



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 19/10 (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 20/10 (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 20/10 (9:00AM 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 20/10 (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 PORCH / **free for guests**, €25 for non-guests.

WEDNESDAY 21/10 (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 21/10 (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 21/10 (8:00PM TO 11:00PM) | COMMUNAL DINNER WITH TESSEL VAN DER PUTTE AND BRUNO AGUILAR

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. On this occasion our residents Dutch eco-feminist artist Tessel Van Der Putte and her partner, Mexican photographer and producer, Bruno Aguilar will be presenting the work that is exhibited at Son Blanc Farmhouse this week as well as presenting their in-situ creations. MEET AT THE RESTAURANT / €90 per person (including drinks).

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

THURSDAY 22/10 (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 22/10 (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 22/10 (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 23/10 (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 PORCH-YOGA DECK / €35 per person.

FRIDAY 23/10 (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 24/10 (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 24/10 (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 24/10 (11:30AM TO 1:00PM) | BOTENOR COSMETIC WORKSHOP AND PRESENTATION

« Boténor is a “farm to face” skincare house. Its certified organic (cosmos organic) formulas are built around signature plants grown on the brand’s own Cosmetic Farm, Sant Rafael, in the heart of Menorca, a UNESCO Biosphere Reserve. Every Boténor care honours both the skin and the land it comes from: a regenerative farming model that cultivates to protect wild species and biodiversity. We are proud to carry Boténor at Son Blanc and delighted to welcome its founders to the Farmhouse to share their work with our community and guests. Join us for a 90-minute presentation and workshop, held with wellness and skin-ritual expert Céline Julien, an intimate introduction to the philosophy, the plants and the daily rituals behind Boténor’s skincare, followed by a guided hands-on experience with the products. MEET UNDER THE OLIVE TREES BY THE POOL BAR / **Free for everyone (guests and not guests).**

SUNDAY 25/10 (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 25/10 (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).