



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 17/08 (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 18/08 (8:30AM TO 10:00AM) | VINYASA YOGA & SOUND HEALING

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. On this occasion resident Joseph will see you through a sound healing savasana. MEET AT YOGA STUDIO / €25 per person.

TUESDAY 18/08 (10:30AM TO 11:30AM) | FARM SESSION WITH RESIDENT RAOUL

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. This week, nutritionist Raoul Rechnitz will be bringing his knowledge to the tour. MEET ON THE PORCH / **free for guests**, €25 for non-guests.

WEDNESDAY 19/08 (8:30AM TO 10:00AM) | HATHA YOGA & SOUND HEALING

Laia Hernando will be offering today's Hatha Yoga class. Her style is traditional but fun, pure and strong. On this occasion resident Joseph will see you through a sound healing savasana. Enjoy! MEET AT YOGA STUDIO / €25 per person.

WEDNESDAY 19/08 (8:00PM TO 11:00PM) | RAOUL RECHNITZ COMMUNAL DINNER

Join fellow guests and visitors for dinner at a shared table offering simple but delicious dishes made with the finca's produce by nutritionist in residence Raoul Rechnitz from Picture of Health, good company and local wines. Before dinner Raoul will give a short talk about hydration and inflammation and how what and how you eat relates to them and his partner Joseph Evling Taylor will add a sound dimension with his gong and crystal bowls. MEET AT THE RESTAURANT / 100€ per person (including drinks).

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

THURSDAY 20/08 (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 20/08 (10:00AM TO 1:00PM) | FERMENTATION AND COOKING WORKSHOP

Nutritionist Raoul Rechnitz from Picture of Health Nutrition will be leading a fermentation and cookery workshop to guests interested in knowing how to preserve fresh produce and the benefits of fermented foods for our gut and health. MEET AT THE RESTAURANT / **free for guests**. €40 for non-guests.

THURSDAY 20/08 (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 21/08 (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 21/08 (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 22/08 (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 22/08 (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 22/08 (5:00PM TO 6:00PM) | SOUND HEALING SESSION

Let Charlotte take you on a meditative journey thanks to the healing power of her instruments. Crystal bowl baths are transcending and often deeply relaxing experiences. MEET AT YOGA STUDIO/ 47€ per person

SUNDAY 23/08 (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.