EMBARK ON YOUR JOURNEY

MIRAVAL
Arizona

SAMPLE

ALL PROGRAMS AND MENU OFFERINGS SUBJECT TO CHANGE
MEET OUR SPECIALISTS

FIND GREATER CLARITY, LEARN NEW METHODS, AND GAIN SKILLS TO SUPPORT YOUR WELL-BEING

These experts in fields from nutrition to spiritual healing, offer workshops, lectures, and one-on-one sessions to educate and motivate. They illuminate the path from you to you.

WYATT WEBB
Creator, The Miraval Equine Experience™

For more than 25 years, Wyatt has worked with adults, adolescents, families, couples, and corporations in a therapeutic setting. Wyatt has a B.A. from West Georgia College. What began as a facilitated in-depth relationship skills examination has evolved into Miraval’s Equine Experience™. In a safe and supportive setting, people correct false belief systems about themselves and remember who they truly are.

WORKSHOPS:
• It’s Not About the Horse
• Life is Simple, Who Complicates It?

TEJPAL
Brennan Healing Practitioner, M.A., M.B.S.

A Professional Certified Coach and Brennan Healing Practitioner, Tejpal has more than 20 years of experience coaching executives in a business context. In 1996, Tejpal experienced the benefits of Brennan Healing Science and this shifted her energy toward healing, spirituality and vibrant health.

LECTURES:
• Intuitive Living: Discover Three Principles that will Change Your Life
• Discover Your Soul Mission: Explore the Four Elements that Create the Anatomy of the Soul
• Unleash the Power of Your Soul: Commit to Vibrant Living!

PRIVATE SESSIONS:
• Brennan Healing Science
• Soul Guidance
• Soul Journey

ANNE PARKER
Wellness Counselor, M.A., M.H.S.A

Anne brings a unique, caring, and practical approach to creating and enhancing personal and relational well-being. A therapist with over 35 years of professional experience, she has focused her practice in a wellness model since 1995. As a practitioner and teacher of mindfulness for over 20 years, Anne is skilled in integrating the wisdom of the unconscious with mindful approaches and practical strategies for wellness. She has also held various executive level positions in hospitals and non-profit organizations giving her a distinctive approach to integrating balance in all aspects of life. Anne inspires new perspectives about joyful living, emotional resilience, and life transitions.

LECTURES:
• Living a True Life in Balance
• Letting Go, Letting In
• Mindful Relationships
• 7 Keys to Joy & Vitality

PRIVATE SESSIONS:
• Reflection to Transformation
• Living in Balance Consult
• Grief, Loss & Letting Go
• Mindful Relationships
• Mirror of the Soul

WORKSHOP:
The How-Tos of Happiness and Well-Being

BRENT BAUM
Trauma Specialist

Brent brings his expertise to Miraval as an internationally recognized trauma specialist, international lecturer and author with more than 15 years of experience working with trauma survivors from various walks of life. By healing the memories that induce emotional and physical blockages, it is possible to resolve disease, depression, compulsivity, pain and anxiety at their source. This gifted therapist and teacher created Holographic Memory Resolution® to teach trauma survivors tools to access their memories and resolve emotions often associated with traumatic events.

LECTURE:
• Master Your Mind to Heal Your Body

PRIVATE SESSION:
• Holographic Memory Resolution®
Less is More: Intelligent Exercise for Graceful Aging • 6 Tips to Master Your Metabolism • Mindful Eating

**Vitamins, Supplements & Your Health**

**WORKSHOPS:**
- Plan
- Integrative Nutrition

**PRIVATE SESSIONS:**
- Metabolic Rate Analysis & Personalized Nutrition Plan
- Integrative Nutrition

**LECTURES:**
- 6 Tips to Master Your Metabolism • Mindful Eating

**PRIVATE SESSIONS:**
- Anti-Inflammatory Kitchen • Healthy Gut, Healthy You • Vitamins, Supplements & Your Health

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**ANGELA ONSGARD**

Registered Dietitian

Angela is a Registered Dietitian who specializes in weight loss, food allergies, prenatal nutrition, diabetes, cardiac rehabilitation, kidney disease, sports nutrition, and general healthy eating. Angela is passionate about holistic, integrative, and functional nutrition. Her desire to help our guests develop a healthy relationship with food is reflected in her well-rounded counseling approach; and, she will tailor your individual nutrition counseling session to reflect one’s personal goals and lifestyle.

**LECTURES:**
- 6 Tips to Master Your Metabolism • Mindful Eating

**PRIVATE SESSIONS:**
- Metabolic Rate Analysis & Personalized Nutrition Plan
- Integrative Nutrition

**WORKSHOPS:**
- Anti-Inflammatory Kitchen • Healthy Gut, Healthy You • Vitamins, Supplements & Your Health

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**CAROLYN CRAWFORD**

Astrologer

Carolyn is a professional psychic astrologer whose intuitive awareness has been developed through meditation and studies with some of this century’s greatest metaphysical teachers. She has been featured in the New York Times, Forbes, Businessweek and with her husband Arch on The Wall Street Journal Report. With your birth date, place and time, Carolyn will create a personality profile for you that targets your specific talents and skills. She will speak with you about future possibilities in life, answer any questions you may have, and will email you a recording of your session and a chart printout for you to take home.

**PRIVATE SESSION:**
- Astrology

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**NANCY SCHROEDER**

Professional Photographer, B.F.A.

Nancy has worked primarily in New England and the Southwest, capturing landscapes, moment, adventure and art photography. Nancy graduated from the University of Arizona with a BFA in Photography. Her career has spanned more than 20 years. Her adventurous side led her to backpack many long distance scenic trails of North America, documenting her travels for lectures and workshops at adventure companies such as: REI, L.L. Bean, & Eastern Mountain Sports. Nancy regularly contributes to publications such as The New York Times.

**CLASSES:**
- Artful Photography - with Your Camera Phone • Evening Photography Walk • Creative Photography Stroll

**PRIVATE SESSIONS:**
- Photography in Focus • Photography Hike • Artful Photography • Photography • Creative Photography Stroll

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**LISA FRANK**

Wellness Counselor, M.Ed

Lisa utilizes an integrative approach when facilitating personal growth. She has a Master’s Degree in Educational Counseling and over 10 years of experience working as a counselor in a variety of settings. Her background includes techniques in experiential, somatic, and mindfulness based healing modalities. She is also a Registered Yoga Teacher and has studied extensively in Yoga Therapy and other Yogic and Meditation styles. Lisa was a Division 1 Softball Player and has built on her athletic background in motivating others to improve performance and overall wellness. Her intention is to inspire others towards heartfelt, holistic wellness and self-compassion.

**LECTURE:**
- The Gift of Gratitude

**WORKSHOP:**
- Mindful Parenting

**PRIVATE SESSIONS:**
- Living in Balance Consult • HeartFull Living • Mindful Relationships • Mind Body Wisdom Consult • Grief, Loss & Letting Go • Conscious Connections Duet • Mindful Parenting

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**PAM LANCASTER**

Spiritual Guide & Intuitive Healer

Pam brings more than 18 years of experience in the fields of holistic healing, spiritual counseling, and integrative medicine to her practice. She brings forth a newfound sense of self-awareness in each client, empowering others to heal disconnections, traumas or blocks that are impeding the highest expression of their soul and personal well-being. This healing approach guides you to reclaim the truth of your body and awaken its innate healing abilities.

**HEALING SESSIONS:**
- Chrysalis of Sound • Himalayan Sound Bath

**LECTURES:**
- Ceremonies for the Soul • Calm the Mind, Open the Heart: Discover the Ancient Ways of Healing

**PRIVATE SESSIONS:**
- Seeds of Wisdom • Shuniya Sound Ceremony • Spirit Essence Ceremony • Tibetan Chakra Balancing • True Nature
SPECIALISTS

TIM FRANK
Naturopathic Physician/Shamanic Healer, NMD
With more than 13 years of experience as a Naturopathic Medical Doctor and 35 years of training in Shamanic/Spiritual Healing Practices, Dr. Tim Frank integrates master level massage and acupuncture with the ceremonial practices of his healing family lineage. His exclusive treatment, Spirit Flight, received the SpaFinder Readers’ Choice Award for “Best Spa Treatment” in 2010 and 2011; and, Dr. Tim himself received the award for “Best Spa Practitioner” in 2011. Dr. Tim lectures throughout the country and is an active member of the American & The Arizona Associations of Naturopathic Physicians.

HEALING SESSIONS: Chrysalis of Sound • Himalayan Sound Bath
LECTURE: Calm the Mind, Open the Heart: Discover the Ancient Ways of Healing
SPECIALTY SPA SERVICES: Spirit Flight • Samadi Healing Ceremony

REBECCA WILKINSON
Wellness Counselor, M.A.
Rebecca is a therapist with over 20 years of clinical experience, specializing in Art Therapy. Through extensive practice with individuals struggling with severe illness she has developed an appreciation for the power of the human spirit to prevail even in the darkest moments. Rebecca has also broadened her scope to work with people who want to feel better, engaged and energized, more connected to others and themselves, and more empowered in their personal and professional lives.
PRIVATE SESSIONS: Grief, Loss & Letting Go • The Illuminated Path
• Living in Balance Consult • Mindful Relationships • Reflection to Transformation • Positivity: The Power to Maximize Well-Being • Creativity: Strategies for Thinking Outside of the Box & Overcoming Barriers
WORKSHOPS: Transforming Awareness with Your Right Brain • Mandalas for Meditation
LECTURES: Positivity - 9 Strategies to Maximize Well-Being • Optimizing Your Strengths

TONY REDHOUSE
Native American Practitioner
Tony is a traditional Native American practitioner and consultant to Native American communities as well as behavioral health organizations. He is the winner of the Best New Age Recording award for 2009 & 2011 from the 11th annual Native American Music Awards.
CLASS: Drumming
WORKSHOP: Catch Your Dreams
PRIVATE SESSION: Native American Meditation & Healing

NANCY TEETER
Registered Dietitian, R.D.
Nancy is a registered dietitian with over 30 years of experience in the food and nutrition industry. Nancy earned her bachelor’s degree from Oregon State University and completed her internship at UC Berkeley. She is passionate about guiding people to make good choices every day that will help them live long and healthy lives.
WORKSHOP: Healthy Gut, Healthy You
LECTURES: Color Me Healthy: Colorful Foods that Ward Off Age-Related Disease • Food Combinations for Ultimate Health
PRIVATE SESSIONS: Metabolic Rate Analysis & Personalized Nutrition Plan • Integrative Nutrition

KRISTIN REECE
Intuitive Guide & Spiritual Healer
Kristin Reece is an intuitive guide, psychic-medium and spiritual healer with more than a decade of personal and professional coaching experience. Her mindful approach towards others’ growth creates a safe and solid platform for personal discovery and clarity. Kristin helps others with compassionate understanding by genuinely listening and providing a safe, honest environment. Her intuitive and spiritual abilities allow her to guide others in an empowering way, resulting in the revelation and development of their own distinctive tools to live life in balance.
LECTURE: Living at a Higher Vibration & Connecting Through Nature
WORKSHOP: Creating Your Sacred Space
PRIVATE SESSIONS: Spiritual Journey to Your Higher Power
Art & Photography

An Unforgettable Canvas Tap into your creative spirit by using the side of a horse (that’s right, a horse!) as your canvas. We use a living canvas to remind us to stay present and grounded in our storytelling. Wear sturdy, closed-toe shoes, and bring a hat, sunscreen, and water bottle. Note that this can be a messy experience. 2 Hrs | $75

Art Meditations A guided meditation to relax the mind and place an intention on this exercise after a short discussion. The participant will choose the variety of media to paint or draw with. Technique and metaphor will be at the center of the art piece rendered. 90 Min | $45 Periodically offered

Artful Photography – With Your Camera Phone Learn how to use your camera phone functions. Today there are so many functions on any camera phone and what are they for? Learn these functions for better light, focus, filters, making panoramics, and discover hidden tricks. We will also cover basics of editing right on the phone. This class takes place in a classroom.

Artistic Expression Under Glass Create a unique piece of art with professional contemporary and abstract artist Bonnie Psik. Utilizing the technique of reverse-painting under glass, you will learn how to unleash your inner artist and create an original, abstract, and truly spectacular piece! 2 Hrs | $85 Periodically offered

Catch Your Dreams In Native American tradition, the dream catcher was a healing tool for unpleasant dreams and anxiety. Join Tony Redhouse to create your own dream catcher, and learn the meaning of color and symbolism as you weave the web of your life. Each class begins with a ceremony and Native American music. 2 Hrs | $75 Periodically offered

Creative Photography Stroll Join Photographer Nancy Schroeder for a stroll around the resort walkways. Bring any style camera: iPhone, Android-camera phone, DSLR, or point-and-shoot. We will work on creating images vs. snapping. You will gain awareness of available natural light and compositional elements to create a stronger, more interesting image. No technical applications will be discussed. For those topics, please see Artful Photography.

Evening Photography Walk Learn basic digital camera operations so you can use your camera as a creative tool to capture the resort environment in the late-afternoon light.

Love Your Selfie Selfies are at the height of popularity these days, but are we overlooking our true self? Self-portraits have famously been painted by artists going back to the mid-15th century. This technique for “seeing” is born out of artist Neenie McNair revisiting a technique called Blind Contour, which changed her point of view to loving herself again. Become your own intention of focus with a series of guided drawings. Be amazed at seeing yourself in more loving way. 90 Min | $75 Periodically offered

Mandalas for Meditation Mandalas have been called “sacred circles” and are believed to represent balance and unity. Making mandalas is a way of speaking with parts of ourselves that are not usually accessible through the conscious mind. In this workshop, art therapist Rebecca Wilkinson will walk you through how to use mandalas to focus, clear the mind, and get into a pleasing state of flow. Come discover the meditative world of mandalas! Absolutely no artistic experience is necessary. Periodically offered

Transforming Awareness with Your Right Brain Art therapist Rebecca Wilkinson helps you access and explore who you are through dynamic and simple art techniques that tap into parts of the brain and consciousness that are not available through talking alone. No artistic experience or skill is necessary. Periodically offered

Resort Credit can be applied to any fee based activity.
Culinary

*Please be prepared to show proof of age if appearing 25 or under.

Ask the Farmer In his ten-gallon hat and overalls, Richard Starkey makes you smile. The bulk of Miraval’s eggs and produce come from Farmer Starkey, who picks everything at 5a.m. and delivers fresh products straight to Miraval’s kitchen from his 2.5 acre farm up the road. Farmer Starkey cultivates Miraval’s on-property garden and provides weekly garden tours where he teaches how to create a robust garden of your own.

Cocktails in the Kitchen* Enjoy a behind-the-scenes tour of Miraval’s main kitchen — plus enjoy a chef created appetizer and cocktail — as you learn about our food philosophy and healthy cooking tips and tricks. (Designed for 4 to 10 guests.) 45 Min | $45

Cooking Demonstration Learn to prepare many of the healthy, delicious dishes you will enjoy while dining at Miraval in our teaching kitchen. Lunch is included in this activity.

