EMBARK ON YOUR JOURNEY

MIRAVAL
Arizona

SAMPLE

OCTOBER - DECEMBER

ALL PROGRAMS AND MENU OFFERINGS ARE SUBJECT TO CHANGE
OUR SPECIALISTS

FIND GREATER CLARITY, LEARN NEW METHODS, AND GAIN SKILLS TO SUPPORT YOUR WELLBEING

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.

NEW Sonoran Tales and Treasures with Andrew Wolf
The Sonoran desert is a magical place of incredible biological diversity. This enchanted corner of the globe is steeped in fascinating stories about its environs and its inhabitants. Join our exercise physiologist Andrew Wolf as he shares his favorite anecdotes and artifacts from our Sonoran region.

Wednesdays | 12:00 - 12:45pm (Activity Rooms)

Visiting Specialists

TINA POWERS
Medium
Tina, a former news anchor and reporter, now works as a medium and receives psychic messages. She laughingly says she is “reporting for the other side.” Sensitive since childhood, Tina felt her intuitive stream of information became a much more powerful force after she left the harsh reality of TV news. Tina’s clientele is a veritable “who’s who” of people in all walks of life — from business leaders to celebrities that span the globe. Her warmth, infectious laugh, and incredible ability to help people connect with a higher vibration enables them to lead happier and more inspired lives.

Private Sessions are available September 19 - 23 | October 25 - 28 | December 12 - 15.

MAGGIE GARBARINI
World Renowned Psychic
Maggie, world-renowned psychic, has dedicated her life to using her gift to help others. She gives readings and lectures on the metaphysical approach to life — a natural union for Miraval’s guests, many of whom are seeking to add a holistic, rejuvenating, and spiritual aspect to their lives.

Private Sessions are available October 4 - 7 | December 6 - 9 | December 28 - January 1.

www.miravalresorts.com/plan-your-stay/specialists/maggie-garbarini/
SPECIALISTS

**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?

**ANNE PARKER**
Wellness Counselor and Expressive Arts Therapist, M.A., M.H.S.A

Anne brings a unique, caring, and practical orientation to cultivating wellbeing. She is particularly skilled in integrating the wisdom of the unconscious and intuition to create practical and mindful strategies for emotional wellness. With over 35 years of professional therapy experience, she has also been a practitioner and teacher of mindfulness for over 20 years. Anne holds graduate degrees in Counseling Psychology and Health Services Administration. She has held executive level positions in hospitals and national nonprofit organizations, giving her a distinctive approach to integrating balance throughout all aspects of life. Anne inspires new perspectives and skills to enhance joyful living, emotional resilience, and life transitions of all kinds.

**LECTURES:** Living a True Life in Balance • Letting Go, Letting In

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

**WORKSHOP:** The How-Tos of Happiness and Wellbeing

**ALEXANDRA NICOL**
World Renowned Psychic Medium

Alexandra Nicol is a psychic medium from Glasgow, Scotland who helps guide people on their journey through life. Gifted since childhood, she counsels people on matters of the heart, family, relationship, and business. Alexandra is a certified Reiki Master and healer, and has an innate gift of helping others walk through important passages in their lives. Through joy and laughter Alexandra helps bring clarity to those who seek her guidance.

**PRIVATE SESSION:** Psychic Reading

**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

**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®

**REBECCA SAXON**
Integrative Wellness Health Expert, BSN, RN, MA

Rebecca brings compassion and wisdom to the art of wellbeing. She holds a B.S. in Nursing from USC and an M.A. in Transpersonal Psychology. She is passionate about her work in the field of whole-person health. As a seasoned RN with graduate work in consciousness studies, her expertise transcends traditional viewpoints. Rebecca’s offerings encourage empowerment through self-understanding, in combination with healthy lifestyle changes, to bring more radiance and vibrancy into our lives.

**WORKSHOPS:** NEW Menopause: A Women’s Rite of Passage • Tools to Relieve Your Pain • Optimize Your Brain, Super-Charge Your Life

**LECTURES:** Holistic Health: Self Care for the 21st Century • Transforming Pain Through Conscious Attention and Love

**PRIVATE SESSIONS:** Holistic Health Consult • Transforming Pain to Integrative Pain Consult • Clear Heart & Mind • NEW Menopause: A Woman’s Sacred Tradition
**ANDREW WOLF**  
Exercise Physiologist, M.ED., R.C.E.P  
Andrew earned a Master's Degree in Kinesiology from UT Austin’s Human Performance Lab, he is an accredited Registered Clinical Exercise Physiologist and has more than 17 years of experience writing exercise prescriptions. He has many focus areas such as disease prevention, the effect of exercise on chronic inflammation, exercise and aging as well as using exercise as medicine. From the competitive triathlete to the individual using an integrated approach to disease prevention, Andrew has the experience and training to prescribe exercise for every need.  
**LECTURES:** Less is More: Intelligent Exercise for Graceful Aging • Smart Muscle • Sonoran Desert Walking Tour • Making Weight Loss a Reality • NEW Sonoran Tales & Treasures • Wake Up to the Truth About Sleep  
**PRIVATE SESSION:** Optimal Fitness Diagnostic

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**ANGELA ONSGARD**  
Registered Dietitian  
Angela is a Registered Dietitian who specializes in weight loss, food allergies, prenatal nutrition, diabetes, cardiovascular 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 • Plant Based Diet Consult  
**WORKSHOPS:** Transitioning to a Plant-Based Lifestyle • Healthy Gut, Healthy You • Anti-Inflammatory Kitchen • Vitamins, Supplements & Your Health

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**LISA FRANK**  
Mind-Body Wellness Counselor and Life Coach, M.Ed  
Through present-centered, empathetic awareness, Lisa inspires others to achieve greater health, happiness, and overall wellbeing. She empowers guests to look within themselves to deepen self-awareness, compassion, and self-healing ability. Lisa has a graduate degree in Educational Counseling and Human Relations. Lisa has been working as a Counselor, Life Coach, and Yoga teacher for 14 years. She is certified as a substance abuse counselor, holistic life coach, energy healer, yoga, meditation and mindfulness facilitator. Lisa was a Division-1 collegiate athlete and draws from her athletic background to inspire and motivate others to improve outcomes. Her intention is to support guests in living with greater love, ease, and freedom by connecting head and heart through compassionate embodied mindfulness.  
**WORKSHOP:** Mindful Parenting • The Power of Self-Compassion  
**PRIVATE SESSIONS:** NEW Self Compassion Consult • Letting Go, Letting In • Living in Balance • Mindful Parenting • Mindful Relationships • Mind Body Wisdom • Conscious Connections • NEW Embodied Presence

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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 • Photography in Focus • Creative Photography Stroll • Equine Photography at the Purple Sage Ranch  
**PRIVATE SESSIONS:** Photography in Focus • Photography Hike • Artful Photography • Photography • Creative Photography Stroll

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**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:** Mindful Grocery Shopping: What Are You Really Buying? • Food Combinations for Ultimate Health • Color Me Healthy: Colorful Foods that Ward Off Age-Related Disease  
**PRIVATE SESSIONS:** Metabolic Rate Analysis & Personalized Nutrition Plan • Integrative Nutrition • Plant Based Diet Consult

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**JANET RAE ORTH**  
Clairvoyant  
Introducing Janet Rae Orth, an internationally known clairvoyant and consultant. Janet brings to Miraval more than twenty five years’ experience as an intuitive leader to her lectures and training in meditation, intuition and clairvoyant awareness. She uses her gift of clairvoyance and her skills as a spiritual counselor to help others gain more insight, clarity and understanding in their own lives.  
**PRIVATE SESSION:** Clairvoyant Reading
REBECCA WILKINSON
Art Therapist and Wellness Counselor, M.A.

Rebecca is a therapist with over 25 years of experience specializing in Art Therapy and Positive Psychology. She is interested in helping people identify how they can experience the most happiness and within whatever challenges they face. Rebecca is dedicated to helping guests be more engaged and energized in their lives and more fully connected to others in their relationships. She uses a range of arts-based tools to empower others to experience life with intention and self-compassion, as well as overcome personal and creative blocks. She is a practicing artist and illustrator of the Miraval Mandalas Coloring Book.

PRIVATE SESSIONS: Creating Clarity - Insight & Guidance • Positivity • Cultivating Creativity • Mindful Relationships • Letting Go, Letting In • Living in Balance
WORKSHOPS: Creating Clarity: Using Art to Access the Mysteries of the Mind • Mandalas for Meditation
LECTURES: Cooperative Communication: Creating Common Ground • Positivity & Resilience: Bouncing Back from Stress

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
PRIVATE SESSIONS: Spirit Flight • Samadi Healing Ceremony

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.

WORKSHOP: Creating Your Sacred Space
PRIVATE SESSION: Spiritual Journey to Your Higher Power

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.

CLASSES: Drumming
WORKSHOP: Catch Your Dreams
PRIVATE SESSION: Native American Meditation & Healing

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. 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: 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

JULIANA ROSE TEAL
Astrologer

Since 1998, Juliana has studied and practiced astrology, guided by several world-renowned astrologers. She uses a combination of ancient and modern techniques when interpreting an astrological chart which makes her readings unique. She enjoys helping guests understand their past, current and future life cycles so that they can make empowered, healthy choices. Juliana is an intuitive and receives visions and messages during her readings for her clients. She occasionally does medium work as well.

PRIVATE SESSION: Astrology
EXPERIENCES MENU

INDULGE. CHALLENGE. IMPROVE. RENEW

Whether coping with change or looking to make it, our broad activity and private session offerings will help you discover balance and nurture wellbeing.

WELLBEING

EXPERIENCES

NEW Five Secrets of Skincare If your vanity counter is cluttered with beauty products and you’re not sure what works or why, this lecture is perfect for you! Join our lead esthetician, Kimberly Kelder, as she reveals the secrets of maintaining beautiful skin. Learn about products, ingredients, and steps that are truly necessary for keeping skin plump and polished to keep that youthful glow. Kim will answer questions and discuss how to select products with effective ingredients that allow you to create a simplified skincare ritual that makes sense for you.

