ES RACÓ D'ARTÀ

ACTIVITIES & WORKSHOPS

As places are limited, please register 24 hours in advance to ensure your place.

Please be aware of our cancellation policy. The Reception Team will be happy to advise you.

Out of respect for other participants, we ask you not to use cell phones during the sessions.

Please note that many of the sessions are not recommended during the first weeks of pregnancy (Yoga, MyoYin, Breathwork, Sound Therapy, etc). Please consult us if you have any questions.

WEDNESDAY 30TH OF SEPTEMBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Joy (Ashtanga, Vinyasa or Yin Yoga)*

5:00 PM **Basket Weaving Workshop with the traditional „Palmito"** *with Aina (Meeting Point: Reception, 120 min)*

THURSDAY 1ST OF OCTOBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Camila (Hatha Yoga)*

11:30 AM **Psychedelic Breath®** *with Julia (Meeting Point: Yoga Room, 75 min approx)*

FRIDAY 2ND OF OCTOBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Marco (Hatha Yoga)*

11:00 AM **Meditation and Art Therapy with Clay** *with Tobias (Meeting Point: Reception, 120 min)*

SATURDAY 3RD OF OCTOBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Camila (Hatha Yoga)*

8:00 AM **Healthy Group Training** *with Victor (Meeting Point: Haima Bedouin Tent, 60 min)*

11:00 AM **Mindful Art Experience** *with Mel (Meeting Point: Reception, 120 min)*

SUNDAY 4TH OF OCTOBER

6:45 AM **Conscious Walk to the Viewpoint at Sunrise** *with Victor* **>> Level: medium-high** *(Meeting Point: Reception, 90 min approx)*

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Marco (Hatha Yoga)*

6:00 PM **Sound Therapy** *with Juliane (Meeting Point: Reception, 60 min)*

MONDAY 5TH OF OCTOBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Joy (Ashtanga, Vinyasa or Yin Yoga))*

11:00 AM **Creation of a handmade Dreamcatcher** *with Claudia (Meeting Point: Reception, 90 min)*

7:00 PM **Pranayama (Breath Regulation) and Meditation** *with Nabs (Meeting Point: Meditation Room, 60 min)*

TUESDAY 6TH OF OCTOBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Camila (Hatha Yoga)*

6:00 PM **Es Racó Wine Journey** *with Kathi (Meeting Point: Reception, 60-75 min)*

WEDNESDAY 7TH OF OCTOBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Joy (Ashtanga, Vinyasa or Yin Yoga)*

11:00 AM **Tai Chi Chuan** *with Marga (Meeting Point: Reception, 60 min)*

5:00 PM **Basket Weaving Workshop with the traditional „Palmito"** *with Aina (Meeting Point: Reception, 120 min)*

THURSDAY 8TH OF OCTOBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Camila (Hatha Yoga)*

11:30 AM **Psychedelic Breath®** *with Julia (Meeting Point: Yoga Room, 75 min approx)*

5:30 PM **Conscious Walk to the Viewpoint at Sunset** *with Moritz* **>> Level: medium-high** *(Meeting Point: Reception, 90 min approx)*

FRIDAY 9TH OF OCTOBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Marco (Hatha Yoga)*

8:00 AM **Healthy Group Training** *with Moritz (Meeting Point: Haima Bedouin Tent, 60 min)*

11:00 AM **Meditation and Art Therapy with Clay** *with Tobias (Meeting Point: Reception, 120 min)*

6:00 PM **Sound Therapy** *with Stefan (Meeting Point: Meditation Room, 60 min)*

SATURDAY 10TH OF OCTOBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Camila (Hatha Yoga)*

11:00 AM **Mindful Art Experience** *with Mel (Meeting Point: Reception, 120 min)*

6:30 PM **Discover our ecological 'Finca'** *with Iris (Meeting Point: Reception, 60 min)*

SUNDAY 11TH OF OCTOBER

6:45 AM **Conscious Walk to the Viewpoint at Sunrise** *with Moritz* **>> Level: medium-high** *(Meeting Point: Reception, 90 min approx)*

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Marco (Hatha Yoga)*

6:00 PM **Sound Therapy** *with Juliane (Meeting Point: Reception, 60 min)*

MONDAY 12TH OF OCTOBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Joy (Ashtanga, Vinyasa or Yin Yoga)*

11:00 AM **Creation of a handmade Dreamcatcher** *with Claudia (Meeting Point: Reception, 90 min)*

7:00 PM **Pranayama (Breath Regulation) and Meditation** *with Nabs (Meeting Point: Meditation Room, 60 min)*

TUESDAY 13 TH OF OCTOBER

7:30 AM **Meditation and…**
8:00 AM **Yoga** *with Camila (Hatha Yoga)*

5:30 PM **Conscious Movement** *with Marga (Meeting Point: Yoga Room, 90 min)*

Basket Weaving Workshop with the traditional „Palmito"

This workshop teaches the ancient Mallorcan technique of basketry. The artisans of the island use the palm leaves for their work. This traditional Mallorcan craft is known as Llatra. The unaccustomed tranquility of this handicraft work is immediately transferred to the mind, relaxes the spirit and any daily stress is instantly forgotten. Master craftswoman Aina Pistola is already looking forward to sharing this passion with you.

Psychedelic Breath®

Psychedelic Breath is a breath ritual that blends ancient breathing techniques from spiritual traditions with the latest insights from neuroscience and powerful electronic music.

Through rhythmic breathing, music and mindful guidance, inner blockages may be released, emotional depth explored, and a state of clarity, connection and presence experienced.
Each session is a safely held space for self-exploration, integration and reconnection with your inner wisdom

Meditation and Art Therapy with Clay

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.