Honey: A Sensual Journey Noel Patterson, Miraval’s resident beekeeper, believes that, like wine, tasting honey is a sensual experience, meaning that to fully taste the honey, you must use all five of the body’s senses. Also like wine, each honey has its own terroir that reflects the environment of the hive it comes from. Join Noel on this journey of the senses as you taste your way through a variety of local honeys and discuss the notes and flavors you experience along the way. 60 Min | $45

In the Spirit of Grapes* Forget what you think you know about wine tasting. Wines capture a sense of the places they are grown in a uniquely expressive and vibrant way. Learn about the philosophy underlying agriculture and its methods. If you try to live mindfully with respect to what you put in your body, as well as consider the impact on our world, this wine tasting will be one you’ll remember. 60 Min | $100

Just Cook for me Chef* While others dine in the restaurant during regular dinner service, delight in our most intimate dining experience in the Miraval kitchen and taste creations by our talented chefs. Savor samples from the daily menu as well as newly formulated exclusive dishes with fine flavors. This experience is designed for the adventurous foodie as we are not able to accommodate food allergies. Wine is served. (This experience is for 3-to-4 guests.) 2 Hrs | $150

Let’s Get Saucy* Join our culinary experts and journey through the southwest and around the world by creating authentically local salsas and exotic sauces that will add a kick to any of your home dishes Learn the art of flavor balancing with award-winning, mindful recipes that are hand-crafted by our chefs and then expertly paired with regional wine from our sommelier. 1 Hr | $45

“My connection was profound with Wyatt Webb—which was my original purpose in coming. What a fantastic surprise to benefit from all of the many unique activities at Miraval. “
- Julie Medina | Robstown, TX

Resort Credit can be applied to any fee based activity.
An Unforgettable Canvas

Tap into your creative spirit by using the side of a horse (that’s right, a horse!) as your canvas. We use a living canvas to remind us to stay present and grounded in our storytelling. Wear sturdy, closed-toe shoes, and bring a hat, sunscreen, and water bottle. Note that this can be a messy experience. 2 Hrs | $75

Common Ground: Understanding Barriers to Connection

In this activity you will move a horse around the pen without touching or speaking. Identify personal blocks to communication, both physical and emotional, and develop new paths to self-recognition and healthy relationships. 2 Hrs | $45

NEW Introduction to Mindful Horseback Riding

This unique equestrian experience is intended to elevate awareness of the mind, body, and spirit. Enjoy a quiet, meditative ride while focusing on personal presence and the relationship between you and the horse. *Wear long pants, hats, sturdy closed-toe shoes, and sunscreen. Don’t forget your water bottle! This is a walk only ride. Your height and weight will be requested at time of booking. 100 Min | $105

It’s Not About the Horse

Join Wyatt Webb as you participate in a journey that will take you inside yourself. The horse provides assistance as an energetic mirror so that you may identify patterns of learned behavior that either enhance or detract from the quality of life that you experience from one moment to the next. We generally discover that two culprits stand between merely surviving life versus experiencing the “joy of living.” You were not born with these two deterrents known as fear and self-doubt. Acclaimed equine facilitator Wyatt Webb will guide your participation in this group and you will leave truly knowing it is not about the horse… it’s about you. Wear hats, closed-toe, sturdy shoes, and sunscreen. Remember your Miraval water bottle! 2.5 Hrs | $150

Miraval Equine Experience™

Practice living life in the moment as you work with specially selected horses and our expert facilitators. You’ll perform equestrian ground skills, getting a chance to notice personal patterns that may be holding you back from the life you want to live. 2 Hrs | $45

Exercise Physiology

Less is More: Intelligent Exercise for Graceful Aging

The human body is adaptable at any age should you decide to make a change. In this exploration of aging versus detraining, Andrew Wolf lays out action steps that can help fit exercise into a busy schedule for healthy aging.

Making Weight Loss a Reality

In this informative and fun lecture, Andrew Wolf cuts through some of the popular weight loss myths. The role of resting metabolic rate, weight training, and the importance of cardiovascular exercise are all addressed so you can start spending your time and energy on what will work for you.

Smart Muscle

Classically we think of our muscles as simply flexing so we can move. Recent science shows muscles produce chemicals when we use them and these chemicals can affect other organ systems, fat cells, and the muscles themselves. Explore the various ways that movement can ultimately change the inner working of your entire body in ways never before imagined.

Fitness & Pilates

CARDIO DRUMMING

GUEST FAVORITE

ALL LEVELS: Suitable for all participants.
INTERMEDIATE: Some prior experience recommended. Modifications will be offered to make the class more accessible or more challenging as appropriate.
ADVANCED: Class or session will maintain a high level of intensity with limited opportunities for breaks. Regular practice required.

NEW Aqua Tabata: All Levels Blast away the calories in this revolutionary water based Tabata class. Utilize simple yet high intensity exercises followed by active recovery for an effective workout.

Balance: All Levels Improve, challenge, and stimulate your balance system using ½ foam rollers, resistance tubing, and/or a balance disk.

BODYSHRED™: Intermediate This fun, effective, high-intensity, metabolic conditioning workout provides the ultimate challenge regardless of level. Utilizing a 3-2-1 interval approach to whole body training: 3 minutes of strength, 2 minutes of cardio, then 1 minute of abs.

Resort Credit can be applied to any fee based activity.
**Fitness & Pilates continued >**

**Body & Barre: All Levels** A combination of ballet barre, resistance training with bands, balls, and a cardio component.

**BoSu Blast: Advanced Balance, Stability, Core, Cardio, Toning:** You name it; this class works it.

**Brazilian Jump & Jab: Advanced MWA style martial arts workout focusing on Jump Rope, Speed Bag, Kickboxing, and Medicine Ball drills.**

**Capoeira Dance Class: All Levels** Capoeira combines elements of dance, acrobatics, and live drumming, and is often referred to as a game. It offers an intense, challenging, and meditative full-body workout while increasing core strength, flexibility, and balance in an element of play.

**Cardio Dance Fusion: All Levels** This high-energy cardio class fuses styles such as Latin, country line dance, jazz, zumba, and the 80s.

**Cardio Drumming: All Levels** Join us for this high-energy cardio workout that combines traditional aerobic movements with the powerful beat and rhythm of the drums.

**Core Essentials: All Levels** Join us for a nonstop core conditioning class with exercises targeted to strengthen and tone your abs, glutes, hips, and legs.

**DaVinci Body Boards: All Levels** A full-body resistance band workout based on the HIIT format. The boards allow for a variety of movements engaging often-overlooked muscle groups. The opposing tension creates an unbeatable core focus.

**DaVinci Body Boards: Intermediate** Take this very popular full-body resistance band workout to a whole new level. Utilizing a weighted body bar, BoSu, and/or medicine balls.

**Extreme Core Blast: Advanced** Miraval is once again on the cutting edge of wellness with the introduction of this all-new total-body fitness experience. Using your body weight and a small rolling platform, you will build strength and become reacquainted with muscles that have been lying dormant.

**Fit Step: All Levels** Enjoy a combination of light cardio and strength training on this 45 minute walk outdoors around Miraval’s property.

**Fitness Walk: All Levels** Enjoy a 2-mile morning walk in the desert.

**Fittlates: Intermediate** Build a strong, long, and lean body and add grace and balance through fusing yoga and pilates.

**Happy Hips: All Levels** Using self-myofascia release techniques, along with Pilates hip joint opening exercises and a series of yoga-based hip stretches, we will improve the flexibility and mobility of your hips and allow you to walk away from this class with happy hips!

**Hoist Roc-it Series - Strength Machines in the BMC: All Levels** Let us introduce you to our new state-of-the-art strength machines in this 45-minute introductory class.

**I-Chi Flow: All Levels** Enjoy the meditative quality of Tai Chi in the water with gentle flowing movements, synchronized breath, simulated balance system, and improved flexibility and posture.

**Latin Splash: All Levels** Enjoy an energizing and fun filled water fitness class set to Latin music in our refreshing BMC pool.

**Mindful Energy Movement: All Levels** A gentle combination of movement patterns fuse breath, energy, balance, and strength, bringing together mind, body, and spirit. This is a standing class, ideally bare-footed!

**Miraval Body Force: Advanced** Bodyweight training is all the rage! Join us for a high-energy cardio, strength, and flexibility workout that you can do with nothing more than your body, breath, and gravity!

**Morning Stretch: All Levels** Start your day with a head-to-toe stretch class designed to prepare you for a full day of Miraval activities.

**Peak Performance: Intermediate** A fun and energizing workout fusing strength, cardio, and core. This class is held in the weight room, allowing you the opportunity to experience our cardio and strength equipment.

**Pilates Mat Work: All Levels** Engage every muscle in the body as you perform the 12 basic Pilates exercises. This class develops core strength and lengthens the spine for muscle definition and better posture.

**Pilates with Props:** Intermediate Joseph Pilates believed you are only as old as your spine is both strong and flexible. Challenge your whole body with a focus on spinal flexion, extension, and rotation utilizing the BOSU, stretch straps, and/or Slo-Mo Fusion balls.

**NEW**

**PiYo Live: Intermediate** Get your strength, sweat, and stretch on! This high-intensity, low-impact workout combines muscle-sculpting, core-firming benefits of Pilates with endurance building effects of cardio. Improve flexibility during this energizing class that will keep your mind just as engaged as your body. Class is performed bare foot.

**Power Cycle: All Levels** Cycle indoors in this high-intensity cardio class.

**Power, Punch, Plie: Intermediate** Wearing weighted gloves, enjoy this combo of cardio boxing and stylized toning exercises based on ballet techniques. Periodically offered.

**Ride & Release: All Levels** This is a slightly longer class which will allow for a full 40-minute indoor cycling workout followed by a 20-minute myofascia release using full foam rollers.

**Roll With It: Intermediate** Using a full foam roller, you can give yourself a deep tissue massage and improve your flexibility.

**Shoulders Set Free: All Levels** Similar to the format of our highly popular Happy Hips class, this class will increase the mobility and stability of the entire shoulder girdle utilizing both a Foam Roller & Green Stretch Out Strap.

**Stretch & Relax: All Levels** Unwind during this 45-minute head-to-toe stretch series where we will hold stretches longer and focus on breath.

**TRX Endurance Circuit:** Advanced Utilizing the TRX Suspension Trainer, this class emphasizes muscular endurance and aerobic conditioning, plus 2-minute explosive cardiovascular intervals between sets.

**NEW**

**W.E.T. (Water Endurance Tone): All Levels** A powerful and fun class designed to burn calories and build muscles. Great for cardio vascular fitness, coordination, and flexibility.

**Zen Boot Camp:** Advanced Experience the challenge of a high-intensity circuit class (the Boot Camp) outdoors in the beautiful, natural landscape around Miraval (the Zen). This class incorporates low (jumping jacks) and high (wind sprints) intensity exercises using the great outdoors as our gym.

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Healthy Living

All the Buzz Noel Patterson, Miraval’s resident beekeeper, will take you through a hands-on bee experience and share his love of apiculture with you. You’ll don a beekeeper suit, complete with gloves and gaiters, and join Noel at Miraval’s beehives for the truly unique opportunity to view these insects up close and personal and learn more about how they work and survive in today’s world. 2 Hrs | $150

Ancient Tools for Living in Balance Make a beautiful water drum to take home and learn about ancient Native American spirituality and practical applications for everyday work and family life. Periodically offered

Authentic Connections Join a Miraval Specialist and discover ways to create authentic connections. This is meant to be a playful, open dialogue that will be safely moderated in a way that openness and interaction are encouraged, but not required. All guests are welcome. Periodically offered

Bees: What’s the Story? Join Noel Patterson, Miraval’s resident beekeeper, to discuss everything buzzworthy about bees! Why are they in the news so often? What is Colony Collapse Disorder, and what can we do about it? Learn about why bees matter and why it is important to remain optimistic and support those who are keeping their bees responsibly. Topics will vary each week, but the passion for discussion will always “bee” present.

Calm the Mind, Open the Heart: Discover the Ancient Ways of Healing Join Pam Lancaster and Tim Frank to play and be awakened to the ancient art of sound and vibrational healing. Tibetan bowls, tuning forks, gongs, and mantras will be used to calm the mind, center the heart, and reconnect the body.

Ceremonies for the Soul Join Pam Lancaster and Tim Frank to play and be awakened to the ancient art of sound and vibrational healing. Tibetan bowls, tuning forks, gongs, and mantras will be used to calm the mind, center the heart, and reconnect the body.

DID YOU KNOW?

Happy Hips, a unique-to-Miraval fitness offering, was created by Pam Trudeau to address a personal challenge and improve the mobility and flexibility of her own hips. She learned about the psoas muscle – often called the Muscle of the Soul – which extends from where the thigh connects to the pelvis. Everything passes through the psoas and, curiously it responds to stress hormones, particularly those in the nervous system related to the fight-flight response.
**Healthy Living continued >**

**Himalayan Sound Bath: Group Healing Session** Join Master Healers Pam Lancaster and Tim Frank in this groundbreaking sound therapy session. Increase mental clarity, relieve stress, and decrease anxiety as you float effortlessly in the warm water of our therapeutic pool and surrender to the healing vibrations. 1 Hr 45 Min | $125 Seasonally offered

**Introduction to Ayurveda: Create Balance for Your Unique Mind-Body Constitutional Type** According to Ayurveda, humans are composed of three mind-body principles known as the Doshas. Join expert Clinton Horner to explore this centuries-old concept and what it means for you. 1 Hr 45 Min | $75

**Intuitive Living: Discover Three Principles That Will Change Your Life** When you open the door to your intuitive self on a daily basis, you create a life that is more authentic and respectful of your true identity.

**Life is Simple: Who Complicates It?** Join Wyatt Webb, creator of the Miraval Experience®, to examine how people create life circumstances that are hindrances to experiencing the joy of life. 1 Hr 45 Min | $150

**NEW Live with Intention, Bring Miraval Home** The “I” in Miraval represents you, an individual living with intention – the core purpose of your life’s journey. Learn how being mindful of your intentions can help manifest meaningful change and influence those around you. Join Miraval’s General Manager, Carl Pratt, as he shares ways to discover your true intention and mindfulness tools to bring home as you continue on your Miraval journey.

**NEW Living at a Higher Vibration & Connecting Through Nature** Intuitive guide and spiritual healer, Kristin Reece, explains how individuals embody different vibrational levels, and how those vibrations effect your health and wellness. Kristin will lead you on a meditation journey to help develop higher self-awareness and recharge your energy field. Discover insights that allow you to look inward, achieve a higher vibration and create personal harmony in your everyday life.

**Master Your Mind Heal Your Body** Join Brent Baum for an introduction to the concept of Holographic Memory Resolution, which heals the body by releasing stored trauma.

**Mastering Your Makeup** Reveal your natural beauty with a Miraval makeup artist who will provide simple tricks and highlighting techniques to enhance your brows, eyes and lips.

**Talking Circle** In traditional Native American communities, members assembled in a circle to discuss tribal issues. The eagle feather was passed, allowing individuals to share while others listened respectfully. Practice balancing talking and listening as each participant holds a feather and expresses themselves in a non-judgmental, healing environment. Periodically offered

**Unleash the Power of Your Soul: Commit to Vibrant Living!** Become vibrant physically, emotionally, mentally, and spiritually as Tejpal introduces healing tools from ancient spiritual traditions!

