for guests**.

MONDAY 20/07 (6:00PM TO 7:30PM) | 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 second session of the series with **sacral chakra svadhithana | opening the hips to freedom and flow**. Open to all levels- gentle yoga and meditation. MEET ON PORCH FOR DECK / **free for guests**, €25 for non-guests.

TUESDAY 21/07 (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 21/07 (10:00PM TO 11:00AM) | JANZU 1 TO 1 WITH RESIDENT SOOMAI

Our yoga teacher in residence for this coming week- Soomai- is offering one to one Janzu sessions in the pool. Janzu is a healing through water therapy that brings deep relaxation, healing and connection. First come first served. MEET ON PORCH FOR POOL / **free for guests**.

TUESDAY 21/07 (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 21/07 (5:30PM TO 7:00PM) | 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 third session of the series with **solar plexus chakra manipura | awakening our inner fire through the core**. Open to all levels- gentle yoga and meditation. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

WEDNESDAY 22/07 (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 22/07 (10:00PM TO 11:00AM) | JANZU 1 TO 1 WITH RESIDENT SOOMAI

Our yoga teacher in residence for this coming week- Soomai- is offering one to one Janzu sessions in the pool. Janzu is a healing through water therapy that brings deep relaxation, healing and connection. First come first served. MEET ON PORCH FOR POOL / **free for guests**.

WEDNESDAY 22/07 (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).

WEDNESDAY 22/07 (6:00PM TO 7:30PM) | 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 fourth session of the series with **heart chakra anahata | finding balance between giving and receiving**. Open to all levels- gentle yoga and meditation. MEET ON PORCH FOR DECK / **free for guests**, €25 for non-guests.

WEDNESDAY 22/07 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH SOOMAI

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 Soomai) 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 23/07 (8:30AM TO 10:00AM) | 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 fifth session of the series with **throat chakra visuddhi | creating space for honest expression**. Open to all levels- gentle yoga and meditation. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

THURSDAY 23/07 (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 23/07 (10:00AM TO 11:00AM) | JANZU 1 TO 1 WITH RESIDENT SOOMAI

Our yoga teacher in residence for this coming week- Soomai- is offering one to one Janzu sessions in the pool. Janzu is a healing through water therapy that brings deep relaxation, healing and connection. First come first served. MEET ON PORCH FOR POOL / **free for guests**.

THURSDAY 23/07 (6:00PM TO 7:30PM) | 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 24/07 (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 24/07 (10:00PM TO 11:00AM) | JANZU 1 TO 1 WITH RESIDENT SOOMAI
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FRIDAY 24/07 (6:00PM TO 7:30PM) | 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 sixth session of the series with **third eye chakra ajna | refining focus through balancing poses**. Open to all levels- gentle yoga and meditation. MEET ON PORCH FOR DECK / **free for guests**, €25 for non-guests.

FRIDAY 24/07 (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 25/07 (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 25/07 (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 25/07 (10:00PM TO 11:00AM) | JANZU 1 TO 1 WITH RESIDENT SOOMAI
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SATURDAY 25/07 (6:00PM TO 7:30PM) | 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 seventh session of the series with **crown chakra sahasrara | opening to new perspectives**. Open to all levels- gentle yoga and meditation. MEET ON PORCH FOR DECK / **free for guests**, €25 for non-guests.

SUNDAY 26/07 (9:00AM TO 10:00AM) | BREATHWORK WITH RESIDENT SOOMAI
Our yoga teacher in residence- Soomai- will take participants on a meditative and relaxing journey using breath as a tool and Soomai's voice and music as a guide. Open to all. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

SUNDAY 26/07 (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 26/07 (5:30PM TO 7:00PM) | ESSENTIAL OIL DISTILLING AND 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.