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.

TUESDAY 17TH OF NOVEMBER

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

5:00 PM **Es Racó Wine Journey** *with Kathi*
(Meeting Point: Reception, 60-75 min/90€)

WEDNESDAY 18TH OF NOVEMBER

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

5:00 PM **Basket Weaving Workshop with the traditional „Palmito“** *with Aina*
(Meeting Point: Reception, 120 min/10€)

THURSDAY 19TH OF NOVEMBER

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

11:30 AM **Psychedelic Breath®** *with Julia*
(Meeting Point: Yoga Room, 75 min approx/35€)

4:00 PM **Conscious Walk to the Viewpoint at Sunset** *with David*
>> Level: medium-high
(Meeting Point: Reception, 90 min approx/35€)

FRIDAY 20TH OF NOVEMBER

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

6:00 PM **Sound Therapy** *with Stefan*
(Meeting Point: Meditation Room, 60 min/35€)

SATURDAY 21ST OF NOVEMBER

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

9:00 AM **Healthy Group Training** *with David*
(Meeting Point: Haima Bedouin Tent, 60 min/free of Charge)

11:00 AM **Botanical Art Experience** *with Mel*
(Meeting Point: Reception, 120 min/65€)

SUNDAY 22ND OF NOVEMBER

6:30 AM **Conscious Walk to the Viewpoint at Sunrise** *with David*
>> Level: medium-high
(Meeting Point: Reception, 90 min approx/35€)

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

MONDAY 23RD OF NOVEMBER

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

11:00 AM **Creation of a handmade Dreamcatcher** *with Claudia*
(Meeting Point: Reception, 90 min/30€)

TUESDAY 24TH OF NOVEMBER

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

WEDNESDAY 25TH OF NOVEMBER

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

5:00 PM **Basket Weaving Workshop with the traditional „Palmito“** *with Aina*
(Meeting Point: Reception, 120 min/10€)

THURSDAY 26TH OF NOVEMBER

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

11:30 AM **Psychedelic Breath®** *with Julia*
(Meeting Point: Yoga Room, 75 min approx/35€)

4:00 PM **Conscious Walk to the Viewpoint at Sunset** *with David*
>> Level: medium-high
(Meeting Point: Reception, 90 min approx/35€)

FRIDAY 27TH OF NOVEMBER

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

11:00 AM **Meditation and Art Therapy with Clay** *with Tobias (Meeting Point: Reception, 120 min/50€)*

6:00 PM **Sound Therapy** *with Stefan*
(Meeting Point: Meditation Room, 60 min/35€)

SATURDAY 28TH OF NOVEMBER

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

9:00 AM **Healthy Group Training** *with David*
(Meeting Point: Haima Bedouin Tent, 60 min/free of Charge)

11:00 AM **Botanical Art Experience** *with Mel*
(Meeting Point: Reception, 120 min/65€)

SUNDAY 29TH OF NOVEMBER

6:30 AM **Conscious Walk to the Viewpoint at Sunrise** *with David*
>> Level: medium-high
(Meeting Point: Reception, 90 min approx/35€)

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

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 wine-growing 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.

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.

Sound Therapy

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 Shunia, the original state of nothingness, silencing your mind.

Botanical Art Experience

Gather the Mallorcan countryside in your hands and take it home on paper.

Artist Mel Saulek will guide you on a short walk to collect a few treasures from nature, then stay with you as you compose your piece on natural recycled paper, with dried flowers and other materials to experiment with.

A Mallorcan tea ritual, brewed with herbs from the island, accompanies the creation.

You take home your own original piece, made by hand during your stay: a keepsake no shop could sell.

No art experience needed.

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**.

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!

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.

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.