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**Integrative Wellness**

7 Keys to Joy & Vitality Current research confirms that joy is an essential element to creating energy, maintaining vitality, experiencing contentment and satisfaction. To create well-being in our lives, we need to know what nurtures joy and vitality as well as what saps our energy. With humor and delight, Anne Parker shares the seven keys to getting “unstuck”, guiding you to more inner peace and joyful living. Periodically offered

The Gift of Gratitude brings many benefits to our overall health and well-being. Lisa Frank, Wellness Counselor, will talk about the benefits of gratitude in our personal health and relationships and present ways in which we can easily and meaningfully bring gratitude awareness and practice into our daily lives.

The How-To’s of Happiness and Well-Being Emotional intelligence is a key predictor of resilience in the midst of stress, productive interpersonal relationships, true happiness, and overall well-being. Drawing from research in neuroscience, mindfulness, positive psychology, and emotional intelligence, this workshop will explore the key factors that influence our experience of happiness. Join Anne Parker, MA, to discover practical approaches to cultivating well-being with an emphasis on what you can do day-to-day to feel and function at your best. 90 Min | $115

Letting Go and Letting In “The only thing constant is change.” Life is always a series of transitions, large and small. Often these transitions are painful and confusing even as they lead us on the path to growth and transformation. This class will discuss practical approaches to letting go and moving through transition to facilitate healthy living and reduced suffering.

Living a True Life in Balance When life feels out of balance or out of control, we need to take a realistic look at who and what controls our daily choices and priorities. Join Anne Parker, MA, for a unique look at what balance really feels like as we go through our days and deal with the demands of family life, work life, technology, personal values, and self-care.

Mandalas for Meditation See description in Art & Photography Menu.

Mindful Relationships Learn how mindfulness can bring richness to how we relate to the people we love as well as the fundamental characteristics that keep our relationships vital, supportive, and productive.

Mindful Parenting In this workshop, Lisa Frank, M.Ed., blends lecture, discussion, and mindfulness-based exercises to help navigate the challenging, yet transformative world of parenting. Learn ways to become more accepting, compassionate, and present with your children and yourself. Topics and tools will include compassionate communication techniques, mindful discipline, self-awareness, and family cohesion strategies. 90 Min | $115

Resort Credit can be applied to any fee based activity.
Breathwork Deeply connect with yourself, your body, and your breath. This class will offer you effective tools to calm your mind and utilize your breath to benefit your health and well-being.

Chakra Meditation Connect to your seven energy centers through this guided meditation. Explore the meaning of the chakras and how each relates to different aspects of yourself. Periodically offered

Floating Meditation Experience the calming benefits of induced meditation while you are gently rocked to the soothing vibrations of crystal bowls. Release your mind’s stress, tension, or worry while you “float” weightlessly in a silk hammock. May cause motion sickness. 45 Min | $75

Gratitude Meditation An active form of meditation that cultivates contentment by engaging the mind in appreciative thoughts.

Healing Visualizations Meditation This is an active form of meditation that engages the mind and harnesses the power of positive imagery to bring about states of well-being that create a pathway for mind-body healing to occur. Periodically offered

Labyrinth Journey The labyrinth (sometimes called the Path of Silence) is a tool of walking meditation that provides a safe, serene environment to focus inward. Periodically offered

Loving Kindness Meditation Be kind to yourself and discover an ancient practice that uses mantras to increase appreciation towards yourself and others.

Forgiveness Meditation opens the heart and allows us to let go of negative thoughts while increasing our patience and compassion. By practicing mindful forgiveness, we give light to a more vibrant and freer self. Periodically offered

Mindful Stress Mastery Learn how to change your relationship with stress and break through into a new way of living. Take home tools to begin an openhearted relationship with yourself, your life, and the world around you.

Mindfulness at Miraval Practice fully living your life with simple tools designed to keep you engaged in the present moment.

Morning Meditation Profoundly impact the rest of your day by starting your morning in the serenity of sitting meditation.

Pranayama Mudra Meditation Discover pranayama (yogic practice of breath control), combined with mudras (gestures) usually of the hands, as techniques to facilitate a steady mind focus.

Yoga Nidra Meditation Be guided into a state of deep, meditative relaxation while remaining wakeful and expanding conscious awareness.

Optimizing Your Strengths Join Rebecca Wilkinson, M.A., and become a “Strengths Spotter.” Discover and activate strengths in you and those around you. Learn to identify your top signature strengths, differentiating between strengths that deplete you and those that energize and engage you. Find out how focusing on strengths can transform your relationships with your spouse, friends, family members, co-workers, bosses, and even total strangers. Periodically offered

Positive Partnerships thrive when we enjoy what we have in common and celebrate each other’s differences. In this lecture, we will look at strategies to increase positivity with our loved ones and review concrete tools to build on what is good in your relationship. Periodically offered

Positivity: 9 Strategies to Maximize Well-Being Tapping into the power of positivity is one of the most accessible ways we have to quickly improve our overall well-being. Join Rebecca Wilkinson, M.A., to learn the nine most important strategies that research tells us will maximize positive emotion and experience. Periodically offered

Transforming Awareness with Your Right Brain See description in Art & Photography Menu.

Meditation

Nutrition

6 Tips to Master Your Metabolism Your body has inherent intelligence and a huge capacity for change. Learn key lifestyle tips from our nutritionist to give your body the chance to do what it does best!

Anti-Inflammatory Kitchen Immerse yourself in a more anti-inflammatory lifestyle with meal/snack recipes and shopping lists complete with items you can find in your local grocery store. 90 Min | $75

Color Me Healthy: Colorful Foods that Ward Off Age-Related Disease Learn how colors provide clues to foods that can protect your heart, bones, brain, and eyes. Learn what to eat to help ward off diseases often associated with aging.

Food Combinations for Ultimate Health Food influences our health in complex and highly interactive ways. Studies have shown that food synergy, when nutrients work together and in teams, can create profound health effects. In this session, Registered Dietitian, Nancy Teeter, will give...
**Nutrition continued**

you a glimpse of the complexity and beauty of whole foods and a new appreciation of their role in healthy lifestyles. She will provide specific examples of food and nutrient synergies which you can incorporate into your eating routines.

Healthy Gut, Healthy You The beneficial bacteria in your gut helps with more than just digesting the food you eat. Since the digestive system interacts with every single system, organ, and cell in the body, the health of the bacteria in your gut has direct impact on your immune system, cholesterol, blood sugar, allergies, and even your mood. Join our registered dietitian in this interactive workshop to learn how to optimize your digestive health. Discuss supplements and discover which foods to eat and which to avoid! 90 Min | $75

Mindful Eating Learn to listen and respond intuitively to your body’s food needs in this experiential class. Breakfast/lunch is included.

Vitamins, Supplements & Your Health Take the confusion out of vitamins, minerals, and herbs in an interactive workshop where you create an individual supplement regimen based on your specific health and wellness goals. 90 Min | $75

Desert Tightrope: All Levels Stretch yourself and practice letting go as you traverse a cable 35 feet in the air using only a series of hanging ropes to help maintain your balance.

Face to Face: All Levels Explore the balance between self-care and support of others as you move in pairs across cables suspended 30 feet off the ground.

Grant’s Ladder: All Levels Integrate the importance of trust, balance, and cooperation as you climb a 40-foot ladder.

Miraval Off-Property Hikes Some of the best hiking trails in the country are found within a 30-minute drive from Miraval. Seasonal variety. Hiking boots are recommended, but not essential. 24-hour cancellation required.

Mira• 1,600–3,000 feet of elevation is gained with distances of 6 to 10 miles.

- Advanced Designed for those in top physical condition or those looking for a physical challenge, these hikes explore longer, more strenuous, Stair Master-like terrain. Steep, rocky trails are the majority of the route. 1,600–3,000 feet of elevation is gained with distances of 6 to 10 miles.

Miraval Outback Hike: All Levels Start the day with a hike designed for all abilities. Explore rolling hills with occasional brief, steeper sections, and overall elevation gain of 200 to 300 feet with distances of 3 to 4 miles. These hikes are a great introduction to the local Sonoran Desert environment.

Mountain Biking Basics: All Levels Learn basic off-road riding skills, including balance, control, navigating sand and hills, and riding single track. This is a class of 1-to-3 miles designed for the guest with no previous mountain biking experience.

Mountain Bike Riding Techniques: All Levels Build on the concepts and skills taught in the Mountain Bike Basics class with this physically challenging, 3-to-5 mile off-road adventure. Previous mountain biking experience is recommended.

Quantum Leap ll: All Levels Take mountain biking to the next level and apply the skills and confidence from your mountain biking routine to this challenging single track ride. Regular mountain biking experience is required. Guests without significant single track experience are recommended to enjoy Mountain Bike Riding Techniques or private sessions. *Wear or bring sturdy closed-toed shoes, comfortable clothing for riding and sunscreen. Don’t forget your Miraval water bottle!

Nature Hike: All Levels Join us for a slower-paced hike as you learn about the Sonoran Desert landscape and the many plants and wildlife that flourish in this incredibly diverse environment. You’ll hike 2-to-4 miles with moderate elevation gain.

Out on a Limb: All Levels Integrate calm and confidence as you cross a log suspended 25 feet in the desert sky.

Quantum Leap: All Levels Expand the boundaries of your comfort zone and relearn trust with a leap from a 25-foot pole.

Quantum Leap II: All Levels Step outside your comfort zone and discover new levity as you leap from the top of a 35-foot pole.

Swing and a Prayer: All Levels Face your doubt, insecurity, and fear as you swing from a cable 35 feet above the desert floor. May cause motion sickness.

Sonoran Desert Walking Tour: All Levels Enjoy a walking tour of the Miraval property while learning about the natural beauty and amazing adaptations that the plants and animals of this place have undergone to survive.

Resort Credit can be applied to any fee based activity.
Aerial Yoga: Advanced 
Breathe, flow, and fly in this exciting new yoga practice that improves overall health and physical agility, lengthens muscles, and releases tension throughout your entire body. (Note: Participants should have a regular yoga practice of 2 to 3 times per week for at least the past 6 months or have participated in a private Aerial Yoga session while here at Miraval. If you have glaucoma, are beyond your first trimester of pregnancy, or have had Botox injections within 24 hours, you should not participate in this class.)

45 Min | $75

Chakra Vinyasa Yoga: Advanced 
A flow practice that brings awareness and balance to the energy centers of the body.

Core Yoga: Advanced 
Develop your core-strength in this powerful practice of balance and stamina.

Desert Waves Yoga: Intermediate 
Strengthen your core and increase your ability to balance as you play on the IndoBoard. No previous experience required. 

45 Min | $45

Yoga-Hike: All Levels 
Enjoy the benefits of hiking in the beautiful foothills behind Miraval, combined with a yoga practice that will open any tight areas in your body. 2.5 Hrs | $55

Yoga Trail Run: All Levels 
Enjoy a trail run through the beautiful desert landscape. This group trail run is suited for beginners or experienced runners; the group will be managed so we stay together during the activity. Wear sturdy running shoes and comfortable, athletic clothing.

Why High: All Levels 
Stretch your comfort zone and traverse cables 30 feet up, first on your own and then with a partner.

Yoga Stretch: All Levels 
Gently open the body with stretching postures. Calmly connect breath and movement.

Yoga Wheel: Advanced 
This class uses a versatile round yoga prop to help release tension in the chest, shoulders, and hips. The class includes back bends, which can support a healthy spine. Note: Participants should have a regular yoga practice. If you have back or neck injuries, or are beyond your first trimester of pregnancy, you should not participate in this class. 

45 Min | $45

Yoga Essentials: All Levels 
Introduces the essential Hatha Yoga practices to enhance breathing, balance, and flexibility.

Yoga Flow: Advanced 
A vigorous and fluid Vinyasa practice connecting breath and movement to build a detoxifying heat in the body and a steady focus in the mind.

Yoga Groove: Advanced 
A lively flow practice with fun and funky tunes.

Yoga Essentials: Resort Credit can be applied to any fee based activity.

Dream Yoga: All Levels 
Learn to consciously surrender to sleep and dreams through this restorative yoga practice for the mind, body, and soul.

Energy Yoga: Advanced 
Inspired by Kundalini and Ashtanga Yoga practices, this class incorporates vigorous and repetitive movements and breathing techniques to raise the heart rate and cleanse the body.

Flying Dragon Yoga: Advanced 
This practice integrates the deep stretches of Yin Yoga to release long-held tension with a creative, fun, and active Vinyasa flow sequence. Periodically offered

Restorative Yoga: All Levels 
Learn to rest deep in your yoga postures in this practice known as “active relaxation”.

Rise and Shine Yoga: Intermediate 
Start your day with an inspiring yoga practice to prepare your body/mind for awareness in all that you do.

Slow Flow Yoga: All Levels 
Escape the fast paced hustle and take a moment to flow slowly and intentionally using deep, steady breath, held postures and smooth transitions. Class will start and end with a short meditation for peace, harmony and resilience in our bodies and minds, both on and off the mat.

Yin Aerial Yoga: All Levels 
All are welcome to join us to this introductory aerial class. Movements will be slow, deliberate with deep stretches. 
45 Min | $75 Periodically offered

Yin Yoga: All Levels 
In this quiet practice, focus on stretching deeply into the fascia of the hips and lower back. Soften and surrender into your postures for minutes at a time.

Yin/Yang Yoga: Advanced 
Create balance with a unique combination of Yin Yoga (supported seated stretches held for 1-5 minutes) and challenging vinyasa flow sequences.

Yoga Essentials: All Levels 
Introduces the essential Hatha Yoga practices to enhance breathing, balance, and flexibility.

Yoga Flow: Advanced 
A vigorous and fluid Vinyasa practice connecting breath and movement to build a detoxifying heat in the body and a steady focus in the mind.

Yoga Groove: Advanced 
A lively flow practice with fun and funky tunes.

Yoga Stretch: All Levels 
Gently open the body with stretching postures. Calmly connect breath and movement.

Yoga Wheel: Advanced 
This class uses a versatile round yoga prop to help release tension in the chest, shoulders, and hips. The class includes back bends, which can support a healthy spine. Note: Participants should have a regular yoga practice. If you have back or neck injuries, or are beyond your first trimester of pregnancy, you should not participate in this class. 

45 Min | $45
PRIVATE SESSIONS
WITH MIRAVAL SPECIALISTS

BOOK A PRIVATE SESSION WITH ONE OF THE BEST WELLNESS EXPERTS IN THE COUNTRY

Get a one-on-one, personalized connection with your choice of specialists. Seek answers in a safe space with compassionate guides.

Art & Photography

Artful Photography See description in Activities Menu. 50 Min|$150

Capture Your Miraval Journey Work with renowned photographer Marion Kaufer to bring out your confidence and reconnect with your inner beauty. This session includes hairstyling, make-up application, and an 8x10 print of your choice by mail. Additional prints available.
2.5 Hrs|$799 Additional guests are $250 pp, up to 5 people.

