



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 14/09 (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 15/09 (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 15/09 (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 16/09 (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 16/09 (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 person/per hour (min 2 pax).

WEDNESDAY 16/09 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH PANACEA PLANTS

Join fellow guests (including residents Emma and Stephanie from Panacea Plants) 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 17/09 (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 17/09 (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 17/09 (10:30AM TO 11:30AM) | HERBAL MEDICINAL WORKSHOP WITH RESIDENTS PANACEA PLANTS

Stephanie Paine is devoted to bringing out the medicinal side of plants and Emma Galea spends her days growing them and tending to them. Together, they are Panacea Plants. Join them for this **Herbal Ritual and Smoke Blends workshop**. MEET AT OLIVE TREES / **free for guests**, €35 for non-guests.

THURSDAY 17/09 (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 18/09 (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 18/09 (10:30AM TO 11:30AM) | HERBAL MEDICINAL WORKSHOP WITH RESIDENTS PANACEA PLANTS

Stephanie Paine is devoted to bringing out the medicinal side of plants and Emma Galea spends her days growing them and tending to them. Together, they are Panacea Plants. Join them for this **Immunity Boosting medicine making workshop**. MEET AT OLIVE TREES / **free for guests**, €35 for non-guests.

FRIDAY 18/09 (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 19/09 (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 19/09 (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 19/09 (10:30AM TO 11:30AM) | HERBAL MEDICINAL WORKSHOP WITH RESIDENTS PANACEA PLANTS

Stephanie Paine is devoted to bringing out the medicinal side of plants and Emma Galea spends her days growing them and tending to them. Together, they are Panacea Plants. Join them for this **Herbal Body oils and scrubs workshop**. MEET AT OLIVE TREES / **free for guests**, €35 for non-guests.

SUNDAY 20/09 (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 20/09 (10:30AM TO 11:30AM) | HERBAL MEDICINAL WORKSHOP WITH RESIDENTS PANACEA PLANTS

Stephanie Paine is devoted to bringing out the medicinal side of plants and Emma Galea spends her days growing them and tending to them. Together, they are Panacea Plants. Join them for this **Custom Botanical Seed Bombs & Blends workshop**. MEET AT OLIVE TREES / **free for guests**, €35 for non-guests.