



ES RACÓ D'ARTÀ

# ACTIVITIES & EXPERIENCES

As places are limited, please register 24 hours in advance to secure your place. Please be aware of our cancellation policy.

The reception team will be happy

to advise you.

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## EVERY MORNING

you are invited to a 30 min guided meditation followed by a 60 min Yoga class:

**8:00 AM    Meditation**

**8:30 AM    Yoga**

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## THURSDAY 28<sup>TH</sup> OF MARCH

**6:00 PM    Conscious Connected Breathing**  
*(Meeting point: Meditation room, 60-90 min)*

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## FRIDAY 29<sup>TH</sup> OF MARCH

**11:00 AM    Basket weaving workshop with the traditional „Palmito“**  
*(Meeting point: Yoga room, 120 min)*

**6:00 PM    Sound therapy with vibrational instruments**  
*(Meeting point: Yoga room, 60 min)*

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## SATURDAY 30<sup>TH</sup> OF MARCH

**4:00 PM    yogaSOMATICS: A Journey into the Sensitive Body** *(Meeting point: Yoga room, 120 min)*

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## SUNDAY 31<sup>ST</sup> OF MARCH

**4:00 PM    Forest bathing** *(Meeting point: reception, 90 min)*

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## MONDAY 1<sup>ST</sup> OF APRIL

**11:00 AM    Meditation and art therapy with clay**  
*(Meeting point: reception, 120 min)*

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## TUESDAY 2<sup>ND</sup> OF APRIL

**11:00 AM    Creation of a handmade dreamcatcher**  
*(Meeting point: reception, 90 min)*

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## THURSDAY 4<sup>TH</sup> OF APRIL

**6:00 PM    Conscious Connected Breathing**  
*(Meeting point: Meditation room, 60-90 min)*

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## FRIDAY 5<sup>TH</sup> OF APRIL

**11:00 AM    Basket weaving workshop with the traditional „Palmito“**  
*(Meeting point: Yoga room, 120 min)*

**6:00 PM    Sound therapy with vibrational instruments**  
*(Meeting point: Yoga room, 60 min)*

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## SATURDAY 6<sup>TH</sup> OF APRIL

**11:00 AM    Intuitive Painting workshop**  
*(Meeting point: reception, 90 min)*

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## SUNDAY 7<sup>TH</sup> OF APRIL

**11:00 AM    Meditation and art therapy with clay**  
*(Meeting point: reception, 120 min)*



## **Conscious Connected Breathing [with Irina](#)**

In our hour-long session, we'll engage in a continuous conscious breathing technique, fostering uninterrupted inhalation and exhalation through a single channel. This method can induce profound physiological shifts, cultivating awareness and serving as a foundational tool for personal growth across physical, emotional, mental, and spiritual realms.

## **Basket weaving workshop with the**

### **traditional „Palmito“ [with Aina](#)**

Discover this ancient Mallorcan technique of weaving straw baskets. The basket weavers use the leaves of the palmito palm tree for their handiwork. This traditional Mallorcan craft is known by the name of Llatra. Master craftswoman Aina Pistola is already looking forward to sharing this passion with you.

## **Sound therapy with vibrational**

### **instruments [with Jessica](#)**

As you listen to the instruments you will notice how your whole body begins to vibrate and little by little it will lead you to a state of deep relaxation. You will feel a vibrational massage all over your body that will affect your nervous system; relaxing, stimulating and strengthening it. The sound of the gong is comparable to the sound of nature and its rhythms. In the session you will be able to reach a state of Shunias, the original state of nothingness, silencing your mind.

## **yogaSOMATICS: A Journey into**

### **the Sensitive Body [with Deirdre](#)**

This workshop will take you on a journey into the sensitive body through awakening the senses, feeling, stillness and movement. YogaSOMATICS is a non-linear experiential practice combining traditional yoga, modern somatic movement and energetic work. The practice is about sensing and shaping from within connecting to one's own life energy and body wisdom.

## **Forest bathing [with Alicia](#)**

Forest bathing is a practice that has a long story in humanity. The biological natural rhythms root your feet down to the core while cooling your head off from restless movement. There is clinical evidence that shows how it improves your overall physical and mental health. Today a key factor activity to effective health programs because it awakens the vital force in the body and brings harmony. There are clinical studies that show how one a single of these sessions can reduce your blood pressure, strengthen your immune system, repairs cells. It truly does benefit the lungs and the heart, resets the nervous system.

Our physical bodies have been adapted to natural ecosystems from thousands of years back. As you dive into the beneficial properties that trees and plants spread around, you achieve that overall feeling of belonging, wholeness and profound wellbeing as you synchronize in a natural flow you own bio rhythms with those found in the natural systems.

## **Meditation and art therapy with clay**

### **[with Tobias](#)**

The workshops of meditation and art therapy invite a space and time of rest in the midst of the maelstrom of everyday life, so full of inputs, haste and stress. Breathing. Allow yourself a few hours to just Being. Respect and take care of yourself. The proposal consists of the sensory exploration that clay allows us. We will connect with the body and the senses to perform this guided and dynamic meditation towards silent touch, towards free movement. When we approach the material in this way without necessarily a purpose or an aesthetic objective simply from curiosity and openness to the touch and the other senses.

## **Creation of a handmade dreamcatcher**

### **[with Claudia](#)**

Enjoy a moment of peace to create your own dreamcatcher... Claudia, craftswoman of wicker and natural fibre creations, will guide you in this unique and original creation. A little bit of dream to take home with you!

## **Intuitive painting workshop [with Birgit](#)**

This workshop guides us to connect with our inner wisdom and use the creative process to externalise emotions and sensations. Connect with art and its therapeutic power.

Comfortable clothes that you can paint with. Workshop for adults only.