Creative Photography Stroll See description in Activities Menu.
50 Min|$150 • 100 Min|$220

Creativity: Strategies for Overcoming Blocks and Getting Outside the Box Have you always wanted to be more creative, engage the right side of your brain and think outside the box? Art Therapist and creativity expert Rebecca Wilkinson will help you design a personalized creativity plan with concrete strategies to overcome blocks that inhibit creativity and ignite the creative sparks in your brain, helping to increase your capacity to generate and follow through on new ideas.
50 Min|$215

The Illuminated Path Art Therapist Rebecca Wilkinson helps you utilize the power of the art process to access intuition and guide you toward a path authentically aligned with your highest aspirations. No artistic experience or skill is necessary.
50 Min|$215 • Duet 50 Min|$165 pp

Photography Nothing requires living in the moment quite like taking a photograph. Work with Miraval’s professional photographer Nancy J. Schroeder to design and customize a session that meets your personal photography goals.
50 Min|$150 • 100 Min|$220

Photography in Focus Take this opportunity to be more present, hone your skills, and learn something new about the concepts of lighting, balance, and photo composition, as well as camera functions. Miraval cameras are available for use.
100 Min|$220

Equine

Arena Lessons Learn for the first time or improve on existing equestrian skills, including walking, trotting, and cantering. You will need to provide your height, weight, and style preference (English or Western) at time of booking.
Weight restriction: 225 lbs.
50 Min|$150

Miraval Equine Experience™ See description in Activities Menu.
100 Min|$230

Private Trail Ride Enjoy a special walk-only desert ride that combines a brief instruction with a serene experience meant to balance the body, mind, and spirit. You will need to provide your height, weight, and style preference (English or Western) at time of booking.
Weight restriction: 225 lbs.
100 Min|$150

Exercise Physiology

Optimal Fitness Diagnostic Work with an exercise physiologist to get a detailed picture of your current fitness, including aerobic ability, blood pressure, and accurate percentage of body fat. Exit this session with an exercise plan that honors where you are, while charting a path to future health and fitness. This is a service for all abilities, from those just starting out to the veteran fitness enthusiast.
50 Min|$150

Smart Muscle: The Prescription Physiologists have always dreamed of being able to test aerobic ability without the cumbersome and invasive procedures from the lab. In the new era of wearable technology this is finally a reality. By utilizing LED technology our Miraval physiologists can peer inside a working muscle and see exactly how much stress the muscle is under. At the end of a 24-33 minute aerobic test we can give incredibly accurate measures of where you should exercise based on what your body is truly capable of doing.
50 Min|$185

Resort Credit can be applied to any Private Session.
Fitness

Bone Health Strength Training A one-on-one session designed to teach you how to load your skeleton in ways that will optimize bone density. A personalized strength and flexibility program with detailed instructions will be created for you so you can continue to stimulate new bone growth at home. 50 Min | $115

Extreme Core Blast See description in Activities Menu. 50 Min | $115

Fitness Program Design Meet with a trainer to design an individualized workout to meet your personal goals. 50 Min | $115

Optimal Posture Assessment Your postural imbalances (muscle tightness, weakness, range of motion) lead to misalignments such as forward head, rounded shoulders, and tilted pelvis. Pinpoint postural imbalances and take home a series of corrective exercises. 50 Min | $115

Personal Training Meet with a personal trainer and continue your fitness regimen while at Miraval. This consult is meant for guests who are working with a trainer at home. 50 Min | $115

Swim Lessons Swim Lessons are available for beginner to advanced level swimmers to overcome fear of the water, learn basic skills, or improve skill and technique. Our swim instructor can work with you on basic swim techniques to advanced refinement of any stroke. Allow our swim instructor to help you improve timing, technique, and breathing to achieve more ease, efficiency, power, and endurance in the water. 50 Min | $115

TRX Suspension Training This private session will teach you how to safely utilize the TRX in your own training program. Great for beginners! 50 Min | $115

Pilates at Miraval

Pilates Apparatus Meet with our pilates instructor to take your workout to the next level. Get the benefits of working with various pilates apparatus (Reformer, Cadillac Combo Chair, Spine Corrector, and Ped-a-pul) in a private setting. Appropriate for beginners. 50 Min | $115

Pilates Mat Work See description in Activities Menu. 50 Min | $115

Pilates for Sport

With a Pilates for Sport session you will receive a personalized copy of the exercises to be performed at home:

Pilates for Equestrians A strong core and increased flexibility allows you to better hold your jumping form, avoid collapsing or bouncing in the saddle, and better absorb your horse's movement. 50 Min | $115

Pilates for Golf or Tennis Learn a series of Pilates exercises to strengthen your core, improve hip rotation, increase the range of motion in your shoulders, and create more stability in your back. 50 Min | $115

Pilates for Runners Pilates exercises will create a stronger, more flexible spine and core along with a more efficient movement pattern resulting in less chance of injury. 50 Min | $115

Pilates for Swimming Work “with” the water and not “against” it as you activate your inner support system to achieve maximum balance and alignment. Note: This session does not take place in the pool. Please wear workout gear. 50 Min | $115

Healthy Living

Astrology With your birth date, place, and time, Carolyn Crawford creates a profile that targets your specific talents and skills, plus future possibilities. Receive a recording of your session and printout of your star chart. 50 Min | $235

Brennan Energy Healing This is a hands-on energy healing session where you receive insights at the spiritual, heart, mental, emotional, and physical levels. 50 Min | $275

Holographic Memory Resolution By healing memories that induce emotional and physical blockages, it is possible to resolve disease, depression, compulsivity, pain, and anxiety at their source. This therapy, created by Brent Baum, has been used to teach trauma survivors tools to access their memory and resolve emotions often associated with traumatic events. 80 Min | $275

Native American Meditation & Healing Take a meditative journey with Tony Redhouse around the Sacred Circle of your life using ancient forms of human expression: voice, drum, and flute. 50 Min | $210 • Duet: 90 Min | $315 pp

Seeds of Wisdom Utilizing totem cards, Pam Lancaster will help you embrace the art of being which allows you to move into a place of graceful action. 50 Min | $215

Shuniya Sound Ceremony The ancient healing arts of Tibetan bowls, Kundalini yoga gong baths, and tuning forks are combined with traditional Thai massage, Chi Nei Tsang, and Shiatsu in this full-body healing session. 1 Hr 45 Min | $295

Spirit Essence Ceremony Create a flower essence mist that is uniquely yours and allow Spiritual Guide and Healer Pam Lancaster to open the door to clarity and empower you to manifest the positive change in your life. 80 Min | $265

Resort Credit can be applied to any Private Session.
Spiral Journey to Your Higher Power Embrace the healing energy of the desert with intuitive coach and healer, Kristin Reece, as she helps you connect with your higher-self through nature. Hike, stroll and/or sit amongst the beauty of the Sonoran Desert with Kristin as she guides you on a journey of spiritual and self-discovery. Learn how to replenish your natural vibration, make connection with your spirit guides, and receive messages through Kristin’s psychic and channeling abilities. Walk back into your life with more clarity and empowerment. *All ability levels welcome. Indoor sessions available. 50 Min|$215

Tibetan Chakra Balancing Master practitioner Pam Lancaster surrounds you with healing sounds and vibrations of Tibetan bowls and the cleansing power of symphonic gongs. Learn to live with a deeper wisdom and reconnect with your true nature. 50 Min|$215

True Nature Take time to pause and cultivate a connection to nature outside of your physical being, leaving you deeply aligned with gratitude for that which is inherently your true nature. 80 Min|$265

Water Lotus Ceremony While effortlessly floating in water, the shamanic rhythms and harmonics of the ancient healing Himalayan water bowls are played on and around your body, transporting you into deep womb-like states of weightlessness and peace. This profound water ceremony with Master Tibetan Sound Healer Pam Lancaster facilitates healing and integration of your life journey. 50 Min|$285 Seasonally offered

Integrative Wellness

Conscious Connections A combined offering of Partner Yoga and Mindful Relationships to help partners become more consciously connected and aware of self and each other. First, cultivate new levels of connection, trust, insight, and intimacy through the fun physical practice of Partner Yoga. Then continue the process of connecting on a deeper level by exploring the basics of applying mindfulness in our relationships, identifying and shifting patterns to develop a deeper appreciation for one’s partner and self. 80 Min Duet|$175 pp

Creativity: Strategies for Overcoming Blocks and Getting Outside of the Box See description in Art & Photography Private Session Menu. 50 Min|$215

Grief, Loss and Letting Go Explore personal losses and experiences with grief in a confidential, caring environment. Discover strategies for self-support as you move through grief and how to create a healthy, mindful relationship with loss and letting go. 50 Min|$215 • Duet 80 Min|$165 pp

HeartFull Living Utilizing the HeartFull tool developed by Wellness Counselor Lisa Frank, you will be guided to manifest a more heart-based, fulfilling life. An action plan will be created to replace barriers to self-compassion with healthy conditions, positive energies, and supportive actions. 50 Min|$215

The Illuminated Path See description in Art & Photography Private Sessions Menu. 50 Min|$215

Living in Balance Consult Explore how to cultivate happiness and health in the midst of life’s demands, giving you a fresh perspective on what Living in Balance looks and feels like for you. You may focus on any personal issue that needs a new perspective. You will gain insights, tools, and action steps for positive change. 50 Min|$215 • Duet 50 Min|$165 pp

Mind Body Wisdom Lisa Frank, M.Ed., offers a holistic mind body spirit approach to help you identify, shift, and begin the process of letting go of behaviors and beliefs that are no longer serving you. The whole self will be addressed by identifying links between physical sensations, emotions, and belief systems. Clear blocked energy, increase self-awareness, and develop resources that cultivate a friendship relationship towards one’s whole self. 50 Min|$215

Mindful Parenting Lisa Frank, M.Ed., will help you navigate the challenging yet transformative world of parenting. Learn ways to become more accepting, compassionate, and present with your children and yourself. Topics and tools will include compassionate communication techniques, mindful discipline, self-awareness, and family cohesion strategies. 50 Min|$215 • Duet 50 Min|$165 pp

Mindful Relationships In this consultation you will explore the key skills in creating and supporting positive relationships by improving communication, deepening connections, shifting expectations, and developing more contentment with each other. 50 Min|$215 • Duet 50 Min|$165 pp

Mirror of the Soul Utilizing a unique and powerful tool to reflect unconscious dynamics, this session will reveal the patterns, energies, and cycles at work within you – the dynamics of your soul. Using symbols known as mandalas and pairing them with colors, a fascinating “snapshot of the psyche” will be reflected back to you. This process, expertly guided by Anne Parker, M.A., will assist you in identifying blocks and discovering what best supports your personal wellness and spiritual growth. 50 Min|$215 • Duet 80 Min|$175 pp

Positivity: The Power to Maximize Well-Being Tapping into the power of positivity is one of the most accessible ways we have to quickly improve our overall wellbeing. Join Rebecca Wilkinson, M.A., to learn the strategies that research tells us will maximize positive emotion and experience. This individual consultation will assist you with integrating these strategies into your daily life. 50 Min|$215 • Duet 50 Min|$165 pp Periodically offered

Reflection to Transformation In this unique, hands-on session, a wellness counselor with special expertise in accessing the unconscious will guide you to take a reflective and extraordinary look deep into yourself. You will focus on a personal dynamic or situation to draw out perspectives and insights that may have been evading you, allowing you to engage in mindful transformation. Based on a self-discovery technique developed by Carl Jung, you will connect with the wisdom of your unconscious and imagination by exploring the imagery created by the figurines you position in a sand tray. Bring an attitude of curiosity and playfulness! 50 Min|$215 • Duet 80 Min|$175 pp

Meditation

Breathwork See description in Activities Menu. 50 Min|$115

Custom Meditation is a powerful tool for stress reduction, concentration, and the development of wisdom. Develop or strengthen your practice. Any meditation experience on the daily schedule may be booked as a private session. 50 Min|$115

Floating Meditation See description in Activities Menu. 50 Min|$150

Mindful Living Learn the formal techniques of Mindfulness Meditation, discuss how these techniques translate to your daily life, and create an action plan for living in the moment with ease, happiness, and energy. 50 Min|$115

Pranayama Mudra Meditation Discover pranayama (yogic practice of breath control), combined with mudras (gestures) usually of the hands, as techniques to facilitate a steady mind focus. 50 Min|$115

Stress Reduction Learn how to identify what factors contribute to stress in your life and how to customize mindfulness practices to alleviate them. 50 Min|$115

Resort Credit can be applied to any Private Session.
Nutrition

Integrative Nutrition Consultation  Find out how food plays a role in your energy levels, your quality of sleep, migraine prevention, digestive issues, as well as heart disease, diabetes, and cancer prevention. 50 Min | $150

Metabolic Rate Analysis & Personalized Nutrition Plan  Begin with a Metabolic Rate Analysis to determine how much energy you need every day, then you’ll create a realistic daily plan for achieving the weight you are aiming for. 50 Min | $150

Outdoor Adventure & Challenge

Climbing Wall  See description in Activities Menu. 50 Min | $115

Desert Tightrope  See description in Activities Menu. 50 Min | $115

Hiking  Enjoy a private hike customized to your fitness level and interests. 2 Hrs | $95 • 4 Hrs | $150

Mountain Biking Basics, Techniques, or Advanced  See description in Activities Menu. 2 Hrs | $95

Out on a Limb  See description in Activities Menu. 50 Min | $115

Quantum Leap™  See description in Activities Menu. 50 Min | $115

Trail Running  Trail running is suitable for all levels as our guides introduce first-time trail runners to the activity or challenge those with prior trail running experience. Wear sturdy running shoes and comfortable, athletic clothing. 50 Min | $115

Tennis

Tennis Lesson  Coaches work with beginners and experienced tennis players alike to teach basics or hone existing skills. Tennis equipment provided. 50 Min | $150 • 100 Min | $240

Yoga

Aerial Yoga  Join us to experience this exciting new offering. Through this practice, participants will be able to decompress tight joints, stretch farther with less strain, and create better body awareness while increasing overall agility. If you have glaucoma, are beyond your first trimester of pregnancy, or have had Botox injections within 24 hours you should not participate in this class. All levels are welcome for private sessions as we customize the practice to your ability. 50 Min | $150

Custom Yoga  During this private consultation, the holistic benefits of yoga will be tailored to meet your needs in the moment and/or help you establish an ongoing yoga routine. Suggestions: Vinyasa, Yin Yoga, home practice, etc. 100 Min | $230 • 50 Min | $115

Desert Waves Yoga  Strengthen your core and increase your ability to balance as you play on the IndoBoard. No previous experience required. 50 Min | $150

Dream Silks  A restful and deeply opening practice that uses the aerial silks to support the body in both yin and restorative yoga postures. 50 Min | $150

Partner Yoga  Bring any relationship to a whole new level of trust, intimacy, and awareness. Yoga instructors work with the needs of each couple to find the appropriate partner poses and begin a united effort of stretching, breathing, and balancing techniques. Experience a true yoga connection! Duet: 50 Min | $110 pp

AERIAL YOGA

Resort Credit can be applied to any Private Session.
UNWIND. RELAX. RENEW.

Our award-winning Life in Balance Spa was designed to honor nature and inspire you. Enjoy life-enhancing services - many exclusive to Miraval - performed by expert therapists.

SPAS

SPA MENU

MARRAKESH MORNING

NEW Summer Mornings

Exclusive morning Spa services only available this summer from 9am to 1pm.