Healing the Emotional Body We will explode the myth that our brain is the emotional processing plant of the body and learn both ancient and new strategies for processing and releasing difficult emotions. You will be introduced to the surprising facts of muscle memory and gut intelligence and learn mindfulness approaches to experiencing our emotions.

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. 45 Min | $150 Seasonally offered

Discover Your Dosha In Ayurvedic thought, everything is made up of the five elements of space, air, fire, water, and earth. They combine into three principles, called doshas: Vata (movement), Pitta (metabolism), and Kapha (structure). They govern, control, and regulate the functions of our body and mind. We have all three, in different proportions, and together they make up our unique nature. Learn from Clinton Horner, Ayurveda Specialist, about how you can elevate your own by understanding how to balance your doshas. 90 Min | $75

Resort Credit can be applied to any fee based activity or private session.
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 Equine Experience™, to examine how people create life circumstances that are hindrances to experiencing the joy of life. 100 Min | $150

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 Carl Pratt as he shares ways to discover your true intention at Miraval and apply thoughtful tools to help bring the “I” in Miraval home with you as you continue your journey.

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.

Malas, Mantras & Mindfulness Learn the intricacies and significance of a unique meditation tool known as the mala. While exploring how to use a mala, you will also learn how to create your own personal mantra, affirmation or prayer, to help manifest your intentions. Mantras and malas can aid in transporting your awareness, feelings, and physical sensations into the present moment, and ultimately draw you closer to your authentic self. You will leave with tips and tools to help create or deepen your meditation practice at home.

Quantum Consciousness Explore consciousness, soul, and spirit as the fundamental source of all our thoughts, actions, and physical manifestations. In this enlightening and experiential workshop, you will gain a greater understanding of the true nature of consciousness and discover its connection with the teachings of quantum physics. Learn simple, yet powerful, awareness meditation techniques that will connect you to a gateway of greater creativity, health, and fulfillment of your life’s desires.

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!

Spirit & Soul PRIVATE SESSIONS

Astrology With your birth date, place, and time, a Miraval Astrologist 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 | $300

Clairvoyant Reading Engage in a unique clairvoyant reading and gain insight into decisions and changes you wish to make in your life. An aura reading is an illuminating way to discover more about yourself, what may be limiting you, and how to move forward. By reading the energies of the aura, you will gain greater self-knowledge, validation, and enthusiasm for your life path. 50 Min | $250

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

Samadi Healing Ceremony A vision quest for the soul, this transformational Shamanic healing ceremony combines modalities from around the world to balance and empower one’s physical, psycho-emotional, and spiritual being. With drumming, reiki, and reflexology massage of extremities, Dr. Tim Frank artfully blends sacred Tibetan acupuncture points of enlightenment with Native American shamanic healing practices of his lineage. 50 Min | $300

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 | $240

Resort Credit can be applied to any fee based activity or private session.
**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. 100 Min | $365

**Soul Guidance** This session focuses on specific situations in your life where you want more insights to release old blocks and old pain or create more joy. Tejpal uses her intuitive skills, coaching skills, energy healing skills, and spiritual knowledge to help you create the shifts you are looking for. 50 Min | $300

**Soul Journey** Through music and channeling, you will explore some aspects of your lineage and past lives that may prevent you from creating a vibrant life. You will receive insights and healing shared by your spiritual guides that will support you to fulfill your soul longings. 50 Min | $300

**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 | $290

**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. 100 Min | $475

**Spiritual 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 | $275

**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 | $250

**Wellness Counseling**

**ACTIVITIES**

**Cooperative Communication: Creating Common Ground** Even when things are going well in our relationships, we can still benefit from understanding each other better. Learn simple techniques that will help you see yourself and others through fresh eyes. Rebecca Wilkinson M.A. will review the building blocks of cooperative communication, such as exploring common values and interests, recognizing and appreciating differences, identifying needs and preferences, and aligning on agreed upon goals. Periodically offered

**Holistic Health: Self Care for the 21st Century** Our health is our wealth, and we can no longer solely rely upon our current healthcare system to supply us with all the information we need to be our best selves. We are required to be our own health advocates if we desire to thrive vs. merely survive. The good news is we can intercept disease before it manifests. Join Integrative RN, Rebecca Saxon, to discover the differences between traditional and holistic pathways to wellness, and learn tips for flourishing health through maintaining homeostasis, the body’s natural state. Also learn about an integrative approach to health and why it is most effective.

**NEW**

**Menopause: A Woman’s Rite of Passage (Intended for Women)** Join this all-women workshop to explore the frequently overlooked challenges and opportunities that women face in their 40’s and beyond. These physical and internal shifts, some related to hormonal changes, often show up at the busiest time of a woman’s life and can be surprisingly disruptive. We will discuss our health, relationships, and personal growth. Find out what your body goes through and how you can best support yourself. Learn to mitigate symptoms while increasing joy and vitality in all areas of life. 90 Min | $95

**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 | $125

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Optimize Your Brain, Super-Charge Your Life

Brain health is the new cardiac health for 2018, and brain management is the next wave for human evolution. Our brains are involved in every single thing we do, including relationships/intimacy, work/career, health/energy, and any decision or choice we make. There is new evidence to show that most of our risk factors for dementia are modifiable. This means we can change our brain and change our lives. Join Rebecca Saxon, RN, MA, to learn about the latest research and how to enhance brain function to keep your mind young as you age. Prevent or slow down cognitive decline and improve your brain’s ability to keep you fit and vital. 90 Min | $95

The Power of Self-Compassion

Through experiential practices and discussion, this workshop will explore ways to deepen compassion and kindheartedness towards self, others and life. Lisa Frank, M.Ed. will guide you through an opportunity to experience and share in the power of self-compassion. You will learn how gaining deeper acceptance, appreciation, and worthiness can help heal destructive patterns of self-judgment, creating greater freedom, health, contentment and overall. 90 Min | $125

Positivity & Resilience: Bouncing Back from Stress

Explore state-of-the-art techniques for coping with stress and building personal and professional resilience. Rebecca Wilkinson, M.A. will help you learn to transform negative thoughts and feelings into positive catalysts for change. Discover simple strategies that will help you reduce stress and anxiety and manage even the most difficult situations so that you feel more hopeful, empowered, and energized in your everyday life. Periodically offered

Tools to Relieve Your Pain

This is an experiential workshop for people who want to learn how to work with their own body, mind and spirit in relation to physical pain and discomfort. You will practice meditations that can shift your perceptions and lovingly release you from stagnant energy, that can contribute to pain. We will explore and discuss personal discoveries as it relates to pain in a group setting, and review messages and meaning behind feelings of pain and suffering. 90 Min | $95

Transforming Pain Through Conscious Attention and Love

This class will explore the concept of pain as it relates to your body, mind and spirit. Discover how your awareness and loving presence can help shift feelings of pain. Whether you have longstanding chronic pain issues, intermittent acute pain or generalized tension and discomfort, this class will bring enlightenment and provide alternative tools for transforming physical pain. Learn the difference between pain and suffering, and explore various ways that you can empower and change your experience.

Wellness Counseling

PRIVATE SESSIONS

Clear Heart & Mind

A clear heart and mind makes life so much more enjoyable and easy - our brain is intricately involved in our thinking and feeling. When our brain is troubled, our physical and spiritual health are troubled. It’s the organ of learning, loving and personality, and is involved in every decision we make, large and small. Our brain is the key to our overall sense of caring, expressing and discovering emotions and perceptions of life. Meet with Rebecca Saxon, RN, MA, to share your unique concerns in the areas of mind-body-soul, and receive tips to nurture yourself and your brain, enhancing every area of your life. 50 Min | $215

Conscious Connections

Discover Wellness Counselor Lisa Frank’s unique fusion of healing techniques in a combined offering of Partner Yoga and Mindful Relationships designed to help partners become more consciously connected and aware. 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 ways to apply mindfulness to your relationships, identifying and shifting patterns to develop a deeper appreciation for your partner and self. Duet 80 Min | $175 pp

NEW Embodied Presence: A Transformative Inner Quest to Self-Empowerment

Join Lisa Frank in this individualized session utilizing Phoenix Rising Yoga Therapy, an integrative approach to healing, self-discovery and personal growth. Explore the relationship between your body, mind and life in this embodied mindfulness experience that combines assisted physical movement (yoga asana), therapeutic touch and non-directive compassionate dialog (body-mind psychology) to promote deeper awareness, acceptance, and connection to authentic self. Additional benefits may include release of tension and trauma, greater mental and emotional clarity, relaxation and activation of inner resources. 80 Min | $250

Holistic Health Consult

Discuss your health & wellness with Integrative RN, Rebecca Saxon. Discover new ways to bolster your whole-self care routine, while exploring a holistic perspective. Receive nurturing guidance, support and feedback, while increasing self-understanding from both traditional and alternative viewpoints. Enjoy this compassionate space to delve into any concerns you may have and learn how to access your best and most vibrant, healthy self. 50 Min | $215 • Duet 50 Min | $165 pp

Integrative Pain Consult

Discuss your pain and concerns with Integrative Wellness Expert Rebecca Saxon, RN, MA. Learn about the body/mind connection, and discover ways to feel better starting today. Explore your body sensations, thoughts and emotions as it relates to your suffering, as well as learning specific natural and self-reflective practices. Take time to nurture your , learn more about yourself, feel better, and gain a fresh perspective with take home tools to create life in balance. 50 Min | $215

Letting Go, Letting In

“...the only thing constant is change”. Life is always a series of changes - we go through losses and transitions of all kinds. Often these transitions and losses are painful and confusing even as they lead us to new beginnings. This consult with a Wellness Counselor will allow you to explore personal losses, changes, and transitions in a confidential, caring environment. Discover strategies for self-support and regrounding as you move through the normal grief, confusing thoughts and emotions, and difficulties that come with loss and transition. 50 Min | $215 • Duet 50 Min | $165 pp

EXPERIENCES

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“...the only thing constant is change”. Life is always a series of changes - we go through losses and transitions of all kinds. Often these transitions and losses are painful and confusing even as they lead us to new beginnings. This consult with a Wellness Counselor will allow you to explore personal losses, changes, and transitions in a confidential, caring environment. Discover strategies for self-support and regrounding as you move through the normal grief, confusing thoughts and emotions, and difficulties that come with loss and transition. 50 Min | $215 • Duet 50 Min | $165 pp

Resort Credit can be applied to any fee based activity or private session.
**Wellness Counseling continued >**

**Living in Balance Consult** This consultation with a Wellness Counselor provides a confidential place for you to address personal issues related to life transitions of all kinds, balancing life’s demands, emotional resilience, habit change, or difficult emotions. If you would like to explore how to go about integrating positive changes in your life, feel stuck in your personal growth, and/or want to create ways to actively support your own balance and wellness, this consultation can give you fresh ideas and a new perspective tailored to you.

