



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.

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

WEDNESDAY 6TH OF SEPTEMBER

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

THURSDAY 7TH OF SEPTEMBER

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

7:00 PM Sound therapy with vibrational instruments
(Meeting point: Yoga room, 60 min)

WEDNESDAY 13TH OF SEPTEMBER

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

FRIDAY 15TH OF SEPTEMBER

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

7:00 PM Sound therapy with vibrational instruments
(Meeting point: Yoga room, 60 min)

SATURDAY 16TH OF SEPTEMBER

5:00 PM Natural conscious movement
(Meeting point: Yoga room, 60 min)

6:15 PM Conscious walk to the viewpoint
(Meeting point: reception, 90 min approx)

SUNDAY 17TH OF SEPTEMBER

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

Intuitive painting workshop

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.

Basket weaving workshop with the traditional „Palmito“

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. 77-year-old master craftswoman Aina Pistola is already looking forward to sharing this passion with you.

Sound therapy with vibrational instruments

Sound bath with vibrational instruments. Immersion in the sound and vibrations of different handmade instruments such as the Gong, Tibetan bowls or the Handpan, which provides a feeling of wellbeing and relaxation. By establishing a healthy vibration in our whole organism we can eliminate thoughts or feelings that block us, reducing stress and anxiety.

Natural conscious movement

Explore your limits introspectively through breath and body. Flowing and simple exercises to connect with you through calmness without expectation or competition. Suitable for all physical and emotional levels.

Conscious walk to the viewpoint

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

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.