Promise of Daybreak: Begin with a dry body brushing to help shed yesterday’s dead skin cells and encourage cellular renewal, resulting in smoother and brighter skin. Boosting vascular circulation and lymphatic drainage, this vigorous dry body brushing is paired with an advanced combination of lymphatic drainage and a deeply stimulating massage to help tone the skin. This promises the perfect start to any day! 50 Min | $150

Marrakesh Morning: Feel the warming energy of a textured blend of ground sugar and Moroccan Coffee for a multilayered exfoliating sensation. Fresh orange and lemon rind invigorate as cold press oils of Olive, Apricot, and Almond stimulate and recharge the body. This intense coffee-saturated scrub draws away impurities and detoxifies for a bold start to your day. 50 Min | $150

Slimming Splendor: In this unique to Miraval slimming service your body is prepared with a vigorous dry brushing, banishing cellulite for smoother softer and more radiant skin. Following this invigorating exfoliation a nutrient-rich French clay body mask is applied. Drawing out impurities, nourishing and soothing brightening, improving tone and texture. Finally concluding with a stimulating massage to support detoxification and support the lymph system. 50 Min | $150

Ayurveda

Shamana-Karma: This service purifies and boosts immunity and spirits. Start with a blend of coconut, ginger, and rosemary oils that are massaged using traditional Ayurveda techniques. Steam, hand-wrapped poultices with lemongrass, mint, nutmeg, and clove warm and energize the body while releasing tension and toxins. An aromatic wrap follows, finishing with a cleansing hibiscus powder dusting, restoring the vitality of your skin and spirit. 75 Min | $240

Ultimate Ayurvedic Treatment: A classic combination of Ayurveda’s key elements presented in this restorative experience. Begin with Abhyanga, a warm herbal oil massage, to release toxins and increase circulation. Next a calming marma-point therapy balances energy. Experience Shirodhara, a soothing stream of herbal oil poured over the forehead that melts tension and calms the nervous system. Finally, you are cocooned in a warm aromatic wrap accompanied by a gentle scalp massage. This treatment is only available indoors. 100 Min | $295

Abhyanga: Restore balance with this ancient healing massage. Herb-infused oils are warmed then massaged into the skin using soothing friction strokes. The healing properties of the herbal oils benefit the nervous system, reduce muscle tension, relieve joint pain, and eliminate impurities from the body. 50 Min | $165

Herbal Body Balancing: Designed to restore natural harmony, this treatment begins with an Abhyanga massage, gentle pressure that detoxifies the skin and calms the nervous system. Next essential oils are applied to your marma points, vital points that calm the mind and body. You are then enveloped in a warm wrap to promote detoxification and improve circulation. 75 Min | $225

Resort Credit can be applied to any Spa service.
Crystal Salt Serenity Soothe away stress, rebalance the body, and leave skin divinely soft and smooth with this luxurious body treatment. Beginning with a deeply refining salt and oil scrub, an advanced massage follows using warm crystal salt stones and a combination of individually chosen essential oils to relax tired, aching muscles and help nourish the body. A therapeutic scalp massage beautifully completes this indulgent and blissful experience. 100 Min | $295

Invigorating Foot Treatment Soothe tired, aching, or swollen feet and heavy legs with this luxurious and revitalizing treatment. A relaxing foot ritual cleanses and smooths the feet and lower legs before they are treated to a rejuvenating massage with pure jojoba and sweet almond oils and enveloped in a cooling, yet deeply nourishing, moisturizer. Toxins are released through the feet creating balance and reconnection with the Earth. 20 Min | $85

3-in-1 Detox and Firm Treatment Ensure your body is looking fantastic with this specialized firming treatment. Skin is first smoothed and prepared with a salt and oil scrub using warm-and-iced hand mitts before the body is cocooned in a detoxifying algae wrap, then treated to an advanced combination of colonic stomach movements, lymphatic drainage, and a deep stimulating, contouring massage to address cellulite and fluid retention and help tone skin. 100 Min | $295

Abundance Miraval’s all-organic “farm to treatment table” body ritual begins with a grapefruit kombucha body wash, then an anti-oxidant-rich Hawaiian noni and lime sugar scrub. Your freshly exfoliated skin is treated to a mineral-rich Spirulina clay wrap and a face and scalp massage. Then end in the rustic Southwest with a shower of woody cedarwood and juniper, followed by a massage of lime seed oil and cedarwood-juniper body butter. 100 Min | $275

Bountiful Earth Join us for a global journey of the senses. Start in North Africa with a loofah cleanse and Moroccan rose body wash. Travel through Asia for a vigorous exfoliation of bamboo, ginger grass, and mineral-rich silt. Head across the Pacific to be soothed with a Yucatan kokomole clay wrap and a face and scalp massage. Then end in the rustic Southwest with a shower of woody cedarwood and juniper, followed by a massage of lime seed oil and cedarwood-juniper body butter. 100 Min | $275

Flourish Organic Scrub This indulgent body scrub begins with an intoxicating blend of sea salts from the coast of Isla Das Rocos and botanicals including French lavender, Icelandic moonflower, or Indian jasmine. These custom mixtures exfoliate, stimulate circulation, detoxify, firm, and soften. A refreshing shower is followed by a gentle massage application of organic essential oils. 50 Min | $175

Ginger Healer This restorative journey begins with our Therapeutic Deep Tissue Massage. We wrap you in pure ginger rosemary oil, known for its healing effects. While wrapped, you will enjoy a facial marma-point massage, restoring energy to the skin. Your journey ends with an invigorating ginger salt glaze scrub. 75 Min | $230

Hammam Designed to restore vigor and vitality, the five-step Hammam begins with a fragrant and invigorating exfoliation using coffee, crushed sugar, almonds and lemon essential oil scrub. Next, an enveloping wrap follows the application of Jasmine Rose Rhassoul Clay to draw out impurities while quince and orange blossom is misted over the body. After a refreshing shower, curative essences of cardamom, jasmine, bergamot, amber, and clove replenish the skin. Finish with an application of tangerine fig body butter. 75 Min | $225

Nurture In this six-part body renewal ritual, the skin is brushed with warm loofah mitts, followed by a powerful exfoliation of bioactive white peat enzymes, sea minerals, and ripe antioxidant berries. The lymphatic system is then stimulated with the application of a soothing mushroom and phyto-nutrient mask. After showering with an organic purifying cleanser, your skin will be replenished with a fresh berry oil serum. Then a full-body massage of Arctic berry milk cream will encourage skin regeneration, hydration, and elasticity. 100 Min | $275

Sonoran Body Polish This Miraval exclusive service uses locally sourced natural products to exfoliate and moisturize based on your skin’s needs. Mineral salts and desert herbs exfoliate while customized Body Butters leave the skin with a healthy glow. For those with more sensitive skin, a gentle sugar scrub with subtle fragrance exfoliates and is finished with a seasonal specially blended butter. 50 Min | $175

Resort Credit can be applied to any Spa service.
**Jin Shou-Tui Na**
Meaning “Golden Hands-Tui Na” and based on the Yin Yang theory of the balance, this service fuses the vigorous, focused strokes of Tui Na massage and the subtle energy work of CranioSacral. Tui Na moves energy and stimulates circulation, releasing physical and energetic restrictions held in muscles and connective tissue. CranioSacral therapy then restores the free flow of cerebrospinal fluid, potentially clearing both newly acquired and chronic restrictions. Wear yoga or exercise attire.

50 Min | $175

**Qi Grounding**
Blending acupuncture and CranioSacral therapy, Qi regulates the spiritual, emotional, mental, and physical harmony of the body using traditional Chinese medicine as well as energetic therapies to clear acupuncture meridians and physical restrictions. Experience the calming effects of the life force of Qi, and feel more grounded and centered. Wear yoga or exercise attire.

50 Min | $175

**MIRAVAL EXCLUSIVE NĀGA™** is a Miraval Life in Balance Spa service evolving from the healing principals of Thai massage. Your practitioner uses strands of richly colored silk suspended from above as an extension of their body. The silks are used for entwining and gracefully suspending themselves, as well as wrapping and supporting your body, taking you deeper into the stretches, and releasing restrictions impairing full movement. NAGA techniques involve deep massage and stretching on the floor on a firm, traditional Thai mat. It is a therapeutic procedure that provides relaxation and restores healthy blood circulation. It also eases energy blockage, aches and pains, stress and tension, flexibility and postural alignments. NAGA is experienced while wearing loose, comfortable clothing resting on a traditional Thai mat. Wear loose clothing.

100 Min | $295 • 80 Min | $275 • 50 Min | $215

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**Sonoran Mud Wrap** Exfoliation begins with our Desert Rain Scrub, followed by an application of detoxifying mineral-rich clay and botanicals. The entire body is lightly wrapped, retaining heat to relax muscles. A blend of desert sage body butter leaves your skin nourished and revitalized.

75 Min | $225

**Sweet or Savory Desert Succulents** Harness the power of succulents known for holding moisture in the harsh desert. Start this beautiful treatment with a dry brush full-body exfoliation followed by a choice of a soothing body mask: Sweet Prickly Pear or Savory Rosemary Mint. A generous layer of soothing mask is then applied onto the refreshed skin, and finished with a gentle application of Sweet Prickly Pear or Savory Desert Sage Body Butters to lock in moisture and leave a sumptuous glow.

50 Min | $150

**Vibrant Morning** The perfect treatment to receive before noon! A true journey of the senses. Italian blood orange salts invigorate and exfoliate, revealing the glowing new skin below. After a refreshing shower, a blood orange moisturizer is applied to the skin, leaving your skin radiant. Begin the day feeling energized and invigorated.

50 Min | $150

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**Energy & Eastern Modalities**

**Traditional Thai Sen Sib** “Sen” means line and “Sib” means ten. These lines are invisible currents consisting of subtle energies that maintain one’s physical and mental well-being. Ten of these sen lines have been found to be of significant healing quality in Thai massage. Sen line work is performed with a combination of thumb and fingertip pressure and gentle stretches.

50 Min | $185 • 80 Min | $235

**Crystal Energy Healing** This profoundly moving and individualized experience unleashes the powers of crystals to release emotions and balance the body’s energy. Your therapist will guide your journey, unique to you. Elements of reiki healing are incorporated with the use of crystals to balance the chakras and charge, clear, and cleanse the energy centers in the body. Guided visualization and breathing techniques help to free the flow of energy throughout your body. Wear loose clothing.

50 Min | $165

**Qi Journey** Balance body, mind, and spirit with a fusion of Nuad Bo Rarn (ancient Thai massage), acupuncture, and CranioSacral Therapy. Thai massage gently opens the body and joints allowing your muscles to release any tension. The release of tension within the body simultaneously stimulates the Chinese meridian system. Acupuncture needles are then carefully placed to address any energetic imbalances. Finally, CranioSacral is performed to release remaining restrictions. Emerge renewed from your Qi Journey in a more balanced body. Wear yoga or exercise attire.

100 Min | $320

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**Resort Credit can be applied to any Spa service.**
Thai Massage Relax as your practitioner rhythmically stretches and flexes your body, opening and relieving weary muscles. Using pressure point stimulation and targeted stretching, Thai massage renews the body’s energy flow while reducing tension and stress. Wear yoga or exercise attire. Traditional 100 Min|$275 • Basic 80 Min|$235 • Intro 50 Min|$185

Acupuncture An educational and experiential treatment. After a brief interview, our acupuncturist will gently insert fine needles into the meridian points of your body to stimulate your natural healing abilities. As well as experiencing a treatment, you will leave with a greater understanding of Chinese medicine. Wear loose clothing. 50 Min|$160

Chi Nei Tsang The 2,000-year-old Taoist Chinese modality works on the digestive system, liver, and spleen using gentle pressure. The therapist works directly on the organs of the digestive system to relieve areas of constriction and energy blockage. Wear yoga or exercise attire. 50 Min|$150

Integrative Chi Nei Tsang This customized service combines Craniosacral, Shiatsu, and Chi Nei Tsang to address the nervous and digestive systems and balance the energies of the upper and lower halves of the body. 80 Min|$195

CranioSacral Therapy This form of energy work therapy works by optimizing the flow of cerebrospinal fluid, a vital fluid that nourishes and protects the nervous system and brain. This gentle, light touch therapy shifts the mind and body into a mode of rest and recovery – the antithesis of stress. In this service the healing potential of quiet and stillness of body and mind is explored. Wear yoga or exercise attire. 80 Min|$195 • 50 Min|$150

Thai Foot & Leg This treatment focuses on the lower body with in-depth work on the feet to increase circulation and balance the body. This treatment is designed to relieve stress, decrease fatigue, and encourage a sense of well-being. 50 Min|$175

Reiki Alleviate tension, reduce pain, and free emotional blocks with this Japanese stress reduction practice. By applying gentle pressure with the hands, your practitioner will work to enhance the universal energy that flows through the body. Reiki can help you connect with your higher self, leaving you with a sense of peace and well-being. Wear yoga or exercise attire. 80 Min|$195 • 50 Min|$150

Reflexology This therapy focuses on pressure points within the reflex zones of your feet to balance the meridians of the body and bring a greater sense of wholeness and body integrity. Wear yoga or exercise attire. 50 Min|$165

NEW Mindful Massage This treatment is focused on the concept of body awareness and take-home tools for relaxing breathwork and self-care using visualization, thermotherapy, hands-on bodywork, and mindfulness techniques for releasing tension. The treatment will give you an introduction to heat therapy, deep breathing techniques, as well as some specialty modalities like stretches, cranial sacral work, and Chi Nei Tsang. 75 Min|$280 • 100 Min|$320

Deep Desert Massage A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialized techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain, and sore, tight shoulders. 50 Min|$185 • 80 Min|$240

Express Back, Neck, and Shoulder Massage Ease tense, aching areas with this targeted treatment. Your therapist will skillfully select the most suitable massage techniques and oils where needed. Enjoy hot stones to address your bespoke needs. 20 Min|$85

Pre & Post Natal Massage Nourish skin and calm the mind with this regenerating and smoothing treatment. Focused entirely on your personal needs, a gentle yet effective exfoliation to the back area is followed by a comforting body massage using a pure, unscented blend of deeply nurturing oils to safely target areas prone to stress and tension during or after pregnancy, plus alleviate muscular aches and pains. Finishing with a soothing and conditioning scalp massage, this blissful treatment will leave you feeling relaxed and restored. Recommended for new moms or following the first trimester of pregnancy. 50 Min|$150 • 80 Min|$215

Hair & Scalp Mud Treatment Intensely nourishes, soothes, and revitalizes for lustrous hair and healthy scalp. A neck and shoulder massage is included. 20 Min|$85

“...This is surely the embodiment of ‘Heaven on Earth’ – a respite from everyday life that fortifies one to go back out to deal with it again.”

- Leslie Bank | New York City, NY

Miraval Grounding It is proven that massaging the hands, feet, and scalp induces total relaxation. This spa trio technique is infused with essential oils to soothe and soften the skin; an added grounding emulsion will give a feeling of relaxation and calmness. 50 Min|$150

Resort Credit can be applied to any Spa service.
New Intuitive Massage
Inspired by Native American spirituality and Peruvian shamanic studies, the practitioner fuses bodywork with spiritual wisdom, sacred plants, artifacts, and natural objects. This holistic approach to healing begins with intention setting, allowing the therapist to intuitively massage the physical source of pain or discomfort, while addressing underlying emotional and mental barriers to healing.

$175 • 80 Min | $280 • 100 Min

New Pachamama Medicine
La Pachamama, or Earth Mother, is the life-giving, benevolent deity revered by indigenous people of the Andes. Inspired by Incan shamanic traditions, this ceremony celebrates and utilizes Pachamama’s bountiful energy to strengthen the mind-body connection. Your practitioner uses chumpi stones to balance energy with a healing technique for restoring and elevating feelings of physical vitality, emotional confidence, and mental clarity.