50 Min|$215 • Duet 50 Min|$165 pp

**NEW Menopause: A Woman’s Sacred Tradition Meet privately with Integrative Wellness Expert, Rebecca Saxon RN, MA.** Discuss this shift in life that begins in your 40’s and learn how to navigate it with grace and self-love. Share your unique experiences and get specific tools to help you feel your very best. Uncover what is truly aligned with your own needs and learn to release obstacles. Leave with solutions to body/mind symptoms that accompany this transition, and deepen your relationship to all of life.

50 Min|$215 • Duet 80 Min|$175 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 friendlier 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: How to Bounce Back from Stress and Be More Resilient** If you are struggling with anxiety and feeling overwhelmed by challenges you are facing, Rebecca Wilkinson, M.A., will help you shift negative thoughts and feelings and feel more hopeful, empowered, and energized. Drawing from state-of-the-art techniques for managing stress and increasing resilience, we will identify coping tools that are not only congruent with your unique needs, values, and strengths but will also have the most lasting impact on your...

50 Min|$215 • Duet 50 Min|$165 pp Periodically offered

**Reflection to Transformation** In this unique, hands-on session, Anne Parker, MA, 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

**NEW Self Compassion Consult** Learning to relate more kindly towards yourself can have a powerful effect on health, happiness and overall quality of life, while also benefiting others. In this consultation you will develop mindfulness based self-compassion skills to enhance acceptance, worthiness and forgiveness towards yourself and others. Lisa Frank M.Ed, Counseling, will assist you in transforming the relationship you have with yourself, others and life, and help you to heal from the destructive patterns of self-judgment.

50 Min|$215

### OUTDOOR FLOATING MEDITATION

**Resort Credit can be applied to any fee based activity or private session.**

**Meditation**

**ACTIVITIES**

**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.

**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 elevated above the floor in a silk hammock and rocked to the soothing vibrations of crystal bowls.

Release your mind’s stress, tension, or worry while you “float” weightlessly in the air. May cause motion sickness. Please do not wear Yoga attire. 45 Min|$75
Gratitude Meditation A guided form of meditation that cultivates contentment by engaging the mind in appreciative thoughts.

Healing Visualizations Meditation This is a guided form of meditation that engages the mind and harnesses the power of positive imagery to bring about states of 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.

Outdoor Floating Meditation Triple your benefit by taking it outdoors. Combining the healing effects of being outside in nature, this class gently suspends you above the earth on a silk hammock and rocks you into a guided meditation with the soothing vibrations of crystal bowls. Release your mind’s stress, tension, or worry while you “float” weightlessly in the air, like the clouds above you and the desert flora flowering beneath you. May cause motion sickness. *Please wear Yoga attire. 45 Min | $75

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.

Purple Sage Equine Meditation Explore this unique meditation experience that will allow your active mind to settle inward and unite with your body. Engage with a horse while exploring the seven tenets of mindfulness. We will explore the benefits of connection, balance, and mindfulness. *Wear closed-toe, sturdy shoes, comfortable long pants and sunscreen. Remember your Miraval water bottle! 90 Min | $75

NEW Transcendence Through the use of aroma therapy, breath, guided chakra meditation, and Yoga Nidra; this shared experience will bring you deep relaxation helping you connect to yourself and others through reflection and contemplation. These guided relaxation experiences will incorporate journaling, essential oils, crystals, and singing bowls. 90 Min | $125

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

**Meditation PRIVATE SESSIONS**

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 Description in Activities Menu on page 16. 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 fee based activity or private session.
Creative Expression ACTIVITIES

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 Seasonally offered

Art Walk Enjoy the unique and beautiful works of art around the Miraval property on a guided tour with one of our staff.

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 Pisik. 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

Creating Clarity: Using Art to Access the Mysteries of the Mind Art therapist Rebecca Wilkinson guides you through simple art techniques that tap into different parts of the mind and allow you to see yourself in new and empowering ways. Learn to access your creativity and utilize more of the right side of the brain. Discover how these strategies can help shift your perceptions and give you a deeper sense of acceptance and appreciation for yourself. Absolutely no artistic experience is necessary. Rebecca will help you feel at ease with doing art so that you can harness this powerful medium to bring more awareness and intentional change to your life. 2 Hrs | $95

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.

Equine Photography at the Purple Sage Ranch Elevate your awareness as you learn to capture beautiful images of our unique Sonoran Desert environment at the Purple Sage Ranch. Join Nancy Schroeder and our Equine staff as they guide you through the thoughtful art of photography and encourage you to truly observe and appreciate your surroundings. Engage with Miraval horses and the desert for an evening full of creativity, gratitude, and beauty. 90 Min | $75

Mandalas for Meditation Experience the healing benefits of creating mandalas - circular drawings used to reflect, center, and connect with others. Art therapist Rebecca Wilkinson will guide you through approaches to using mandalas to clear your thoughts, to focus and get into a relaxed state of flow, and to speak with parts of yourself that are not usually accessible through the conscious mind. Participants will make their own mandalas. Come discover the meditative world of mandalas! Absolutely no artistic experience is necessary.

Photography in Focus Learn basic digital camera operations on your DSLR or any camera with aperture, shutter speed, and ISO. We will start the class indoors with a camera set-up then explore the outdoors for lessons on the use of aperture and shutter speed. You may reserve a Miraval Canon DSLR with guest relations. Please, bring your smart phone for a Wi-Fi transfer lesson.

The Making of Malas Discover the history and parts of a mala, a meditation tool rooted in Buddhist and Hindu tradition. Each Mala consists of a guru bead, a tassel, and a strand of 108 beads, used to track the counting of mantras, prayers, or affirmations during meditation. In this hands on workshop, you will craft your own mala by selecting gemstones that match your intentions. While you string together wooden beads and gemstones to create your unique mala, you will learn how to incorporate your new work of art into a meditative and grounding ritual at home. *If you wear reading glasses, please be sure to bring them to this workshop, as bead work can be very meticulous. 2 Hrs | $95

*Resort Credit can be applied to any fee based activity or private session.*
Creative Expression  **PRIVATE SESSIONS**

**Artful Photography**  Description in Activities Menu on page 18.  
50 Min | $150

**Creating Clarity: Insight and Guidance**  Get clarity and direction in your life through the use of simple art techniques that tap into parts of your mind that can’t be accessed through words alone.  Art Therapist Rebecca Wilkinson, M.A., will help you discover the unique insights your artwork offers, and assist you in using that information to make important decisions in life.  You will be able to more clearly see what choices you have and what next steps to take.  50 Min | $215  
Periodically offered

**Creative Photography Stroll**  Description in Activities Menu on page 18.  
100 Min | $220 • 50 Min | $150

**Cultivating Creativity: Strategies for Thinking Outside the Box and Overcoming Blocks**  Have you always wanted to be more creative but weren’t sure where to begin?  Maybe you want to engage more right-brain thinking and think outside of the box more often.  Maybe you are seeking new and innovative ways to solve complex problems and create change in your life.  Maybe you’re an artist and your Inner Critic keeps you from being more spontaneous and experimental.  Art Therapist and creativity expert Rebecca Wilkinson, M.A., will help you demystify the creative process, work through creative blocks, and access more expansive modes of thinking.  50 Min | $215  
Periodically offered

**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.  Miraval cameras are available for use.  100 Min | $220 • 50 Min | $150

**Photography Hike**  Enjoy the beauty of the Sonoran Desert guided by professional photographer Nancy J. Schroeder.  Nancy will work with you on depth of field, light, and composition.  Miraval cameras are available for use.  2 Hrs 30 Min | $250

**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

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**CULINARY & NUTRITION**

**Culinary ACTIVITIES**

**Blend ’N’ Balance Smoothie**  Join us in Palm Court for an educational smoothie experience.  Learn which ingredients can provide the most balanced nutrient absorption and health benefits.  
45 Min | $25

**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 | $65

**Conscious Baking**  An extension of our Conscious Cooking demonstration, this interactive workshop will showcase how to reduce food waste at home while honing your pastry skills and whipping up delicious baked goods.  60 Min | $50

**Conscious Cooking**  Immerse yourself in our Conscious Cooking philosophy as you learn to use leftover pieces of vegetables, fruits, and animals, to cook creatively and reduce food waste.  Recognize the power and importance of being a conscious cook.  60 Min | $35

**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.

**Gluten Free Baking | Cookies**  Grab the oven mitts and start baking alongside our Head Pastry Chef, as she demonstrates how to make seasonal cookies using alternative flours that help support local agriculture.  60 Min | $25

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

Resort Credit can be applied to any fee based activity or private session.
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. 60 Min | $65

Nutrition ACTIVITIES

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 | $95

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 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 | $95

“Miraval is my worry-free zone, a place where I can truly live in the moment and appreciate every little aspect of my life.”
- Lasham | Alexandria, VA
Nutrition continued

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

Mindful Grocery Shopping: What Are You Really Buying? Face it, the food industry knows all the tricks to get you to buy their products. They include labels such as, all natural, cage free, great source of protein, but what does that really mean for your health. In this class, our registered dietitian and nutritionist will test your knowledge of what you think you know about food labels and the nutritional value of common household groceries. You will learn how to determine which processed foods are okay and which ones to avoid. You will leave empowered to make the best food decisions for your nutritional intentions at the grocery market.

