



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 27/07 (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.

TUESDAY 28/07 (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 28/07 (9:30AM TO 11:30AM) | CIRCULAR WORKSHOP WITH RESIDENT MERI CLAVEROL

Guided by Meritxell Claverol, this workshop is a space to slow down, connect with materials, and rediscover creativity through mindful making, over the course of a two hour workshop, participants are invited to immerse in the full process of circular design by sculpting/building with reclaimed resources their own papier-mâché vessels, in this case VASES. MEET AT OLIVE TREE TABLES / **free for guests**. €40 for non-guests.

TUESDAY 28/07 (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.

WEDNESDAY 29/07 (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 29/07 (9:30AM TO 11:30AM) | CIRCULAR WORKSHOP WITH RESIDENT MERI CLAVEROL

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WEDNESDAY 29/07 (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 29/07 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH MERITXELL
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 Meritxell Claverol who will have brought her very special style to the table) 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 30/07 (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 30/07 (9:30AM TO 11:30AM) | CIRCULAR WORKSHOP WITH RESIDENT MERI CLAVEROL

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THURSDAY 30/07 (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 30/07 (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 31/07 (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 31/07 (5:30PM TO 7:00PM) | EMOTION WORKSHOP WITH RESIDENT SARAH-LISA

Sarah-Lisa Besemer is a speaker, hypnosis coach and founder of Emotion Alchemist, based in Berlin. She has spent 15 years in tech, sales and corporate leadership and another decade since then dedicated to the one thing most people are never taught: how to actually feel their emotions, rather than suppress, avoid or think their way around them. At Son Blanc, she will be guiding group sessions built around emotional awareness, self-regulation and genuine human connection. Expect interactive exercises, guided hypnosis, space to reflect. Individual hypnosis sessions will also be available for those who want to go deeper. Most of us arrive at beautiful places still carrying the weight of everything we left behind. These sessions are an invitation to finally put it down. MEET AT OLIVE TREE TABLES / **free for guests**. €35 for non-guests.

FRIDAY 31/07 (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 01/08 (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 01/08 (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 AT YOGA STUDIO / 25€ per person.

SATURDAY 01/08 (10:00AM TO 11:30AM) | EMOTION WORKSHOP WITH RESIDENT SARAH-LISA

Sarah-Lisa Besemer is a speaker, hypnosis coach and founder of Emotion Alchemist, based in Berlin. She has spent 15 years in tech, sales and corporate leadership and another decade since then dedicated to the one thing most people are never taught: how to actually feel their emotions, rather than suppress, avoid or think their way around them. At Son Blanc, she will be guiding group sessions built around emotional awareness, self-regulation and genuine human connection. Expect interactive exercises, guided hypnosis, space to reflect. Individual hypnosis sessions will also be available for those who want to go deeper. Most of us arrive at beautiful places still carrying the weight of everything we left behind. These sessions are an invitation to finally put it down. MEET AT OLIVE TREE TABLES / **free for guests**. €35 for non-guests.

SATURDAY 01/08 (8:00PM TO 11:00PM) | DINNER WITH MICHAEL HEBB

In **Let's Talk About Death (over Dinner)**, Michael Hebb encourages us to pull up a chair, break bread, and really talk about the one thing we all have in common. His practical advice and thought-provoking have led hundreds of thousands of discussions—and they will help you broach everything from end-of-life care to the meaning of legacy to how long we should grieve. There's no one right way to talk about death, but with a little humour and grace, you'll transform your difficult conversations into an opportunity of celebration and meaning, changing not only the way we die, but also the way we live. Michael Hebb is the Founder of Life Over Dinner and the Co-Founder of the United States Chamber of Connection. His second book "Let's Talk About Death" was published by Hachette in a number of countries and we are honoured to have him enrich our community this summer prompting conversations at an intimate table over a light dinner. MEET UNDER OLIVE TREES /, €100 per person (including drinks).

SUNDAY 02/08 (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 02/08 (6:00PM TO 7:30PM) | LET'S TALK ABOUT LIFE WORKSHOP

Our guest Michael Hebb, author of "Let's talk about death-over dinner", will be offering the possibility to carry on with meaningful conversations about life and the sticky subject of death. Come and join for a drink and a chat. MEET AT POOL BAR / **free for guests**. €35 for non-guests.