$280 • 100 Min

New Mother’s Blessings: Spiritual Healing Prayer Work
Madre Emilia is a faith healer (a minister and reiki practitioner). She says it does not matter what religion you practice, you can enjoy spiritual healing prayer work. Emilia starts with a laying on of hands for therapeutic purposes; healing prayer is shown to have a profound effect on our health, spiritual healing and can provide permanent relief from the worries and difficulties that bother us.

$150 • 50 Min | $85 • 10 Min | Complimentary

Aqua Zen
Stress and strain melt away in the nurturing arms of your water-trained therapist as your body is moved effortlessly through the warm waters of our specially designed pool. Water invites complete relaxation to the massage, allowing your body to be manipulated and stretched with greater freedom than traditional massage. Suitable for non-swimmers.

$170

Energy Healing

NEW Intuitive Massage
Inspired by Native American spirituality and Peruvian shamanic studies, the practitioner fuses bodywork with spiritual wisdom, sacred plants, artifacts, and natural objects. This holistic approach to healing begins with intention setting, allowing the therapist to intuitively massage the physical source of pain or discomfort, while addressing underlying emotional and mental barriers to healing.

$240

NEW Neuromuscular Massage
A highly effective series of techniques designed to pinpoint your tight muscles and trigger points; alleviating your pain, numbness, or weakness.

$199 • 50 Min | $280 • 80 Min | $330 • 100 Min

Did You Know?

NAGA™ is an exclusive service created by Miraval and inspired by the 2,500-year old healing art of Thai massage. Miraval therapists studied Thai massage being performed in a unique area of the country that uses fresh branches of the Banyan trees to support their weight and allow for maximum effective use of the practitioner’s balanced body weight. Full description of the NAGA experience is located on page 28. Contact the Spa Desk or Guest Services to book this one-of-a-kind treatment.

Aqua Zen
Stress and strain melt away in the nurturing arms of your water-trained therapist as your body is moved effortlessly through the warm waters of our specially designed pool. Water invites complete relaxation to the massage, allowing your body to be manipulated and stretched with greater freedom than traditional massage. Suitable for non-swimmers.

$170

Energy Healing continued>

Resort Credit can be applied to any Spa service.
Nourish your skin with this cleansing treatment. Sensitivity and should apply sun block prior to any sun exposure after this grade ingredients to enhance your results. Guests may experience sun facial that targets your primary skin care concern with a “boost” of medical-as the ultimate protection against aging. Next, experience a customized facial series. The first treatment includes a micro-exfoliation, highly regarded your skin’s natural luster and youthful vitality with our exclusive corrective Miraval Exclusive radical damage. Rapidly improve skin tone, texture, and clarity, as well as actively fight free that are defined in nature and refined by science, this facial will help to goji berry, white and green teas, and aloe hydrate. Using products marine extracts spirulina and kombucha bring balance to your skin while paraben-free, and results-oriented facial. The antioxidant-rich plant and detoxifying products remove impurities as the back is exfoliated with a surge of deep, nourishing hydration. An acupressure facial massage and acupressure points of enlightenment with Native American shamanic healing practices of his lineage. 50 Min | $275

Spirit Flight This transformational healing ceremony with Dr. Tim Frank combines a full-body therapeutic massage with the healing practices of Spiritual Shamanism and drumming, plus acupuncture, CranioSacral Therapy, and spinal alignment to renew your energy and balance. This is a specialty service with limited availability. 110 Min | $425

New Desert Rose Radiance Facial Reawaken skin’s vitality and reveal a smooth, supple, and visibly youthful complexion with this treatment. Massage with cool rose quartz crystals helps tone and lift the facial contours, while advanced products brighten and firm skin, boost collagen, and minimize the appearance of hyperpigmentation. 80 Min | $250

Express Hydrate Facial Instantly refine, smooth, purify, and boost your complexion with this tailored facial. Featuring naturally advanced products and bespoke facial massage, it reveals exceptional results whatever your skincare concern. Excludes extractions. 20 Min | $85

Miraval Nurture Back Facial Nourish your skin with this cleansing treatment designed specifically for your back. Certified organic, detoxifying products remove impurities as the back is exfoliated with bioactive white peat enzymes, sea minerals, and antioxidant berries. A marine mask is then applied with white peat, mushroom, and phyto-nutrients to regenerate and rehydrate skin. 50 Min | $150

Organic Facial Refine your skin with this active, 100-percent natural, paraben-free, and results-oriented facial. The antioxidant-rich plant and marine extracts spirulina and kombucha bring balance to your skin while goji berry, white and green teas, and aloe hydrate. Using products that are defined in nature and refined by science, this facial will help to rapidly improve skin tone, texture, and clarity, as well as actively fight free radical damage. 50 Min | $165

Miraval Exclusive Renew & Restore Facial Series Renew and restore your skin’s natural luster and youthful vitality with our exclusive corrective facial series. The first treatment includes a micro-exfoliation, highly regarded as the ultimate protection against aging. Next, experience a customized facial that targets your primary skin care concern with a “boost” of medical-grade ingredients to enhance your results. Guests may experience sun sensitivity and should apply sun block prior to any sun exposure after this treatment. Complete Series of Two 50 Min Facials | $285

Skin Care

Anti-Aging Miraval Facial Effectively and naturally target all visible signs of aging with this luxurious and powerful age-defying facial. Advanced facial massage works in harmony with potently active products to enhance firmness and elasticity while reducing redness and pigmentation. Skin feels instantly hydrated and supple, lines are diminished, and the complexion is revitalized. 50 Min | $150

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Alpha Beta Professional Face Peel Restore radiance to the skin without downtime. This patented peel uses a blend of alpha and beta hydroxy acids to improve skin’s texture and firmness while promoting collagen growth. Guests may experience sun sensitivity and should apply sun block prior to any sun exposure after this treatment. 20 Min | $85

Vitamin C Facial An intensive treatment that brightens and stimulates the skin. We combine vitamin C and fruit acids for a powerful, instant-results facial that makes your skin glow. 80-minute treatment includes a revitalizing eye mask and massage. 80 Min | $220 • 50 Min | $165

Make-up Consultation Learn how to enhance your natural beauty. Our aesthetician will analyze your coloring to suggest a color palette that flatters your skin and works for your lifestyle. Our natural mineral-based makeup is ideal for any skin type. 50 Min | $130

Miraval Nurture Facial This certified organic facial is designed to deliver a surge of deep, nourishing hydration. An acupressure facial massage and intensive eye treatment help to firm the skin, increase circulation, and reduce toxicity. Your skin will look restored, healthy, and radiant. 50 Min | $165

New Miraval Man Clear, cool, and balance the complexion with this refining facial. Whatever your skincare needs, naturally advanced products and tailored facial massage are selected to hydrate, calm, or reawaken skin. A clarifying scrub clears congested pores before a specialized mask draws out impurities, leaving your skin refreshed and hydrated and ready for anything. 50 Min | $150

Eye and Lip Refresher This ultimate refresher combines our Eye Rescue with a Lip Rejuvenating treatment. Together, they complement the brightening benefits of our skin-renewing facials. 20 Min | $75

Waxing We offer gentle waxing services for face and body to accommodate the special needs of the most sensitive skin. Our waxes are warm, comfortable, and skin-friendly, gently removing hair while discouraging new growth. Time and prices vary
Multiple Services

**Manicure & Pedicure**

**Moroccan Oil Intensive Hair Repair Ritual** Pamper your hair with this personalized conditioning service. Enjoy a relaxing scalp and hand massage while a custom-blended hair treatment nourishes your hair. Complete the ritual with a blow-dry finish. 80 Min | $185

**Bang Trim** Update your look with a quick bang trim. 25 Min | $25

**Beard/Mustache Trim** Grooming for your beard or mustache. 25 Min | $30

**Color** Enhance your look with an application of permanent or semi-permanent hair color to lighten, darken, or cover gray. 50 Min | $120

**Highlighting** Our hair care specialist will custom-formulate the perfect shade to complement your look. For an added touch of sophistication, book an additional shampoo and style for $65. 80 Min | $185

**Men’s Haircut** Consult with our specialists for the cut and style that suits you best. 25 Min | $45

**Shampoo, Cut and Style** Consult with our specialists for the cut and style that suits you best. Short hair 50 Min | $90 • Long hair 80 Min | $130

**Shampoo & Style** Enjoy the luxury of having your hair shampooed and styled. 50 Min | $65

**Extension Shampoo & Style** Enjoy the luxury of having your hair shampooed and styled. 80 Min | $110

**Well Set** Finish your Miraval experience with Well Set. Depart with a polished and coiffed look as great as you feel. 80 Min | $95

**NEW Shampoo & Go** Jump into the Spa for a quick shampoo and condition and then continue the journey of your day. 15 Min | $20

**Deborah Lippmann | Nail Salon**

Deborah Lippmann is an innovator in the field of nail health. This collaboration brings high-fashion nail lines together with the Miraval touch to create one-of-a-kind nail care rituals offered only at Miraval. These new, decadent services empower a unique nail and skin health assessment that customizes a manicure or pedicure to promote long-lasting nail health with beauty.

**Deborah Lippmann Signature Manicure**
A Deborah Lippmann Miraval Creation Our Miraval Manicure sets a new standard for healthy nail care. Following a nail analysis, let your senses escape to the tropics as your hands and arms are smoothed with a grapefruit and sea salt scrub, then massaged with a warm blend of vitamin E, pure white jojoba, and coconut oil. A shea butter and avocado oil hand cream with broad spectrum SPF locks in moisture and leaves you protected from harmful UV rays. 50 Min | $75

**Deborah Lippmann Signature Pedicure**
A Deborah Lippmann Miraval Creation Our signature pedicure will treat the most overworked feet. After a nail analysis, enjoy a relaxing foot soak in a rosemary and aloe soaking elixir. A heated leg wrap infused with a blend of vitamin E, pure white jojoba, and coconut oil follows. Our warm grapefruit and sea salt scrub is then applied to exfoliate and soften, while a kokum butter and aloe vera foot cream smooths and soothes. 50 Min | $90

Resort Credit can be applied to any Spa service.
Hot Stone and Honey Manicure Combine the relaxing duo of hot stones and honey for a fresh look for your nails. The smoothing, softening, and refining of your skin takes place as an exfoliating lotion is combined with a smoothing cream to penetrate into the deepest layers of the arms and hands to reveal youthful looking skin. To protect your glow and promote new skin cell generation, a firming lemon thyme and oat sugar mask is applied and enhanced by a revitalizing serum. To ensure complete hydration, a renewing body cream is massaged into your skin, ending your time in a state of total rejuvenation. 50 Min | $85

Hot Stone and Honey Pedicure A luxurious journey that finishes with beautiful results, this treatment combines the fabulousness of tension-melting hot stones with an indulgent and complete pedicure experience. It begins with an exfoliating mixture of bamboo and mineral powders, with the addition of glycolic and salicylic acids for ultimate exfoliation. To firm and tighten your newly revealed skin, a lush lemon thyme and oat sugar mask is lavished on your legs. The decadence is only furthered by the application of a green clay mud mask using antioxidant-rich Tonka bean and ginko biloba. Allow the rich mud to nourish your skin, and indulge your hands and arms in a hazelnut and bitter orange oil massage. A honey gel is kneaded into your feet and calves as hot stones massage out tension and stress. Finally, a moisture-rich body lotion soaks in hydration and leaves you and your beautiful feet in a state of total bliss. 80 Min | $140

Men’s Manicure Let us ease the muscles in your overworked hands. Begin your decompression by letting us polish off the dull skin cells from your hands and arms with a refreshing citrus body polisher that uses the rinds of fruit to tone the skin. Your arms and hands are then wrapped in a contouring gel-mask to smooth and tighten. Tension in your forearms, hands, and fingers is then massaged out with a deeply toning body balm. End your journey feeling relaxed and unwound. 50 Min | $55

Men’s Pedicure Smooth your rough heels and loosen your tight muscles during this indulgent experience. Your skin is exfoliated with a salt-like scrub to renew your feet and legs. To lock in necessary moisture, we apply a hydrating mask to refine the skin’s appearance and remove any impurities. Warm towels are applied to your legs, as your calves and feet are kneaded and massaged with an invigorating body balm, releasing any remaining tension. Leave feeling smoother, softer, and totally relaxed. 50 Min | $65

Moroccan Coffee Blossom Pedicure North African-inspired, this pedicure is an exotic treat. We begin by preparing an aromatic lemon coffee blossom and olive stone scrub and apply this mixture of coffee, lemon, and super crushed almonds to tired feet and legs. Afterwards, a thin mask of warm white jasmine clay hydrates, while a hot stone massage and tangerine and fig butter leave you fully relaxed. 80 Min | $140

Argan Rich Manicure This intensely hydrating treatment uses antioxidant argan oil derived from the fruit of a tree found only in Morocco. A hand and arm exfoliation is performed with Moroccanoil’s body buff gel. A hand and arm massage follows with argan oil and shea butter, and the experience is complete with a shimmering body oil. 50 Min | $75

Argan Rich Pedicure Discover the nourishing effects of argan oil. Begin with a foot soak and a natural orange peel exfoliator, rich with a nourishing blend of argan, avocado, and grape seed oil. Your feet and legs are massaged with a body balm, then heated oil is drizzled over your legs and massaged into the skin before a hot towel wrap. Finish with a shimmering body oil. 50 Min | $90

Blood Orange Manicure An invigorating manicure experience incorporating a naturally stimulating citrus scent from Red Flower. This Italian Blood Orange blend of oils and sea salt removes dry skin, stimulates circulation, firms, and softens for a beautiful glow. Scented with botanical and essential oils of orange blossom, grapefruit, lime, and orange rind, this refreshing and invigorating treat for the feet includes exfoliation and soothing massage. 50 Min | $75

Blood Orange Pedicure An energizing pedicure experience incorporating a naturally invigorating citrus scent derived from Isla Das Rocas by Red Flower. This indulgently pure blend removes dry skin, stimulates circulation, and firms and softens for a beautiful glow. Scented with botanical and essential oils of orange blossom, grapefruit, lime, and orange rind, this refreshing and invigorating treat for the feet includes exfoliation and soothing massage. 50 Min | $90

Wanderlust Deluxe Hand and Foot Ritual Ground and center the spirit with a rush of wellness in this healing manicure and pedicure treatment from Red Flower. Drench the skin in the infinite balsam and smoky wood of tree resins and gently exfoliate for luminously polished skin.

Manicure: 50 Min | $75 • Pedicure: 50 Min | $90

Express Manicure A shorter version of our traditional manicure, focusing on nail maintenance, cuticle care, and polish change. Perfect finish to a perfect vacation. $45

Express Pedicure Warm days require sandal-ready feet. This service addresses nail maintenance, cuticle care, light buffing of the foot, and polish change. $55

French Polish Is available in addition to any nail service. $15

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Resort Credit can be applied to any Spa service.
Your season of pregnancy doesn’t mean you have to forego your favorite spa services. Rather, indulging in safe treatments at the Miraval Life in Balance Spa is recommended for both pre- and post-natal mothers. Massage therapy during pregnancy can reduce anxiety and relieve muscle and joint pains, while organic facials are an ideal way to soothe your skin as hormone levels shift. Mothers-to-be should avoid saunas, steam rooms, and body wraps.