Transitioning to a Plant-Based Lifestyle Learn how to reduce your risk of diabetes, heart disease, kidney disease, obesity, inflammation, and high blood pressure while drastically reducing your environmental footprint and supporting the ethical treatment of animals in this life changing workshop. 90 Min | $95

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 | $95

Plan Your Journey

Visit Guest Services in the lobby or contact an Experience Planner (x.4512) to plan your Miraval journey.

Nutrition PRIVATE SESSIONS

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

Plant Based Diet Consult Looking to transition to a diet that includes more plant-based, whole foods? Partner with us to create a realistic, daily food program designed to reduce your risk of inflammation, diabetes, heart disease, kidney disease, obesity, and high blood pressure. This session is an ideal companion to the Plant Based Diet workshop. 50 Min | $150
**OUTDOOR ADVENTURES**

**Biking ACTIVITIES**

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.

Mountain Biking: Advanced 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!*

**Challenge Course ACTIVITIES**

Desert Sky Zipline Experience: All Levels
Celebrate the freedom of letting go and stepping toward new beginnings as you soar from a height of 45 feet above the desert floor. 2 Hrs | $150

Desert Tightrope: All Levels
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.

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

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.

NEW Slackline 101: All Levels
Slacklining is a great way to learn more about stability and mindfulness in a fun, low commitment setting. While slacklining is inherently challenging, tangible progression can be experienced over a two hour session. You will leave with a greater understanding of how to summon balance and focus while having fun.

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.

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

**Biking PRIVATE SESSIONS**

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

*Resort Credit can be applied to any fee based activity or private session.*

**Challenge Course PRIVATE SESSIONS**

Desert Tightrope Description in Activities Menu above. 50 Min | $115

Out on a Limb Description in Activities Menu above. 50 Min | $115

Quantum Leap™ Description in Activities Menu above. 50 Min | $115
EXPERIENCES

Hiking ACTIVITIES

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. 5 Hrs 30 Min | $55
- Intermediate Designed for the moderately fit and enthusiastic hiker, these hikes explore different facets of the Catalina Mountains. Steep, rocky trails are often part of the route. 800–1,600 feet of elevation is gained with distances of 4 to 6 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.

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.

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.

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

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 Hrs 30 Min | $55

Hiking PRIVATE SESSIONS

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

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

Climbing ACTIVITIES

Climb On! Mt. Lemmon Rock Climbing: All Levels Travel to Mt. Lemmon to work on climbing, belaying, rappelling, and moving on natural rock at 7,000 feet. This is an all-day climbing event appropriate for all skill levels. Lunch and climbing gear will be provided; bring your camera! *24-hour cancellation required. 8 Hrs | $425

Climbing Wall: All Levels A beginning climbing class that integrates movement, breathing, balance, and trust.

Climbing PRIVATE SESSIONS

Climbing Wall Description in Activities Menu above. 50 Min | $115

Resort Credit can be applied to any fee based activity.
**Equine Activities**

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 Seasonally offered

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

Equine Photography at the Purple Sage Ranch Description in Creative Expression on page 18. 90 Min | $75

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. 2 Hrs | $150

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 Hrs 30 Min | $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

Purple Sage Equine Meditation Explore this unique meditation experience that will allow your active mind to settle inward and unite with your body. Engage with a horse while exploring the seven tenets of mindfulness. We will explore the benefits of connection, balance, and mindfulness. *Wear closed-toe, sturdy shoes, comfortable long pants and sunscreen. Remember your Miraval water bottle! 90 Min | $75

**Equine Private Sessions**

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 | $115

Miraval Equine Experience™ Description in Activities Menu to the left. 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
Yoga ACTIVITIES

Aerial Yoga: Advanced Breathe, flow, and fly in this exciting new yoga practice that improves overall health and physical agility, strengthens muscles, and releases tension throughout your entire body.

NEW Aroma Essence: All Levels Compound the benefits of yoga and aromatherapy by experiencing them together. Prepare to have your chakras balanced as specially selected essential oils are applied and diffused in tandem with corresponding yoga poses. Feel deeply relaxed from root to crown as your physical, spiritual, and mental unite harmoniously through sense and movement.

NEW Aroma Flow: Intermediate Create balance through an aromatherapy flow class that utilizes essential oils to uplift and energize your spirit. These oils can also enhance physical strength and concentration. Feel fortified, focused, and inspired with this blend of sensory infusion and fluid motion.

BOGA Yoga: Intermediate Try out our amazingly fun Boga Boards in our BMC pool while you breathe in the fresh desert air during an invigorating yoga class that creatively challenges your balance and improves your focus. *Please wear Yoga attire. You will get wet. Seasonally offered

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

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

Peaceful Pelvis: All Levels Open to all students, this class focuses on the pelvic floor and the muscles that support and attach to the pelvic bowl. Students are guided to breathe into their pelvic bowl and to visualize the movement of the pelvic floor with their breath. Yoga poses and movements begin with a focusing on stretching and lengthening pelvic floor and pelvis-supporting muscles, then shift to strengthening exercises that go beyond traditional kegels. Class closes with a relaxation/restorative pose to allow the pelvis to fully relax and integrate the work.

NEW Prana Vinyasa Flow: Advanced Prana Vinyasa is a style of yoga created by the world-renowned yogini, Shiva Rae. This innovative style of yoga is steeped in Krishnamacharya lineage, tantra, bhakti and Ayurveda. Prana Vinyasa connects you to the five earth elements within your own body (earth, water, fire, air, and space) and to the rhythmic flow of nature. The class focuses on embodying Prana, the universal energy of life. To activate the flow of this energy within, this class offers dynamic asana sequences, mantra, music, movement meditation, and pranayama (breathing).

Root Wisdom Workshop 1 in 3 women will experience pelvic floor dysfunction in their lifetime. This is an issue that can impact women at any age. During this experiential workshop with, Lyndi Rivers, Certified Yoga Therapist, (CIAYT) learn tools to support the health of your pelvic floor so you can improve your sex life and prevent or manage issues such as incontinence, prolapse, or pain. 90 Min | $150

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.

Trust Love Compassion (TLC) Yoga: Intermediate Explore your energy centers, known as your chakras, as you focus on opening the energy of the 3rd solar plexus, 4th heart and 5th throat chakras by both strengthening and stretching the core, the shoulder girdle and the jaw.

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.

Resort Credit can be applied to any fee-based activity.
Yoga continued >

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: Intermediate 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 PRIVATE SESSIONS

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. *Note: 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

NEW Root Healing Join Lyndi Rivers, Certified Yoga Therapist, for a yoga therapy session to support pelvic concerns including incontinence, prolapse, pain, or other difficulties. An initial assessment determines whether pelvic floor muscles are over active or under active. Leave with individualized tools that may include breathing techniques, movements, or meditations to support pelvic floor function and health. 50 Min | $115

Yin Aerial Yoga Description in Activities Menu on page 25. 50 Min | $150

- 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.

Fitness ACTIVITIES

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 foam rollers, resistance tubing, and/or a balance disk.

NEW Belly Dancing: All fun-filled cardio dance class utilizes belly dance-inspired moves to boost your metabolism, challenge your core, and ignite your inner goddess. All levels welcomed.

BODY SHRED™: 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, 1 minute of abs.

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

BOGA FIT Bootcamp: Intermediate Heat up and cool down at the same time as you experience the challenge of a fast-paced circuit class on the surface of the water. This class incorporates low and high intensity exercises using Boga Boards and the BMC Pool as our gym. *Please wear Yoga attire. You will get wet. Seasonally offered

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

NEW 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 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.
NEW Cardio Kickboxing: Intermediate Punch, jab, and kick in this HIGH impact Martial Arts-style class combining cardio, agility, and core work.

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: Advanced 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.

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

Filitates: 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.

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

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.

Nothin’ but Glutes: Intermediate Who says Step Aerobics is retro? We are bringing stepping back for an engaging cardio experience, focused on strengthening your glutes. We will utilize the Step Aerobics bench, free weights and medicine balls for a complete lower body workout that will leave you invigorated.

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.

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 UP-per Body: All Levels A companion class to Nothing but Glutes, Power UP focuses on strengthening and toning your upper body with engaging body weight exercises, bands, and weights. Enjoy the flexibility to exercise your upper body one day, and your lower body the next.

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

Rhythm Ride: All Levels This is indoor cycling with a dance infused beat. Get your heart rate up with fist pumping music in this fun and joyful spin class. You will cycle to choreographed moves led by our energetic and motivational fitness team. Get fit while having fun.

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.

Safe Back Extension: All Levels Experience Pilates movements with a focus on strengthening and aligning your back. Engage your powerhouse core as we work to improve posture, rounded back, while safely extending the back side of your body to keep you standing tall for years to come.

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.

NEW Strong by Zumba: Advanced A music-led high intensity workout. Explosive plyometrics and burpees interchanged with isometric squats and lunges, add some kickboxing and you’ve got a 45 minute hard driven class.

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.

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.

Women’s Wellness with Weights: All Levels Who said weight training had to be boring? Join us for a toning and strength training class to maximize bone strength, best utilize the weight room, and experience the fun of lifting with music in a group setting. Learn how to incorporate resistance training in your day to day activities and regular workout regimens. *Note: Although this class is open to all, its focus is on women.

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.

NEW Zumba Dance: All Levels We take the “work” out of workout. Combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility – in this calorie burning Dance Party!
Fitness PRIVATE SESSIONS

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 Description in Activities Menu on page 27.

50 Min $115

Fitness Program Design Meet with a trainer to design an individualized workout to meet your personal goals.

50 Min $115

Happy Hips Description in Activities Menu on page 27.

50 Min $115

Ideal 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

Kickboxing Description in Activities Menu on page 27.