Healthy Group Training

What better way to start the day than moving and connecting with yourself. The Healthy Group Training offers us a full-body workout to exercise the whole body adapting to the level of each person.

60 minutes sessions that include:

- warm-up and activation phase,
- main part,
- cool down and stretching.

Mindful Art Experience

Discover calm, inspiration and a renewed sense of inner connection in this creative and restorative experience.

Guided by artist and art therapist Mel Saulek, this Mindful Art workshop invites you to slow down, return to your essence and explore your emotions through color, texture and mindful expression.

Designed for those seeking reflection, creativity, and well-being, this session offers a serene space to release tension and restore harmony between mind and body.

Immerse yourself in an experience where art, nature and inner peace meet.

Discover our ecological 'Finca'

Es Racó d'Artà is a living landscape where agriculture (including our friendly donkeys, bees and chickens), heritage and biodiversity coexist purposefully. Olive tree fields, our extensive vineyards, dry-stone walls and old wells from the Bereber settlements remain untouched, revealing the rhythm of the land as it has unfolded for generations.

This tour is designed to meet this landscape and learn how the roots of Es Racó are intimately connected to the soil as well as the water cycle, the basis and origin of our philosophy. Each harvest, all products we purchase and every action we take is closely related to our circularity plan.

Conscious Walk to the Viewpoint at Sunrise or Sunset

Walk through the forest to the window of nature where you will discover wonderful views and greet the sun in a meditation exercise.

Important: closed comfortable shoes and good physical fitness are needed. The level of this hike is **medium-high**.

Sound Therapy

Take one hour to simply pause. Immerse yourself in a concert of harmonic vibrations, where sound and frequency create a deeply calming atmosphere for body and mind. No expectations and no previous experience are needed—just the willingness to slow down, breathe and allow your nervous system the space to rest, reset and gently reconnect with a sense of inner balance.

Creation of a handmade Dreamcatcher

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!

Pranayama (Breath Regulation) and Meditation

Dive into the classical Pranayama from the Kaivalyananda tradition to enhance the life force (Prana), energising the body and healing the respiratory system.

Then conclude the session with a guided meditation to obtain the peace and harmony in the mind, body and spirit.

Es Racó Wine Journey

This guided tour was designed exclusively for our hotel guests to discover Mallorca through the wines of Es Racó d'Artà.

More than a traditional wine tasting, it invites you to slow down and connect with the landscape and the natural rhythm that shape the estate and its wines. The experience unfolds across different locations within the estate.

You will discover the philosophy behind winegrowing and experience sensory moments. Understand how Mallorca's climate, soil, groundwater, and local grape varieties influence the wines. Through three wines and three distinctive settings, the experience offers a slower, more personal way to understand and taste the landscape of Mallorca.

Tai Chi Chuan – The Art of Stillness in Motion

In the tranquility of this place, time takes on a different rhythm.

Tai Chi Chuan invites us to discover this through slow, fluid, and mindful movements, in an ancient practice that harmonizes body, breath, and mind.

Guided by the gentleness of movement and mindfulness, we will explore the essential principles of this Eastern art, allowing each movement to bring us closer to balance, serenity, and a deeper connection with our bodies.

An intimate and immersive experience, designed to be enjoyed at a leisurely pace, in dialogue with nature and the unique energy of the surroundings.

A pause to return to oneself.

Conscious Movement

A space where the body becomes the main focus. Through gentle, organic, and accessible exercises, we encourage postural awareness, the correction of bad habits, and the opening up to more natural and healthy movement.

This workshop offers a holistic and individualized approach, as each participant works according to their own possibilities and needs, without comparisons or external pressures. Movement isn't imposed; it comes from the body itself, respecting its rhythms, abilities, and limits, while promoting a complete sense of well-being that connects body, mind, and breath. This workshop isn't just physical exercise: it's a path to regain harmony, release tension, and rediscover the joy of moving in a mindful, simple, and full way.

The Yoga Styles we offer:

VINYASA YOGA is known for its dynamic sequences, which are called “flows”. The exercises are performed in harmony with the breath, with each inhalation and exhalation connected to a movement. Vinyasa Yoga strengthens the muscles, improves flexibility and promotes body awareness. By focusing on breathing and flowing movements, Vinyasa Yoga can reduce stress and lead to greater relaxation.

YIN YOGA is a calm and passive style of Yoga characterized by long holds of the asanas (positions). The asanas are held for several minutes, often 2-5 minutes or longer, to reach deeper layers of tissue. The muscles are left largely relaxed, while gravity and time provide the stretch. The focus is on stretching and stimulating the connective tissue to improve flexibility and mobility. Yin Yoga promotes mindfulness and relaxation as you focus on the present moment and become aware of the sensations in your body.

HATHA YOGA is one of the oldest and best-known Yoga traditions. The term “Hatha” is composed of the Sanskrit words ‘ha’ (sun) and “tha” (moon) and symbolizes the duality of energy and relaxation, activity and rest. The goal of Hatha Yoga is to balance these two energies in the body in order to achieve a sense of harmony and well-being. Breathing exercises direct the life energy (prana) and promote a deeper understanding of the connection between breath and mind. Hatha Yoga integrates meditation to train concentration and achieve inner peace.

ASHTANGA YOGA is a dynamic, structured style of yoga based on the practice of set sequences of asanas (postures) synchronised with the breath to generate an internal flow of heat and calm the mind. The term ‘Ashtanga’ means ‘eight limbs’ and refers to the eight aspects of yoga from Patanjali’s Yoga Sutras, which form the practical and philosophical framework.