**Recommended Services:**
- Aqua Zen
- Reiki
- Crystal Healing Massage
- Pre- & Post-Natal Massage
- Pre- & Post-Natal Nurture
- Pre- & Post-Natal Sonoran Body Polish

**Pre & Post Natal Pampering**

Your season of pregnancy doesn’t mean you have to forego your favorite spa services. Rather, indulging in safe treatments at the Miraval Life in Balance Spa is recommended for both pre- and post-natal mothers. Massage therapy during pregnancy can reduce anxiety and relieve muscle and joint pains, while organic facials are an ideal way to soothe your skin as hormone levels shift. Mothers-to-be should avoid saunas, steam rooms, and body wraps.

**Outdoor Treatment Experiences:**
- Calming Hot Stone Massage
- Deep River Stone Massage
- Bountiful Earth
- Nurture
- Ginger Healer
- Miraval Relaxation Massage
- Tranquil Nights
- Abundance

**OASIS CABANA**

Enjoy select spa services poolside in our Oasis Cabana. Unwind with a morning massage or healing energy treatment in the privacy of the cabana, then spend the rest of the afternoon lounging in the shade with friends and sipping refreshing cocktails from the Oasis Bar. Cabana rental fees apply.

**New Life Village**

**GUEST FAVORITE** Take advantage of Miraval’s beautiful surroundings and choose to experience your massage and body treatments outside. Many of our guests love being pampered in our beautiful New Life Village. Each cabana is self-contained, ensuring complete privacy for guests. Cabanas are temperature-controlled year-round and each includes its own outdoor private shower. Feel the breeze on your skin and hear the bird calls and natural hum of the enchanting desert while you receive one of our unique spa services. This is truly a guest favorite! Be sure to let your reservationist know your preference."
### Your Journey Begins

#### SAMPLE MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-8:00</td>
<td>Miraval Outback Hike: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>6:00-8:00</td>
<td>Mountain Biking Basics: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>6:00-8:30</td>
<td>Giant's Ladder: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>6:00-11:30</td>
<td>Miraval Off-Property Hike: Intermediate - Pima Canyon (Brave Bill Patio Lounge) • $55</td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Morning Stretch: All Levels (Gecko/BMC)</td>
</tr>
<tr>
<td>7:30-9:30</td>
<td>Miraval Equine Experience™ (Meet in Palm Court) • $45</td>
</tr>
</tbody>
</table>

Enjoy a pampering pedicure after breakfast.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-8:45</td>
<td>Extreme Core Blast: Advanced (Roadrunner/BMC)</td>
</tr>
<tr>
<td>8:00-8:45</td>
<td>Morning Meditation (Agave Center)</td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>Fit Step: All Levels (Outdoors/Meet at BMC)</td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>Bosu Blast: Advanced (Roadrunner/BMC)</td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>Rise &amp; Shine Yoga: Intermediate (Agave Center)</td>
</tr>
<tr>
<td>9:30-11:30</td>
<td>NEW Aqua Tabata: All Levels (BMC Pool)</td>
</tr>
<tr>
<td>9:30-11:30</td>
<td>Desert Tightrope: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>10:00-10:45</td>
<td>Cardio Drumming: All Levels (Roadrunner/BMC)</td>
</tr>
<tr>
<td>10:00-10:45</td>
<td>Peak Performance: Intermediate (BMC Weight Room Floor)</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Yoga Flow: Advanced (Agave Center)</td>
</tr>
<tr>
<td>11:00-11:45</td>
<td>Pilates with Props: Intermediate (Gecko/BMC)</td>
</tr>
<tr>
<td>11:30-12:15</td>
<td>Cooking Demonstration (Cactus Flower Restaurant) includes Lunch • buffet service only.</td>
</tr>
<tr>
<td>11:30-12:15</td>
<td>Common Ground: Understanding Barriers to Connection (Meet in Palm Court) • $45</td>
</tr>
<tr>
<td>12:00-12:45</td>
<td>Hoist Roc-It Series: Strength Machines at the BMC: All Levels (BMC Weight Room Floor)</td>
</tr>
<tr>
<td>12:00-12:45</td>
<td>Yoga Essentials: All Levels (Agave Center)</td>
</tr>
<tr>
<td>1:00-2:30</td>
<td>The Howto’s of Happiness and Well-Being with Anne Parker (Activity Rooms) • $115</td>
</tr>
<tr>
<td>2:00-2:45</td>
<td>Roll With It: Intermediate (Gecko/BMC)</td>
</tr>
<tr>
<td>3:00-4:00</td>
<td>Healing the Emotional Body with Wayne Blankenship (Activity Rooms)</td>
</tr>
<tr>
<td>4:00-4:45</td>
<td>Dream Yoga: All Levels (Agave Center)</td>
</tr>
<tr>
<td>4:00-4:45</td>
<td>Stretch &amp; Relax: All Levels (Gecko/BMC)</td>
</tr>
<tr>
<td>5:00-5:45</td>
<td>Smart Muscle with Andrew Wolf (Activity Rooms)</td>
</tr>
<tr>
<td>5:00-5:45</td>
<td>Mindful Relationships with Anne Parker (Activity Rooms)</td>
</tr>
</tbody>
</table>

Enjoy cocktails & hors d’oeuvres at the Brave Bill Lounge.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-6:45</td>
<td>Gratitude Meditation (Agave Center)</td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>NEW Live with Intention, Bringing Miraval Home (Yurt)</td>
</tr>
</tbody>
</table>

Miraval Specialists facilitating Private Sessions today:
Carolyn Crawford | Andrew Wolf | Anne Parker | Nancy Schroeder
### Shaded activities require advance sign up with Guest Services

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-7:00</td>
<td>Trail Run: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>6:00-8:00</td>
<td>Miraval Outback Hike: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td></td>
<td>Mountain Bike Riding Techniques: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>6:30-8:30</td>
<td>Quantum Leap: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Yoga Stretch: All Levels (Agave Center)</td>
</tr>
<tr>
<td>7:30-9:15</td>
<td>Group Trail Ride (Meet in Palm Court) • $105</td>
</tr>
<tr>
<td>8:00-9:30</td>
<td>Ask the Farmer (Meet in Palm Court)</td>
</tr>
<tr>
<td>8:00-8:45</td>
<td>Brazilian Jump &amp; Jab: Advanced (Gecko/BMC)</td>
</tr>
<tr>
<td></td>
<td>Morning Meditation (Agave Center)</td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>DaVinci Body Boards: Intermediate (Roadrunner/BMC)</td>
</tr>
<tr>
<td></td>
<td>BODYSHRED™: Intermediate (Roadrunner/BMC)</td>
</tr>
<tr>
<td></td>
<td>Sonoran Desert Walking Tour: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td></td>
<td>NEW W.E.T.: All Levels (BMC Pool)</td>
</tr>
<tr>
<td>9:30-11:30</td>
<td>Color Me Healthy: Colorful Food That Ward Off Age-Related Disease (Activity Rooms)</td>
</tr>
<tr>
<td>9:30-11:30</td>
<td>Desert Sky Zipline Experience (Brave Bill Patio Lounge) • $150</td>
</tr>
<tr>
<td>10:00-10:45</td>
<td>Capeerera Dance Class: All Levels (Roadrunner/BMC)</td>
</tr>
<tr>
<td>10:00-11:15</td>
<td>Core Yoga: Advanced (Agave Center)</td>
</tr>
<tr>
<td>10:00-11:15</td>
<td>Introduction to Ayurveda (Activity Rooms) • $75</td>
</tr>
<tr>
<td>10:30-1:00</td>
<td>It's Not About the Horse with Wyatt Webb (Meet in Palm Court) • $150</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>Ride &amp; Release: All Levels (Gecko/BMC)</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>NEW PiYo Live™: Intermediate (Roadrunner/BMC)</td>
</tr>
<tr>
<td>11:00-12:30</td>
<td>Mindful Parenting with Lisa Frank (Activity Rooms) • $75</td>
</tr>
<tr>
<td>11:30-1:30</td>
<td>Miraval Equine Experience™ (Meet in Palm Court) • $45</td>
</tr>
<tr>
<td>1:00-1:45</td>
<td>Food Combinations for Ultimate Health (Activity Rooms)</td>
</tr>
<tr>
<td>2:00-2:45</td>
<td>Desert Waves Yoga: Intermediate (Agave Center) • $45</td>
</tr>
<tr>
<td>2:00-2:45</td>
<td>Mindful Energy Movement: All Levels (Gecko/BMC)</td>
</tr>
<tr>
<td>2:00-3:00</td>
<td>Let’s Get Saucy (Cactus Flower Restaurant) • $45</td>
</tr>
<tr>
<td>2:00-3:45</td>
<td>Life is Simple, Who Complicates It? with Wyatt Webb (Activity Rooms) • $150</td>
</tr>
<tr>
<td>3:00-3:45</td>
<td>Body &amp; Barre: All Levels (Roadrunner/BMC)</td>
</tr>
<tr>
<td>3:00-3:45</td>
<td>Slow Flow Yoga: All Levels (Agave Center)</td>
</tr>
<tr>
<td>3:00-4:30</td>
<td>Healthy Gut, Healthy You (Activity Rooms) • $75</td>
</tr>
<tr>
<td>4:00-4:45</td>
<td>Happy Hips: All Levels (Gecko/BMC)</td>
</tr>
<tr>
<td>4:00-4:45</td>
<td>Floating Meditation (Agave Center) • $75</td>
</tr>
<tr>
<td>4:30-5:15</td>
<td>Cocktails in the Kitchen (Cactus Flower Restaurant) • $45</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00-5:45</td>
<td>Breathwork (Agave Center)</td>
</tr>
<tr>
<td>6:00-6:45</td>
<td>Restorative Yoga: All Levels (Agave Center)</td>
</tr>
</tbody>
</table>

Relax & unwind with a Tranquil Nights massage.

*Miraval Specialists facilitating Private Sessions today:*
Lisa Frank | Nancy Schroeder | Carolyn Crawford | Andrew Wolf | Nancy Teeter | Brent Baum
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-8:00</td>
<td>Miraval Outback Hike: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>6:30-8:30</td>
<td>Mountain Biking: Advanced (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Swing and a Prayer: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>7:30-9:30</td>
<td>Morning Stretch: All Levels (Gecko/BMC)</td>
</tr>
<tr>
<td>7:30-9:30</td>
<td>An Unforgettable Canvas (Meet in Palm Court) • $75</td>
</tr>
<tr>
<td>8:00-8:45</td>
<td>Morning Meditation (Agave Center)</td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>Fit Step: All Levels (Outdoors/Meet at BMC)</td>
</tr>
<tr>
<td></td>
<td>Extreme Core Blast: Advanced (Roadrunner/BMC)</td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>Mindful Eating (Cactus Flower Restaurant) Includes Breakfast - buffet service only.</td>
</tr>
<tr>
<td>9:00-11:00</td>
<td>NEW Aqua Tabata: All Levels (BMC Pool)</td>
</tr>
<tr>
<td>9:30-11:30</td>
<td>Climbing Wall: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>9:30-11:30</td>
<td>Desert Tightrope: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>10:00-10:45</td>
<td>Cardio Drumming: All Levels (Roadrunner/BMC)</td>
</tr>
<tr>
<td>10:00-10:45</td>
<td>Peak Performance: All Levels (BMC Weight Room Floor)</td>
</tr>
<tr>
<td>10:00-11:45</td>
<td>Mindful Stress Mastery (Yurt)</td>
</tr>
<tr>
<td>11:00-11:45</td>
<td>Power Cycle: All Levels (Gecko/BMC)</td>
</tr>
<tr>
<td>11:00-12:30</td>
<td>Anti-Inflammatory Kitchen (Activity Rooms) • $75</td>
</tr>
<tr>
<td>11:30-1:30</td>
<td>Common Ground: Understanding Barriers to Connection (Meet in Palm Court) • $45</td>
</tr>
<tr>
<td>12:00-12:45</td>
<td>Balance: All Levels (Roadrunner/BMC)</td>
</tr>
<tr>
<td>1:00-1:45</td>
<td>Mindful Energy Movement: All Levels (Gecko/BMC)</td>
</tr>
<tr>
<td>2:00-2:45</td>
<td>Aerial Yoga: Advanced (Agave Center) • $75</td>
</tr>
<tr>
<td>3:00-3:45</td>
<td>Letting Go and Letting In with Anne Parker (Activity Rooms)</td>
</tr>
<tr>
<td>3:00-3:45</td>
<td>Roll with It: Intermediate (Gecko/BMC)</td>
</tr>
<tr>
<td>3:00-4:00</td>
<td>Mastering Your Makeup: Beauty Demonstration (Activity Rooms)</td>
</tr>
<tr>
<td>3:00-4:30</td>
<td>Yin/Yang Yoga: Advanced (Agave Center)</td>
</tr>
<tr>
<td>4:00-4:45</td>
<td>Less is More: Intelligent Exercise for Graceful Aging with Andrew Wolf (Activity Rooms)</td>
</tr>
<tr>
<td>4:30-5:15</td>
<td>Shoulders Set Free: All Levels (Gecko/BMC)</td>
</tr>
<tr>
<td>5:00-5:45</td>
<td>Cocktails in the Kitchen (Cactus Flower Restaurant) • $45</td>
</tr>
</tbody>
</table>

**NEW** PIYo Live™: Intermediate (Roadrunner/BMC)
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity Description</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-8:00</td>
<td>Miraval Outback Hike: All Levels (Brave Bill Patio Lounge)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00-8:00</td>
<td>Mountain Biking Basics: All Levels (Brave Bill Patio Lounge)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00-8:30</td>
<td>Climb On! Mt. Lemmon Rock Climbing: All Levels (Brave Bill Patio Lounge) • $425</td>
<td></td>
<td></td>
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<tr>
<td>6:30-8:30</td>
<td>Quantum Leap II: All Levels (Brave Bill Patio Lounge)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Morning Stretch: All Levels (Gecko/BMC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30-9:30</td>
<td>Miraval Equine Experience (Meet in Palm Court) • $115</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00-8:45</td>
<td>Brazilian Jump &amp; Jab: Advanced (Gecko/BMC)</td>
<td></td>
<td>$4.50</td>
</tr>
<tr>
<td>8:00-10:00</td>
<td>All the Buzz with Noel Patterson (Meet in Palm Court) • $150</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>Rise &amp; Shine Yoga: Intermediate (Agave Center)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30-11:30</td>
<td>Why High: All Levels (Brave Bill Patio Lounge)</td>
<td></td>
<td></td>
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<tr>
<td>10:00-10:45</td>
<td>Capoeira Dance Class: All Levels (Roadrunner/BMC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30-12:00</td>
<td>The How-to’s of Happiness and Well-Being with Anne Parker (Activity Rooms) • $115</td>
<td></td>
<td></td>
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<tr>
<td>11:00-11:45</td>
<td>Yoga Grooves: Advanced (Agave Center)</td>
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<td></td>
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<tr>
<td>11:00-12:00</td>
<td>Ride &amp; Release: All Levels (Gecko/BMC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30-12:30</td>
<td>Honey: A Sensual Journey with Noel Patterson (Cactus Flower Restaurant) • $4.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00-12:45</td>
<td>Hoist Roc-it Series: Strength Machines at the BMC: All Levels (BMC Weight Room Floor)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Vitamins, Supplements &amp; Your Health (Activity Rooms) • $75</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00-1:45</td>
<td>The Gift of Gratitude with Lisa Frank (Activity Rooms)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00-2:45</td>
<td>Unleash the Power of the Soul with Tejpal (Activity Rooms)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:45-3:15</td>
<td>Mindful Energy Movement: All Levels (Gecko/BMC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:45-3:30</td>
<td>Body &amp; Barre: All Levels (Roadrunner/BMC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00-3:45</td>
<td>Floating Meditation (Agave Center) • $75</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00-4:45</td>
<td>Mindfulness at Miraval (Yurt)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00-4:45</td>
<td>Happy Hips: All Levels (Gecko/BMC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30-5:15</td>
<td>Cocktails in the Kitchen (Cactus Flower Restaurant) • $4.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00-5:45</td>
<td>Slow Flow Yoga: All Levels (Agave Center)</td>
<td></td>
<td></td>
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<tr>
<td>6:00-7:00</td>
<td>Yin Yoga: All Levels (Agave Center)</td>
<td></td>
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</tr>
<tr>
<td>6:00-8:00</td>
<td>Cocktails in the Kitchen (Cactus Flower Restaurant) • $4.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-8:00</td>
<td>Celestial Yoga (Outdoors/Meet at Agave Center)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Shaded activities require advance sign up with Guest Services**

