



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 28/09 (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 29/09 (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 29/09 (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 30/09 (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 30/09 (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 30/09 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH KEUR

Join fellow guests (including residents Manuela and Matthias from Keur) 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 01/10 (8:30AM TO 9:45AM) | VINYASA YOGA

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THURSDAY 01/10 (10:00AM TO 11:00/11:15AM) | ENERGISING BREATHWORK WITH RESIDENTS MANUELA AND MATTHIAS

As pioneers within the emerging field of breathwork, Manuela and Matthias will offer an energizing morning session to wake your senses and spirit for the day ahead. Keur [Keur](#), was founded by Manuela and Matthias and deeply influenced by teachings transformative experiences, and the sense

of community they discovered in California. YOGA STUDIO / **free for guests**, €25 for non-guests.

THURSDAY 01/10 (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 02/10 (8:30AM TO 09:30/10:00AM) | ENERGISING BREATHWORK WITH RESIDENTS MANUELA AND MATTHIAS

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FRIDAY 02/10 (5:30PM TP 6:30/7:00PM) | CALMING BREATHWORK WITH RESIDENTS MANUELA AND MATTHIAS

As pioneers within the emerging field of breathwork, Manuela and Matthias will offer a calming evening session to end the day in peace and reflexion. Keur [Keur_](#), was founded by Manuela and Matthias and deeply influenced by teachings transformative experiences, and the sense of community they discovered in California. MEET AT YOGA STUDIO / **free for guests**, €25 for non-guests.

FRIDAY 02/10 (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 03/10 (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 03/10 (10:00AM TO 11:00/11:15AM) | ENERGISING BREATHWORK WITH RESIDENTS MANUELA AND MATTHIAS

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SUNDAY 04/10 (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 04/10 (10:00AM TO 11:00/11:15AM) | ENERGISING BREATHWORK WITH RESIDENTS MANUELA AND MATTHIAS

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SUNDAY 04/10 (10:30AM TO 12:30PM) | POTTERY WORKSHOP

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SUNDAY 04/10 (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 AT THE PORCH / €45 per person.