



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 05/10 (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 06/10 (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 06/10 (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 07/10 (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 07/10 (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. MEET AT POTTERY WORKSHOP / €100 per person/per hour (min 2 pax).

WEDNESDAY 07/10 (8:00PM TO 11:00PM) | COMMUNAL DINNER

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. MEET AT THE RESTAURANT / €90 per person (including drinks). Book seats here [Son Blanc Menorca | Restaurant](#)

THURSDAY 08/10 (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 08/10 (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 08/10 (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 09/10 (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 FOR THE YOGA DECK / €35 per person.

FRIDAY 09/10 (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 a time, prepare yourself for a moment of fun and some surprisingly useful cocktail making tips. You will have two cocktails to taste. MEET AT BREAKFAST KITCHEN / €45 per person.

SATURDAY 10/10 (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 10/10 (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 10/10 (5:30PM TO 7:00PM) | BREATHWORK AND CHANTING WITH RESIDENT TATO SAENZ

Our resident Tato Saenz, a trained neuropsychologist and musician, will be offering Breathwork and traditional Indian meditative chanting. This session connects in a very powerful way with the essence of the voice through stillness, deep listening and presence. It will be accompanied by an instrument called the Tampura. MEET AT YOGA STUDIO / **free for guests**, €35 for non-guests.

SUNDAY 11/10 (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 11/10 (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. MEET AT POTTERY WORKSHOP / €100 per person/per hour (min 2 pax).

**SUNDAY 11/10 (5:30PM TO 7:00PM) | BREATHWORK AND CHANTING WITH
RESIDENT TATO SAENZ**

Our resident Tato Saenz, a trained neuropsychologist and musician, will be offering an encounter with the intuitive voice. Connecting with the voice through primal chanting offers a deeply somatic experience. We will work with the sacred geometry of the body, emotion and the root that ties us to our own voice. MEET AT YOGA STUDIO / **free for guests**, €35 for non-guests.