



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 12/10 (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.

MONDAY 12/10 (5:30PM TO 7:00PM) | SACRED CHANTING CEREMONY WITH RESIDENT TATO SAENZ

Our resident Tato Saenz, a trained neuropsychologist and musician, will be offering a SACRED CHANTING CEREMONY where participants become part of the group's vibration, generators of sound and can experience first-hand the sense of belonging, trust and authenticity of the human voice in its purest state. MEET AT YOGA STUDIO / **free for guests**, €35 for non-guests

TUESDAY 13/10 (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 13/10 (09:00AM TO 11:30AM) | BREAKFAST & FARM SESSION

How about enjoying one of our famous breakfasts before heading out on your Farm tour? This experience includes access to the main house buffet breakfast from 9 am to 10.15am, when you will join Mireia for the tour described above. Everything in the scrumptious offering is local (often homegrown) and homemade. Limited space, book in advance. MEET AT RECEPTION / €35 for non-guests.

TUESDAY 13/10 (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 14/10 (8:30AM TO 9:45AM) | HATHA YOGA WITH RESIDENT NADIA MAY

Nadia May, a London-based yoga teacher and holistic wellness facilitator with over 17 years of experience, will be offering today's class. Enjoy! MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

WEDNESDAY 14/10 (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 14/10 (6:00PM TO 7:15PM) | YIN YOGA AND SOUND WITH RESIDENT NADIA MAY

Nadia May, a London-based yoga teacher and holistic wellness facilitator with over 17 years of experience, will be offering a relaxing and meditative session ideal for opening up tight joints. The session will include a little sound healing through Nadia's bowls. Enjoy! MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

WEDNESDAY 14/10 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH NADIA MAY

Join fellow guests (including resident Nadia May) 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 15/10 (8:30AM TO 9:45AM) | FLOW YOGA WITH RESIDENT NADIA MAY

Nadia May, a London-based yoga teacher and holistic wellness facilitator with over 17 years of experience, will be offering today's class. Enjoy! MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

THURSDAY 15/10 (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.

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FRIDAY 16/10 (8:30AM TO 10:00AM) | FOREST BATHING AND YOGA WITH NADIA

Join resident Nadia May 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 / **free for guests**, €25 for non-guests.

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FRIDAY 16/10 (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 the 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 17/10 (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 17/10 (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 17/10 (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 18/10 (8:30AM TO 9:45AM) | FLOW YOGA WITH RESIDENT NADIA MAY

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SUNDAY 18/10 (10:30AM TO 12:30PM) | POTTERY WORKSHOP

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SUNDAY 18/10 (5:30PM TO 7:00PM) | 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.