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

Tennis Lesson Coaches work with beginners and experienced tennis players alike to teach basics or hone existing skills. Tennis equipment provided.

100 Min $240 • 50 Min $150

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

Exercise Physiology PRIVATE SESSIONS

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 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.

NEW Sonoran Tales and Treasures The Sonoran desert is a magical place of incredible biological diversity. This enchanted corner of the globe is steeped in fascinating stories about its environs and its inhabitants. Join our exercise physiologist Andrew Wolf as he shares his favorite anecdotes and artifacts from our Sonoran region.

Wake Up to the Truth About Sleep Sleep is both foundational and circular when it comes to wellness. Inadequate sleep can short-circuit the best health intentions. Additionally, our activities and habits during our waking hours can hugely impact the quantity and quality of our sleep. It’s no coincidence that many of the negative health outcomes in the developed world are directly linked to poor or inadequate sleep. Join Andrew Wolf for a discussion about sleep, what we’re doing to make it so hard to achieve, and how to make it better.

Exercise Physiology ACTIVITIES

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.

Resort Credit can be applied to any fee based activity or private session.
Pilates ACTIVITIES

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.

Pilates PRIVATE SESSIONS

With the following Pilates session you will receive a personalized copy of the exercises as take home tools:

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 for Cyclists Pilates can help with many of the common complaints cyclists have such as lower back pain, hip and or knee pain. This session will focus on core strength and stability as well as hip flexibility which in turn lead to POWER! 50 Min | $115

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 Mat Work Description in Activities Menus above. 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

Farm & Garden ACTIVITIES

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 5am 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.

Miraval Bees ACTIVITIES

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

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.
AYURVEDA

Abhyanga  Restore balance with this ancient healing meditative 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 | $190

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. Steaming, 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 | $275

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 | $320

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.

Spa Hours 9am - 10pm  
To reserve your Life in Balance Spa services, please call extension x.4510 or visit the Spa reception desk.
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 | $320

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 | $95

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 with 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 | $320

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 | $185

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 | $245

NEW Monsoon Cocoon Surrounded by the sounds of rain and thunder rolling off the mountains, experience a nourishing wrap that embodies the sensory spectacle of the desert monsoon. Hydrating plant nutrients are layered onto your body, followed by a fragrant, herbal wrap to maximize your skin’s nutrient absorption. After a relaxing scalp and neck massage, journey inward for a mindful moment to connect with Mother Earth. Your senses will come alive as you experience the cooling effects of a hydrating mist shower mask removal, followed by a shower. 50 Min | $185

NEW Monsoon Experience Discover a sensory journey inspired by this seasonal, unique desert thunderstorm, known as the Monsoon. Listen to the sounds of the rain and thunder, while your therapist soothes muscles with a calming hot stone massage. Your body will be layered then cocooned in heated towels, with a nourishing and hydrating mask, hand blended with micro nutrients, herbs, honey and aromatherapy that embodies the essence of the Sonoran desert. After a relaxing head and scalp massage, journey inward during a mindful moment and appreciate the power of nature. The treatment finishes with a soothing mist of aromatic, hydrating tonic. 100 Min | $320

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 | $185

Sonoran Mud Wrap Exfoliation begins with our Desert Sage 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 | $245

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 | $165

“Miraval has just the right amount of everything: beauty of the desert, simple and serene luxury, healthy food choices without the deprivation. Education about lifestyle - but only if you want it.”
- Connie | Williamsburg, VA

Resort Credit can be applied to any Spa service.
**ENERGY & EASTERN**

**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 $195

**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. *Wear a swimsuit. Weather permitting, limited availability. 50 Min $190

**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. Integrative 80 Min $235 • 50 Min $185

**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. 50 Min $175

**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. 100 Min $350 • 80 Min $320 • 50 Min $205

**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 $225

**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. 50 Min $165 • 20 Min $85 • 10 Min Complimentary

**MIRAVAL EXCLUSIVE NÄGA™** 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. 100 Min $340 • 80 Min $295 • 50 Min $235

**NEW Path of the Jaguar** In this energetic healing session your provider will restore harmony to both body and spirit, utilizing indigenous healing practices. This energy-based ceremony begins with an invocation to our spirits to share their wisdom and reveal the Jaguar’s path to empowerment and transformation. You will leave behind the Hucha or heavy energy that can settle within. Each session will involve energy work and some light hands-on body work. This service is for those looking to further their inner journey to strengthen their connection to spirit and self. *Please wear light loose fitting clothing. 50 Min $205 Limited availability

**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 $225

**Qi Journey** Balance body, mind, and spirit with a fusion of Nuad Bo Ram (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 $385

**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 $175

*Resort Credit can be applied to any Spa service.*
**Massage**

**NEW Body in Balance** Begin with an ‘in depth’ assessment with one of Miraval’s seasoned therapists who will confirm your desired outcome for a customized massage. The massage will be designed and individual, working towards balancing your musculoskeletal system and addressing areas of chronic tension and tightness and bound up connective tissue that restricts muscles from functioning in concert with one another. This specialized massage utilizes each therapist’s talents and “tool box” of modalities. Your service will assess both structure and function while the therapist works skillfully to relax restrictions and activate areas of need, working to restore pain free movement and improve your body’s innate balance. 80 Min | $320 • 50 Min | $230

**Calming Hot Stone** Combining the grounding effects of hot stones with the power of botanicals, this treatment calms the mind as it renders muscles more limber and open to massage with anti-oxidant packed essential oils. 75 Min | $245 • New Life Village 75 Min | $265

**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. 80 Min | $275 • 50 Min | $195 • New Life Village 75 Min | $295

**Deep River Stone Massage** Healing heated river rocks and cool marble stones are combined to release muscle tensions and toxins, nourishing the skin with a botanical oil blend that induces a deep state of tension-free relaxation. 75 Min | $255 • New Life Village 75 Min | $275

**Focus Massage** Ease tense, aching areas with this targeted treatment. Your therapist will skillfully select the most suitable massage techniques and oils where needed. 20 Min | $95

**Hair & Scalp Oil Treatment** Intensely nourishes, soothes, and revitalizes for lustrous hair and healthy scalp. A neck and shoulder massage is included. 20 Min | $95

**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 | $175

**Miraval Relaxation Massage** Begin with a relaxing Swedish massage with an aromatherapy essential oil designed to calm, revitalize, or stimulate your senses. Your therapist kneads away stress and improves circulation, creating an overall feeling of harmony and balance. 100 Min | $290 • 80 Min | $240 • 50 Min | $170 • New Life Village 75 Min | $260

**NEW Neuromuscular Massage** A highly effective series of techniques designed to pinpoint your tight muscles and trigger points; alleviating your pain, numbness, or weakness. 100 Min | $375 • 80 Min | $320 • 50 Min | $230

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**Energy & Eastern continued >**

**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... *Wear yoga or exercise attire. 80 Min | $235 • 50 Min | $165

**Thai Foot & Leg** “The human foot is a masterpiece of engineering and a work of art.” -Leonardo da Vinci. Treat your feet like the masterpiece they are with traditional Thai Massage stretches, compressions and acupressure. A stimulating blend of sesame oil, arnica, turmeric, ginger and wintergreen will be massaged into your feet and your practitioner will use warm stones and a Thai acupressure tool to deeply affect the foot’s muscles by “spooning” the fascia, increasing circulation and mobility. Your feet will feel grounded and refreshed. *Wear yoga or exercise attire. 50 Min | $180

**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 | $320 • Basic 80 Min | $275 • Intro 50 Min | $215

**MIRAVAL EXCLUSIVE Vasudhara** This completely unique and transformative service embraces the weightlessness of water and the deeply relaxing stretches of Thai massage. Your eyes are shielded to block all light, leaving you suspended, adrift in darkness, having let go of all that binds you to place. As you float in water heated to body temperature, sounds from powerful underwater speakers bathe your senses in vibration. All tension is surrendered, leaving you to transform the deeper layers found within, with Vasudhara. *Wear a swimsuit. Weather permitting, limited availability. 50 Min | $285

**Deep River Stone**
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 $95**

**MIRAVAL EXCLUSIVE** Cara Vida: Discover a one-of-a-kind facial experience inspired by the Native people of Arizona and their use of Mesquite, fondly referred to as the “tree of life.” The Mesquite tree provides nourishment, protection, medicine and warmth, embodying the essence of this magical, signature facial, Cara Vida. After cleansing the skin, a gentle exfoliation of Chia seed husks and oil begins your facial. Indulge your senses as your esthetician takes you on a sensory journey applying a hand-crafted mask of fresh comfrey, green tea, citrus and rose steeped onto muslin. Next follows a layered mask comprised of local organic honey, and cold pressed organic Chia Seeds, rich in healing vitamin-C, nourishing Omega 3’s and preventative antioxidants. Warm organic Chia seed oil will mend your body and mind as it is massaged into your shoulders, arms, hands and feet. After this very special treatment, you will emerge glowing, renewed and restored. **50 Min $195**

**NEW** DermaFlash: Enhance a scheduled facial and see immediate results! This treatment offers a deep exfoliation along with the added benefit of removing peach fuzz. Your skin will be better able to receive performance skin care ingredients. Available only as an add-on to accompany almost any facial with no extra time. **20 Min $65**

**Express Rapid Repair Facial** This power-packed facial has you looking younger in no time with a resurfacing microdermabrasion scrub and Glycolic combo. Prepare yourself for constant compliments as you step away from this facial with an unmistakable flawless radiance. **20 Min $95**

**Exquisite Gemstone Facial** Gemstones radiate a life force of sacred energy to bring harmony, balance, and transformation. The Exquisite Gemstone Facial harnesses the power of precious gemstones to restore the mind and body, and rejuvenate the skin, leaving it visibly lifted, revitalized, and luminous. This luxurious skin therapy activates radiance from within using microcrystal exfoliation, multiple masks, and custom-tailored serums. Throughout this ritual you will receive intentional massages with exquisite aromatherapy oils bringing the body into a state of complete tranquility. **80 Min $250**

