



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 31/08 (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 01/09 (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 01/09 (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 02/09 (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 02/09 (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 02/09 (8:00PM TO 11:00PM) | MENORDIC COMMUNAL DINNER

Christoffer Skaara's cooking is rooted in Nordic traditions — preservation, fermentation, curing, working with time as an ingredient — applied to the extraordinary local produce Menorca has to offer. Christoffer believes in respect — for the ingredient, the place, and the people at the table. The result is food that feels honest and considered, with a strong sense of where it comes from. Join fellow guests and visitors for dinner at a shared table offering simple but delicious dishes made with the finca's produce, good company and local wines. Son Blanc Farmhouse is about community!. MEET AT THE RESTAURANT / 100€ per person (including drinks).

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

THURSDAY 03/09 (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.

THURSDAY 03/09 (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 03/09 (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 04/09 (8:30AM TO 9:15AM) | YOGA VINYASA NAVAKARANA WITH MIRIAM

Our resident Miriam Higuera will be introducing her speciality Navakarana, a very balanced and dynamic kind of yoga that is aided through mindful breaths and visits a very big range of postures. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

FRIDAY 04/09 (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 05/09 (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 05/09 (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 05/09 (6:00PM TO 7:15PM) | YOGA VINYASA NAVAKARANA WITH MIRIAM

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SUNDAY 06/09 (9:00AM TO 10:15AM) | YOGA VINYASA NAVAKARANA WITH MIRIAM

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SUNDAY 06/09 (10:30AM TO 12:30PM) | POTTERY WORKSHOP

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