**Miraval Specialists facilitating Private Sessions today:**
Andrew Wolf | Lisa Frank | Anne Parker | Angela Onggard | Tejpal
Alexandra Nichol | Tony Redhouse | Nancy Schroeder | Brent Baum

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**TWILIGHT ZIPLINE**
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-8:00</td>
<td>Miraval Outback Hike: All Levels (Brave Bill Patio Lounge)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mountain Bike Riding Techniques: All Levels (Brave Bill Patio Lounge)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00-11:30</td>
<td>Miraval Off-Property Hike: Intermediate - Romero Canyon (Brave Bill Patio Lounge)</td>
<td></td>
<td>$55</td>
</tr>
<tr>
<td>6:30-8:30</td>
<td>Out on a Limb: All Levels (Brave Bill Patio Lounge)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Yoga Stretch: All Levels (Agave Center)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30-9:30</td>
<td>An Unforgettable Canvas (Meet in Palm Court)</td>
<td></td>
<td>$75</td>
</tr>
<tr>
<td>8:00-8:45</td>
<td>Morning Meditation (Agave Center)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>Fit Step Outdoors: All Levels (Outdoors/Meet at BMC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>NEW W.E.T.: All Levels (BMC Pool)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>BODYSHRED™: Intermediate (Roadrunner/BMC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-10:45</td>
<td>Mindful Eating (Cactus Flower Restaurant) Includes Breakfast - buffet service only.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-11:45</td>
<td>Cardio Dance Fusion: All Levels (Roadrunner/BMC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-11:45</td>
<td>Aerial Yoga: Advanced (Agave Center)</td>
<td></td>
<td>$75</td>
</tr>
<tr>
<td>10:00-11:45</td>
<td>Introduction to Ayurveda (Activity Rooms)</td>
<td></td>
<td>$75</td>
</tr>
<tr>
<td>10:30-1:00</td>
<td>It’s Not About the Horse with Wyatt Webb (Meet in Palm Court)</td>
<td></td>
<td>$150</td>
</tr>
<tr>
<td>11:00-11:45</td>
<td>Extreme Core Blast: Advanced (Roadrunner/BMC)</td>
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<tr>
<td>11:00-12:30</td>
<td>Power Cycle: All Levels (Gecko/BMC)</td>
<td></td>
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<tr>
<td>11:00-12:30</td>
<td>Healthy Gut, Healthy You (Activity Rooms)</td>
<td></td>
<td>$75</td>
</tr>
<tr>
<td>11:30-1:30</td>
<td>Common Ground: Understanding Barriers to Connection (Meet in Palm Court)</td>
<td></td>
<td>$45</td>
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<tr>
<td>12:00-12:45</td>
<td>Yoga Wheel: Advanced (Agave Center)</td>
<td></td>
<td>$45</td>
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<tr>
<td>12:00-12:45</td>
<td>Breathwork (Agave Center)</td>
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<tr>
<td>1:00-1:45</td>
<td>Yoga Nidra Meditation (Agave Center)</td>
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<tr>
<td>2:00-2:45</td>
<td>Let’s Get Saucy (Cactus Flower Restaurant)</td>
<td></td>
<td>$45</td>
</tr>
<tr>
<td>2:00-3:00</td>
<td>Mindful Parenting with Lisa Frank (Activity Rooms)</td>
<td></td>
<td>$75</td>
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<tr>
<td>2:00-3:00</td>
<td>Life is Simple, Who Complicates Life with Wyatt Webb (Activity Rooms)</td>
<td></td>
<td>$150</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Bees: What's the Story with Noel Patterson (Activity Rooms)</td>
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<tr>
<td>3:00-3:45</td>
<td>Roll with It: Intermediate (Gecko/BMC)</td>
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<tr>
<td>4:00-4:45</td>
<td>Himalayan Sound Bath: Group Healing Session with Pam Lancaster and Tim Frank, NMD (Yucca Cabana Pool)</td>
<td></td>
<td>$125</td>
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<tr>
<td>4:30-5:15</td>
<td>Cocktails in the Kitchen (Cactus Flower Restaurant)</td>
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<td>$45</td>
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<tr>
<td>4:30-5:30</td>
<td>In the Spirit of Grapes: A Biodynamic Wine Experience (Cactus Flower Restaurant)</td>
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<td>$100</td>
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<tr>
<td>5:00-6:30</td>
<td>Master Your Mind Heal Your Body with Brent Baum (Activity Rooms)</td>
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<tr>
<td>6:00-6:45</td>
<td>Floating Meditation (Agave Center)</td>
<td></td>
<td>$75</td>
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<tr>
<td>6:00-8:00</td>
<td>Just Cook for Me Chef! (Cactus Flower Restaurant)</td>
<td></td>
<td>$150</td>
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<tr>
<td>6:30-7:30</td>
<td>Full Moon Gong Bath with Pam Lancaster and Tim Frank, NMD (Gecko/BMC)</td>
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<tr>
<td>7:00-9:00</td>
<td>Twilight Zipline (Brave Bill Patio Lounge)</td>
<td></td>
<td>$150</td>
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<tr>
<td>7:30-8:30</td>
<td>Crystal Energy Recharge (Yurt)</td>
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</tbody>
</table>

Shaded activities require advance sign up with Guest Services

This is sure to be a sunset you will never forget.

Miraval Specialists facilitating Private Sessions today:
Lisa Frank | Carolyn Crawford | Angela Onsgard | Tejal | Kristin Reece
Alexandra Nichol | Nancy Schroeder | Brent Baum
### Shaded activities require advance sign up with Guest Services

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-8:00</td>
<td>Miraval Outback Hike: All Levels (Brave Bill Patio Lounge)</td>
<td></td>
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<tr>
<td>6:00-11:30</td>
<td>Miraval Off-Property Hike: Intermediate - Oracle Ridge (Brave Bill Patio Lounge) • $55</td>
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<tr>
<td>6:30-8:30</td>
<td>Desert Tightrope: All Levels (Brave Bill Patio Lounge)</td>
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<tr>
<td>7:00-7:45</td>
<td>Morning Stretch: All Levels (Gecko/BMC)</td>
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<tr>
<td>7:30-9:15</td>
<td>Group Trail Ride (Meet in Palm Court) • $105</td>
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<tr>
<td>8:00-8:30</td>
<td>Ask the Farmer (Meet in Palm Court)</td>
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<tr>
<td>8:00-8:45</td>
<td>DaVinci Body Boards: Intermediate (Roadrunner/BMC)</td>
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<td></td>
<td>Morning Meditation (Agave Center)</td>
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<tr>
<td>8:00-10:00</td>
<td>All the Buzz with Noel Patterson (Meet in Palm Court) • $1.50</td>
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<tr>
<td>9:00-9:45</td>
<td>Rise &amp; Shine Yoga: Intermediate (Agave Center)</td>
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<tr>
<td>9:00-11:00</td>
<td>Climbing Wall: All Levels (Brave Bill Patio Lounge)</td>
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<tr>
<td>10:00-10:45</td>
<td>Cardio Drumming: All Levels (Roadrunner/BMC)</td>
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<tr>
<td>10:00-11:30</td>
<td>Chakra Vinyasa Yoga: Advanced (Agave Center)</td>
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<tr>
<td>10:00-11:45</td>
<td>Mindful Stress Mastery (Yurt)</td>
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<tr>
<td>10:30-1:00</td>
<td>It’s Not About the Horse with Wyatt Webb (Meet in Palm Court) • $150</td>
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<tr>
<td>11:00-12:00</td>
<td>NEW PiYo Live™: Intermediate (Roadrunner/BMC)</td>
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<td>Ride &amp; Release: All Levels (Gecko/BMC)</td>
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<tr>
<td>11:30-12:30</td>
<td>Honey: A Sensual Journey (Cactus Flower Restaurant) • $45</td>
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<tr>
<td>11:30-1:30</td>
<td>Miraval Equine Experience™ (Meet in Palm Court) • $45</td>
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<tr>
<td>12:00-1:30</td>
<td>Anti-Inflammatory Kitchen (Activity Rooms) • $75</td>
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<tr>
<td>1:00-1:45</td>
<td>Desert Waves Yoga: Intermediate (Agave Center) • $45</td>
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<tr>
<td>2:00-2:45</td>
<td>Peak Performance: Intermediate (BMC Weight Room Floor)</td>
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<tr>
<td>2:00-3:00</td>
<td>Let’s Get Saucy (Cactus Flower Restaurant) • $45</td>
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<tr>
<td>2:00-3:45</td>
<td>Life is Simple, Who Complicates It? with Wyatt Webb (Activity Rooms) • $150</td>
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<tr>
<td>3:00-3:45</td>
<td>Body &amp; Barre: All Levels (Roadrunner/BMC)</td>
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<tr>
<td>4:00-4:45</td>
<td>Yin Yoga: All Levels (Agave Center)</td>
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<td></td>
<td>Stretch &amp; Relax: All Levels (Gecko/BMC)</td>
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<tr>
<td>4:30-5:15</td>
<td>Cocktails in the Kitchen (Cactus Flower Restaurant) • $45</td>
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<tr>
<td>5:00-5:45</td>
<td>Floating Meditation (Agave Center) • $75</td>
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<tr>
<td>5:30-7:00</td>
<td>Creative Photography Stroll (Activity Rooms)</td>
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<tr>
<td>6:00-6:45</td>
<td>Forgiveness Meditation (Agave Center)</td>
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<tr>
<td>6:00-8:00</td>
<td>Catch Your Dreams with Tony Redhouse (Activity Rooms) • $75</td>
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<td></td>
<td>Just Cook for Me Chef! (Cactus Flower Restaurant) • $150</td>
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<td></td>
<td>Lunar Poolside BBQ (BMC Pool)</td>
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<tr>
<td>7:00-9:00</td>
<td>Twilight Zipline (Brave Bill Patio Lounge) • $150</td>
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<tr>
<td>8:00-9:00</td>
<td>Zodiac Stargazing (Outdoors/Meet in Palm Court)</td>
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</tbody>
</table>
### SAMPLE SUNDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-8:00</td>
<td>Miraval Outback Hike: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>6:30-8:30</td>
<td>Swing and a Prayer: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Morning Stretch: All Levels (Gecko/BMC)</td>
</tr>
<tr>
<td>7:30-9:30</td>
<td>Common Ground: Understanding Barriers to Connection (Meet in Palm Court) • $45</td>
</tr>
</tbody>
</table>

Energize your day with a Vibrant Morning body treatment.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-8:45</td>
<td>Brazilian Jump &amp; Jab: Advanced (Roadrunner/BMC)</td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>Morning Meditation (Agave Center)</td>
</tr>
<tr>
<td>9:30-10:45</td>
<td>TRX Endurance Circuit: Advanced (Roadrunner/BMC)</td>
</tr>
<tr>
<td>10:00-10:45</td>
<td>Rise &amp; Shine Yoga: Intermediate (Agave Center)</td>
</tr>
<tr>
<td>11:00-11:45</td>
<td>Latin Splash: All Levels (BMC Pool)</td>
</tr>
<tr>
<td>9:30-11:30</td>
<td>Face to Face: All Levels (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>10:00-10:45</td>
<td>Brazilian Jump &amp; Jab: Advanced (Roadrunner/BMC)</td>
</tr>
<tr>
<td>11:00-11:45</td>
<td>Pilates Mat Work: All Levels (Roadrunner/BMC)</td>
</tr>
<tr>
<td>12:00-12:45</td>
<td>Core Yoga: Advanced (Agave Center)</td>
</tr>
<tr>
<td>12:00-12:45</td>
<td>Mindfulness at Miraval (Yurt)</td>
</tr>
<tr>
<td>1:00-1:45</td>
<td>Living a True Life in Balance with Anne Parker (Activity Rooms)</td>
</tr>
<tr>
<td>2:00-2:45</td>
<td>Breathwork (Agave Center)</td>
</tr>
<tr>
<td>3:00-3:45</td>
<td>Mindful Energy Movement: All Levels (Gecko/BMC)</td>
</tr>
<tr>
<td>3:30-4:30</td>
<td>6 Tips to Master Your Metabolism (Activity Rooms)</td>
</tr>
<tr>
<td>4:00-4:45</td>
<td>Roll with It: Intermediate (Gecko/BMC)</td>
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<tr>
<td>4:00-4:45</td>
<td>Artful Photography - with Your Camera Phone! (Activity Rooms)</td>
</tr>
<tr>
<td>5:00-5:45</td>
<td>Yoga Nidra Meditation (Agave Center)</td>
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<tr>
<td>5:00-5:45</td>
<td>Shoulders Set Free: All Levels (Gecko/BMC)</td>
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<tr>
<td>5:00-5:45</td>
<td>Sonoran Desert Walking Tour: All Levels with Andrew Wolf (Brave Bill Patio Lounge)</td>
</tr>
<tr>
<td>5:00-7:00</td>
<td>Evening Photography Walk (Activity Rooms)</td>
</tr>
<tr>
<td>5:30-6:30</td>
<td>Healthy Skin for Every Season with Kim Kelder (Activity Rooms)</td>
</tr>
</tbody>
</table>

Take in the magic hour sweeping over the mountains with a Miraval signature cocktail.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>6:00-6:45</td>
<td>Pranayama Mudra Meditation (Agave Center)</td>
</tr>
<tr>
<td>6:30-7:30</td>
<td>Drumming (Activity Rooms)</td>
</tr>
<tr>
<td>7:00-7:45</td>
<td>Making Weight Loss a Reality with Andrew Wolf (Activity Rooms)</td>
</tr>
</tbody>
</table>

Nothing epitomizes summer better than a poolside BBQ.

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Miraval Specialists facilitating Private Sessions today:
Nancy Schroeder | Angela Onsgard | Andrew Wolf | Anne Parker | Brent Baum | Carolyn Crawford | Kristin Reece