**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 $150**

**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. Mask is then applied to regenerate and rehydrate skin. **50 Min $165**

**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 $175**

To reserve your Life in Balance Spa services, please call extension x.4510 or visit the Spa reception desk.
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 | $170

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 | $320  Scheduled on consecutive days

NEW Sun Goddess Facial  A facial designed for more sensitive skin types, including rosacea, or for those who might have been overly exposed to the sun. This completely customized service provides deep nourishment, intense hydration, while helping to reduce inflammation and actively address fine lines. 50 Min | $175

MIRAVAL EXCLUSIVE  Timeless Facial Experience  unparalleled results in just one treatment, with this customized for your skin facial. A revolutionary combination of proteins and B vitamins activate vital energy necessary for healthy cellular function, dramatically enhancing the appearance of skin tone and texture. An advanced enzymatic peel is coupled with layers of skin-tightening masks, which are systematically applied to mimic an aerobic, toning exercise for the face, visually improving muscle tone, firmness, and elasticity. Perfect for both genders. 50 Min | $175

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 | $250 • 50 Min | $175

Waxing  We offer gentle waxing services for face and body. Time and prices vary

Immediate Rejuvenation with Hydra Facial
NEW Lymphatic Drainage Hydra Facial  Focusing on lymphatic drainage this gentle treatment will help decongest the skin and promote healing and toxin removal resulting in a cleaner complexion, reduced puffiness and improving overall. Following the lymph massage the 4 in 1 Hydra Facial will be performed providing a vortex cleanse, exfoliation, extraction and vortex fusion to deliver serums, peptides and hyaluronic acid leaving your skin rejuvenated and restored. 50 Min | $295

NEW Hydra Facial Express  All the benefits of a professional Hydra Facial treatment, but in a fraction of the time. The 4 in 1 vortex system will offer a deep cleansing as well the exfoliation, extraction and hydration offered in its 50 and 80 minutes counter parts. This treatment will give you instant, long lasting results with no down time. 20 Min | $165

Immediate Rejuvenation with Hydra Facial
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, and softens for a beautiful glow. Scented with botanical and essential oils of orange blossom, grapefruit, lime, and orange rind, this refreshing and energizing treat includes exfoliation and a soothing massage. 50 Min | $80

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 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 | $95

Express Manicure Maintain your weekly manicure and refresh your nails with this enhanced polish change service with a focus on nail maintenance, cuticle care and polish change. 20 Min | $60

Express Pedicure Refresh your weekly pedicure by maintaining a sandal-ready look. This service addresses nail maintenance and cuticle care while including a light buffing of the foot and polish change. 20 Min | $65

French Polish available in addition to any nail service. $25

Hot Stone and Honey Manicure This treatment combines the tension melting hot stones and an indulgent and complete manicure experience. Begin with indigenous prickly pear scrub, leaving your skin luxuriously soft. Warmed beeswax and coconut oil is generously applied while hot stones infuse warmth and relaxation into your arms and hands. Fingers are painted and a final massage with prickly pear body butter will leave your hands rejuvenated and your mind in a state of total bliss. 50 Min | $95

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 marshmallow root 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 lock in moisture and leave you protected from harmful UV rays. 50 Min | $80

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 treatment infused with a blend of vitamin E, pure white jojoba, and coconut oil follows. Our self-heating 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 | $95

Deborah Lippmann Nail Salon One of the most in-demand celebrity and editorial manicurists, 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 Life in Balance Spas. These new, decadent services promote long-lasting nail health with beauty.

Bring home a bottle of Brand New Day, Miraval’s first ever, limited edition nail polish, created in collaboration with celebrity manicurist Deborah Lippmann. The sheer, beige crème polish was created to honor Miraval and embody the stunning Sonoran Desert sky. Wearing this polish is intended to inspire you to live mindfully - with love and gratitude each and every brand new day.

Resort Credit can be applied to any Spa service.
Your season of pregnancy doesn’t mean you have to forego your favorite spa services. 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. Designed specifically for women in the second and third trimesters of pregnancy.

Beautiful Mother-to-Be 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. 80 Min | $240 • 50 Min | $170

Other recommended Life in Balance services for mothers-to-be:
- Aqua Zen
- Reiki
- Prenatal Massage
- Prenatal Nurture
- Organic Facial
- Nurture Facial
- Manicure & Pedicure
- Hair Styling Services
- Sun Goddess Facial
- Prenatal Sonoran Body Polish

To reserve your Life in Balance Spa services, please call extension x-4510 or visit the Spa reception desk.
Exclusive Services at New Life Village

Take advantage of Miraval’s enchanting desert surroundings and experience your massage or body treatment in our beautiful New Life Village, located next to the oasis pool. 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 listen to the sounds of nature while you receive one of our exclusive New Life Village spa services. This is truly a guest favorite! Be sure to let your reservationist know your preference.

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 body clay blending sweet almond oil, aloe vera, and vitamin E. The grand finale is a blend of argan avocado oil, green tea, and grape seed butter application. 75 Min | $245

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 cocomole 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 silk oil and cedarwood-juniper body butter. 100 Min | $320

NEW Brahmi Charan: Traditional Herbal Brahmi Ghee Ayurvedic foot massage combined with warm sensations of an herbal compress relieves tension in the feet and stimulates a clearing of the energy channels of the body, to ease your body and refresh your mind. This traditional treatment concludes with a soothing neck, shoulder and scalp massage and is perfect for relaxing and rebalancing your system and improving your overall sense of. 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 | $275

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 | $320

NEW Rasayana Renewal Ritual Our Rasayana Renewal Ritual is a special Ayurvedic journey inspired by ancient rituals performed in India. The service begins with a personalized energy reading that reveals your Dosha, a blueprint of your energetic elements. Receive an herbal ghee foot massage to relieve tension and next, a full body deep pressure massage with heated dosha oils accompanied with warm customized poultice therapy. A warm wrap follows, along with neck, shoulder and scalp massage, allowing your body to fully relax and release tension. The ritual concludes with a hibiscus buffing grain and gift of a handmade poultice to incorporate into your home self-care routine. 100 Min | $320 Limited availability

NEW Rasayana Shirodhara Known in Ayurveda tradition as the Eye of Knowledge, the third eye provides perception beyond ordinary sight. Your journey through Rasayana Shirodhara begins with a personalized energy reading that reveals your Dosha type and customized oils and poultices are selected. A full body deep pressure massage with heated dosha oils accompanied with warm poultice therapy allowing restoration for both mind and body. A soothing stream of warm oil, known as Shirodhara, is gently poured over your forehead and third eye to further your journey of enlightenment. A warm wrap follows, including neck, shoulder and scalp massage. Complete your journey with a hibiscus buffing grain and a gift of a handmade poultice to incorporate into your home self-care routine. 100 Min | $320 Limited availability

The Rose Renewal Ritual Indulge your senses in this unique outdoor treatment that combines the renewing energy of rose oils, and rose quartz crystals to elevate positive bodily vibrations and illuminate your skin. Snuggled in a warm cocoon, chakra stones clear negative energy while you experience a soothing Red Flower Illuminating Acupressure Face Massage™. Next follows a full bodyRose relaxation massage to energize the body and mind, creating a radiant, beautiful inner glow. 75 Min | $245

Resort Credit can be applied to any Spa service.
**Tranquil Nights Massage** Sink into serenity with this sleep-inducing service. Start with a pure, unscented salt scrub and warm towels for a gentle exfoliation and perfect polish. As you are smothered in eucalyptus body oil, experience a hydrating massage with eucalyptus moisturizer. Your massage is combined with a gentle rocking to sedate the nervous system, calming the mind and body for a peaceful nights rest. 75 Min | $245

**NEW Vedanta Mantra Meditation** The Vedanta Mantra Meditation is a powerful Ayurvedic practice for accessing the deepest levels of awareness and expanding mindfulness throughout the day. Receive a unique mantra from the Vedic tradition, selected to correspond with your birthday. Learn how to pronounce and use your mantra correctly, and how to incorporate this custom at home to create a successful daily practice. 50 Min | $175 *Limited availability*

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**Traditional Massages Also Available in New Life Village**

- Calming Hot Stone
  - 75 Min | $265
- Deep Desert Massage
  - 75 Min | $295
- Deep River Stone Massage
  - 75 Min | $275
- Miraval Relaxation Massage
  - 75 Min | $260

*To reserve your Life in Balance Spa services, please call extension x 4510 or visit the Spa reception desk.*
Getting Active

ITINERARY PLANNING
All fee-based experiences must be reserved in advance. Contact Guest Services (x.4512) to reserve your space while you’re here, or schedule them prior to your arrival by calling 855.234.1672. Spa Services can be scheduled at the Spa or by calling x.4510.

USING YOUR RESORT CREDIT
If your package includes a nightly resort credit, you may apply it toward your choice of spa services, fee-based activities, or private sessions. Government fees apply to all fee-based activities and private sessions.

CANCELLATION, CHANGE & NO SHOW POLICY
For fee-based activities and spa services, the entire fee will be charged to your bill if you change or cancel within 4 hours of the start time, unless otherwise noted. If you are a no show for a reserved spa service, fee-based activity, or private session, the entire fee will be charged to your bill.

THE WAIT LIST
For classes that are fully committed, visit Guest Services to be added to the wait list. Space often becomes available as the day and time of the class nears. You will be contacted if space becomes available.

TIMING MATTERS
TO THE SPA: Please arrive at least 1.5 minutes prior to your scheduled service. This allows time to check in at the desk, shower, change into spa attire, and relax before your specialist greets you. Late arrivals will still end at the scheduled time. Enjoy the spa facilities before or after treatments, classes, or just when you need a Zen moment. Relax in our quiet room, steam room, sauna, or hot tub — they are there just for you!

TO A CLASS OR ACTIVITY: Please be prompt. Opening instruction and information is critical to the class experience. If you are unable to arrive on time, we ask that you consider another offering.

ACTIVITY LEVELS
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.

Spa Hours
9am - 10pm

Spa Boutique
9am - 10pm

Raindance Pass Boutique
8am - 7pm

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Breakfast
6:30 - 10am
Lunch
11:30am - 2pm
Dinner
5:30 - 9pm

Palm Court Cafe
6am - 6pm

Coyote Moon
Bar & Lounge
2 - 10pm
(Meal service available from 4 - 9pm)

Oasis Pool & Bar
11am - 6pm
(subject to close due to inclement weather)
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location/Details</th>
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<tbody>
<tr>
<td>7:00-7:45</td>
<td>Yoga Stretch: All Levels (Agave Center)</td>
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<tr>
<td>7:00-8:00</td>
<td>Trail Run: Advanced (Meet in Palm Court)</td>
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<tr>
<td>7:00-9:00</td>
<td>Miraval Outback Hike: All Levels (Meet in Palm Court)</td>
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<tr>
<td>7:00-12:30</td>
<td>Miraval Off-Property Hike: Intermediate - Oracle Ridge (Meet in Palm Court) • $55</td>
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<tr>
<td>7:30-9:30</td>
<td>Swing and a Prayer: All Levels (Meet in Palm Court)</td>
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<tr>
<td>8:00-8:45</td>
<td>Fitness Walk: All Levels (Outdoors/Meet at BMC)</td>
<td>Morning Meditation (Agave Center)</td>
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<td>TRX Endurance Circuit: Advanced (Roadrunner/BMC)</td>
<td>Mindful Eating (Cactus Flower Restaurant) Includes Breakfast - buffet service only.</td>
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<tr>
<td>8:30-9:30</td>
<td>NEW Slackline 101: All Levels (Meet in Palm Court)</td>
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<tr>
<td>8:30-10:30</td>
<td>Miraval Equine Experience (Meet in Palm Court) • $45</td>
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<tr>
<td>9:00-9:45</td>
<td>Core Essentials: All Levels (Roadrunner/BMC)</td>
<td>Aqua Tabata: All Levels (BMC Pool)</td>
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<td>Rise &amp; Shine Yoga: Intermediate (Agave Center)</td>
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<tr>
<td>10:00-10:45</td>
<td>Cardio Drumming: All Levels (Roadrunner/BMC)</td>
<td>BOGA FIT Bootcamp: Intermediate (BMC Pool)</td>
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<td>10:00-11:45</td>
<td>Mindful Stress Mastery (Yurt)</td>
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<tr>
<td>10:00-12:00</td>
<td>Mountain Biking: Advanced (Meet in Palm Court)</td>
<td>Climbing Wall: All Levels (Meet in Palm Court)</td>
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<td>10:30-12:30</td>
<td>Desert Tightrope: All Levels (Meet in Palm Court)</td>
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<tr>
<td>11:00-11:45</td>
<td>BOGA FIT Bootcamp: Intermediate [BMC Pool]</td>
<td>Power Cycle: All Levels (Gecko/BMC)</td>
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<tr>
<td>11:00-12:00</td>
<td>Anti-Inflammatory Kitchen (Activity Rooms) • $95</td>
<td>NEW Strong By Zumba: Intermediate (Roadrunner/BMC)</td>
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<tr>
<td>12:00-12:45</td>
<td>NEW Sonoran Tales and Traditions with Andrew Wolf (Activity Rooms)</td>
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<tr>
<td>12:00-2:00</td>
<td>Common Ground: Understanding Barriers to Connection (Meet in Palm Court) • $45</td>
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<tr>
<td>1:00-1:45</td>
<td>Yoga Essentials: All Levels (Agave Center)</td>
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<td>Blend ‘N’ Balance Smoothies (Meet in Palm Court) • $25</td>
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<td>1:00-2:00</td>
<td>Let’s Get Saucy (Cactus Flower Restaurant) • $65</td>
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<tr>
<td>2:00-2:45</td>
<td>Aerial Yoga: Advanced (Agave Center)</td>
<td>Less is More: Intelligent Exercise for Graceful Aging with Andrew Wolf (Activity Rooms)</td>
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<td>NEW Cardio Kickboxing: Advanced (Roadrunner/BMC)</td>
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<td>2:30-4:00</td>
<td>Artful Photography - with Your Camera Phone!</td>
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<tr>
<td>3:00-3:45</td>
<td>NEW Zumba Dance: All Levels (Roadrunner/BMC)</td>
<td>Roll with It: Intermediate (Gecko/BMC)</td>
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<td>3:00-4:00</td>
<td>Mastering Your Makeup: Beauty Demonstration (Activity Rooms)</td>
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<td>3:00-4:30</td>
<td>Yin/Yang Yoga: Advanced (Agave Center)</td>
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<td>4:00-4:45</td>
<td>Shoulders Set Free: All Levels (Gecko/BMC)</td>
<td>Fritates: All Levels (Gecko/BMC)</td>
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<td>Holistic Health: Self Care for the 21st Century with Rebecca Saxon, RN (Activity Rooms)</td>
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<tr>
<td>4:30-5:15</td>
<td>Cocktails in the Kitchen (Cactus Flower Restaurant) • $65</td>
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<tr>
<td>4:30-6:00</td>
<td>Creative Photography Stroll (Activity Rooms)</td>
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<tr>
<td>5:00-5:45</td>
<td>Discover Your Soul Mission: Explore the Four Elements that Create the Anatomy of the Soul with Tejpal (Activity Rooms) No alcoholic beverages permitted please.</td>
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<tr>
<td>6:00-6:45</td>
<td>Loving Kindness Meditation (Agave Center)</td>
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<tr>
<td>6:00-8:00</td>
<td>The Making of Malas (Activity Rooms) • $95</td>
<td>Just Cook for Me Chef (Cactus Flower Restaurant) • $150</td>
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</table>

**NEW**

- Slackline 101
- Menopause: A Woman’s Rite of Passage (For Women Only!) with Rebecca Saxon, RN
- Sonoran Tales and Traditions
- Anti-Inflammatory Kitchen
- Zumba Dance
- Common Ground: Understanding Barriers to Connection
- Yoga Essentials: Blend ‘N’ Balance Smoothies
- Let’s Get Saucy
- Aerial Yoga: Advanced
- Cardio Kickboxing: Advanced
- Artful Photography - with Your Camera Phone
- Zumba Dance: All Levels
- Mastering Your Makeup: Beauty Demonstration
- Yin/Yang Yoga: Advanced
- Shoulders Set Free: All Levels
- Holistic Health: Self Care for the 21st Century
- Cocktails in the Kitchen
- Creative Photography Stroll
- Discover Your Soul Mission
- The Making of Malas
- Loving Kindness Meditation
- Just Cook for Me Chef

Shaded activities require advance sign up with Guest Services

DAILY PRIVATE SESSIONS AVAILABLE FOR ALL PROGRAM ACTIVITIES

Andrew Wolf | Anne Parker | Angela Ongard | Tejpal | Rebecca Saxon | Janet Rae Orth
Fitness Team | Yoga & Meditation Team | Outdoor Adventure
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</tr>
</thead>
<tbody>
<tr>
<td>7:00-7:45</td>
<td>Morning Stretch: All Levels</td>
<td>Gecko/BMC</td>
<td>27</td>
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<tr>
<td>7:00-9:00</td>
<td>Miraval Outback Hike: All Levels (Meet in Palm Court)</td>
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<td>23</td>
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<tr>
<td>7:00-9:30</td>
<td>Yoga Hike: All Levels (Meet in Palm Court) • $55</td>
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<td>23</td>
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<tr>
<td></td>
<td>Giant’s Ladder: All Levels (Meet in Palm Court)</td>
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<td>7:00-12:30</td>
<td>Miraval Off Property Hike: Intermediate - Pima Canyon (Meet in Palm Court) • $55</td>
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<td>Zen Bootcamp: Advanced (Outdoors/Meet at BMC)</td>
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<td>Morning Meditation (Agave Center)</td>
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<td>8:30-10:30</td>
<td>Introduction to Mindful Horseback Riding (Meet in Palm Court) • $105</td>
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<td>9:00-9:45</td>
<td>Rise &amp; Shine Yoga: Intermediate (Agave Center)</td>
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<td>Nothin’ But Glutes: Intermediate (Roadrunner/BMC)</td>
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<td>Latin Splash: All Levels (BCM Pool)</td>
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<td>Mindfulness at Miraval (Yurt)</td>
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<td>Vitamins, Supplements &amp; Your Health (Activity Rooms) • $95</td>
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<td>Mindful Parenting with Lisa Frank (Yurt)</td>
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<td>Purple Sage Equine Meditation (Meet in Palm Court) • $75</td>
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<td>Yin Aerial Yoga: All Levels (Agave Center) • $75</td>
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<td>Transforming Pain Through Conscious Attention and Love with Rebecca Saxon, RN (Activity Rooms)</td>
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<td>The Dance of Gratitude (Roadrunner/BMC)</td>
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<td>Quantum Consciousness (Activity Rooms)</td>
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<td>7:00-7:45</td>
<td>6 Tips to Master Your Metabolism (Activity Rooms)</td>
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**DAILY PRIVATE SESSIONS AVAILABLE FOR ALL PROGRAM ACTIVITIES**

Andrew Wolf | Lisa Frank | Anne Parker | Angela Onsgard | Maggie Garbarini | Brent Baum | Kristin Reece
Juliana Rose Teal | Tejpal | Rebecca Saxon | Fitness Team | Yoga & Meditation Team | Outdoor Adventure
FRIDAY
OCTOBER
7:00-7:45  Yoga Stretch: All Levels (Agave Center) pg. 26
7:00-9:00  Miraval Outback Hike: All Levels (Meet in Palm Court) pg. 23
7:00-12:30 Miraval Off Property Hike: Advanced - Finger Rock (Meet in Palm Court) • $55 pg. 23
7:30-9:30  Out on a Limb: All Levels (Meet in Palm Court) pg. 22
8:00-8:45  Mindful Eating (Cactus Flower Restaurant) Includes Breakfast - buffet service only. pg. 21
     Morning Meditation (Agave Center) pg. 17
     DoVinci Body Boards: Intermediate (Roadrunner/BMC) pg. 27
     Outdoor Floating Meditation (Agave Center) • $75 pg. 17
8:30-10:30  Rise & Shine Yoga: Intermediate (Agave Center) pg. 25
     W.E.T.: All Levels (BMC Pool) pg. 27
     BODYSHRED™: Intermediate (Roadrunner/BMC) pg. 26
9:00-9:45  Introduction to Ayurveda (Activity Rooms) • $75 pg. 12
9:00-10:30 Cardio Drumming: All Levels (Roadrunner/BMC) pg. 26
9:00-10:45 Aerial Yoga: Advanced (Agave Center) • $75 pg. 25
     BOGAAlates: All Levels (BMC Pool) pg. 26
10:00-12:00 Mountain Bike Riding Techniques: All Levels (Meet in Palm Court) pg. 22
10:30-12:30 Desert Sky Zipline Experience: All Levels (Meet in Palm Court) • $150 pg. 22
11:00-11:45 BOGA FIT Bootcamp: Intermediate (BMC Pool) pg. 26
     Power Cycle: All Levels (Gecko/BMC) pg. 26
11:00-12:30 Healthy Gut, Healthy You (Activity Rooms) • $95 pg. 26
11:00-1:30 It’s Not About the Horse with Wyatt Webb (Meet in Palm Court) • $150 pg. 24
12:00-12:45 Aroma Flow: Intermediate (Agave Center) pg. 25
12:00-12:45 Common Ground: Understanding Barriers to Connection (Meet in Palm Court) • $45 pg. 24
1:00-2:00 Let’s Get Saucy (Cactus Flower Restaurant) • $65 pg. 20
2:00-2:45 TRX Endurance Circuit: Advanced (Roadrunner/BMC) pg. 27
     Breathwork (Agave Center) pg. 16
2:00-2:45 The Power of Self-Compassion with Lisa Frank (Activity Rooms) • $125 pg. 13
2:30-4:15 Life is Simple, Who Complicates It With Wyatt Webb (Activity Rooms) • $150 pg. 13
3:00-3:45 Roll with It: Intermediate (Gecko/BMC) pg. 27
     NEW Zumba Dance: All Levels (Roadrunner/BMC) pg. 27
3:00-4:30 Tools to Relieve Your Pain with Rebecca Saxon, RN (Activity Rooms) • $95 pg. 15
4:00-4:45 Shoulders Set Free: All Levels (Gecko/BMC) pg. 27
     Yin Yoga: All Levels (Agave Center) pg. 25
     Pilates: Intermediate (Gecko/BMC) pg. 27
4:30-5:15 Cocktails in the Kitchen (Cactus Flower Restaurant) • $65 pg. 19
4:30-6:00 The Path of Destiny: The Journey of a Psychic with Maggie Garbarini (Activity Rooms)
5:00-6:30 Master Your Mind Heal Your Body with Brent Baum (Activity Rooms) pg. 13
6:00-6:45 Floating Meditation (Agave Center) • $75 pg. 16
6:00-8:00 Just Cook for Me Chef! (Cactus Flower Restaurant) • $150 pg. 20
     Artistic Expression Under Glass (Activity Rooms) • $85 pg. 18
7:00-7:45 Floating Meditation (Agave Center) • $75 pg. 16

DAILY PRIVATE SESSIONS AVAILABLE FOR ALL PROGRAM ACTIVITIES
Lisa Frank | Angela Onsgard | Maggie Garbarini | Brent Baum | Kristin Reece | Juliana Rose Ted | Tejpal | Rebecca Saxon
Fitness Team | Yoga & Meditation Team | Outdoor Adventure
### Shaded activities require advance sign up with Guest Services

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<td>Morning Stretch: All Levels (Gecko/BMC)</td>
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<td>Miraval Outback Hike: All Levels (Meet in Palm Court)</td>
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<td>7:00-12:30</td>
<td>Miraval Off-Property Hike: Intermediate - Ventana Canyon (Meet in Palm Court) • $55</td>
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<td>Swing and a Prayer: All Levels (Meet in Palm Court)</td>
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<td>Ask the Farmer: (Meet in Palm Court)</td>
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<td>Morning Meditation (Agave Center)</td>
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<td>8:00-9:00</td>
<td>PiYo Live™: Intermediate (Roadrunner/BMC)</td>
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<td>Introduction to Mindful Horseback Riding (Meet in Palm Court) • $105</td>
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<td>Rise &amp; Shine Yoga: Intermediate (Agave Center)</td>
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<td>Aqua Tabata: All Levels (BMC Pool)</td>
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<td>Cardio Drumming: All Levels (Roadrunner/BMC)</td>
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<td>Optimize Your Brain, Super-Charge Your Life with Rebecca Saxon, RN (Activity Rooms) • $95</td>
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<td>Let’s Get Saucy (Cactus Flower Restaurant) • $65</td>
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<td>Catch Your Dreams with Tony Redhouse (Activity Rooms) • $75</td>
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DAILY PRIVATE SESSIONS AVAILABLE FOR ALL PROGRAM ACTIVITIES

Lisa Frank | Angela Onsgard | Maggie Garbarini | Tony Redhouse | Nancy Schroeder | Brent Baum | Kristin Reece
Rebecca Saxon | Fitness Team | Yoga & Meditation Team | Outdoor Adventure
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<td>Face to Face: All Levels (Meet in Palm Court)</td>
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<td>6 Tips to Master Your Metabolism (Activity Rooms)</td>
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<td>Gluten Free Baking - Cookies (Cactus Flower Restaurant) • $25</td>
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<td>Extreme Core Blast: Advanced (Roadrunner/BMC)</td>
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<td>Just Cook for Me Chef! (Cactus Flower Restaurant) • $150</td>
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<td>7:00-7:45</td>
<td>Morning Stretch: All Levels (Gecko/BMC) pg. 27</td>
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<td>Miraval Outback Hike: All Levels (Meet in Palm Court) pg. 23</td>
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<td>7:00-12:30</td>
<td>Miraval Off-Property Hike: Intermediate - Romero Canyon (Meet in Palm Court) • • $55 pg. 23</td>
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<td>Smart Muscle with Andrew Wolf (Activity Rooms) pg. 28</td>
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<td>Live with Intention, Bringing Miraval Home with Carl Pratt - VP of Program Development (Yurt) pg. 13</td>
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**Shaded activities require advance sign up with Guest Services**
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<td>Ride &amp; Release: All Levels (BMC Weight Room Floor)</td>
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<td>PiYo Live™: Intermediate (Roadrunner/BMC)</td>
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<td>Peak Performance: All Levels (BMC Weight Room Floor)</td>
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<td>Malas, Mantras, and Mindfulness (Activity Rooms)</td>
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DAILY PRIVATE SESSIONS AVAILABLE FOR ALL PROGRAM ACTIVITIES
Lisa Frank | Tim Frank | Pam Lancaster | Brent Baum | Nancy Teeter | Tejpal | Janet Rae Orth
Fitness Team | Yoga & Meditation Team | Outdoor Adventure
Shaded activities require advance sign up with Guest Services

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<tr>
<td>7:00-7:45</td>
<td>Yoga Stretch: All Levels [Agave Center] pg. 26</td>
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<tr>
<td>7:00-8:00</td>
<td>Trail Run: Advanced [Meet in Palm Court] pg. 23</td>
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<td>7:00-9:00</td>
<td>Miraval Outback Hike: All Levels [Meet in Palm Court] pg. 23</td>
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<td>Swing and a Prayer: All Levels [Meet in Palm Court] pg. 22</td>
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<td>Fitness Walk: All Levels [Outdoors/Meet at BMC] pg. 27</td>
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<td>Morning Meditation [Agave Center] pg. 17</td>
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<td>NEW Slackline 101: All Levels [Meet in Palm Court] pg. 22</td>
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<td>Miraval Equine Experience [Meet in Palm Court] • $45 pg. 24</td>
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<td>Core Essentials: All Levels [Roadrunner/BMC] pg. 27</td>
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<td>Rise &amp; Shine Yoga: Intermediate [Agave Center] pg. 25</td>
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<td>Aqua Tabata: All Levels [BMC Pool] pg. 26</td>
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<td>Cardio Drumming: All Levels [Roadrunner/BMC] pg. 26</td>
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<td>BOGA FIT Bootcamp: Intermediate [BMC Pool] pg. 26</td>
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<td>Mindful Stress Mastery [Yurt] pg. 17</td>
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<td>Mountain Biking: Advanced [Meet in Palm Court] pg. 22</td>
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<td>Calm the Mind, Open the Heart: Discover the Ancient Ways of Healing with Pam Lancaster and Tim Frank, NMD [Activity Rooms] pg. 12</td>
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<td>Blend 'N Balance Smoothies [Meet in Palm Court] • $25 pg. 19</td>
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<td>Artful Photography - with Your Camera Phone! [Activity Rooms] pg. 18</td>
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<td>NEW Zumba Dance: All Levels [Roadrunner/BMC] pg. 27</td>
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</tr>
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<td>Creative Photography Stroll [Activity Rooms] pg. 18</td>
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<td>Discover Your Soul Mission: Explore the Four Elements that Create the Anatomy of the Soul with Tejpal [Activity Rooms] No alcoholic beverages permitted please pg. 12</td>
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<td>Outdoor Slow Flow Yoga: All Levels [Meet at Agave Center] pg. 23</td>
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<td>Loving Kindness Meditation [Agave Center] pg. 17</td>
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<td>The Making of Malas [Activity Rooms] • $95 pg. 18</td>
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<td>Just Cook for Me Chef [Cactus Flower Restaurant] • $150 pg. 20</td>
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DAILY PRIVATE SESSIONS AVAILABLE FOR ALL PROGRAM ACTIVITIES
Anne Parker | Angela Onsgard | Tim Frank | Pam Lancaster | Alexandra Nicol | Tejpal | Rebecca Saxon
Fitness Team | Yoga & Meditation Team | Outdoor Adventure