

# RETREAT WITH INTENTION

## MAKE THE MOST OF YOUR MIRAVAL STAY

Every Miraval stay can be a catalyst for change, organically developing in tandem with your intentions. Explore a few sample itineraries below, inspired by our natural setting and designed by Miraval specialists. Each day at Miraval allows you to feel renewed, excited, challenged, and nurtured.

*\*Experience Planning prior to your arrival is highly recommended. All Miraval activities and times are subject to availability and require advance sign up to participate. Please reach out to an Experience Planner to create your itinerary.*

## SAMPLE ITINERARY

### DAY 1 - BUILD YOUR RESILIENCE

- MORNING** Desert Tightrope – *Outdoor Adventure*  
Breakfast at Cactus Flower Restaurant – Be sure to grab a snack at Palm Court Café  
Healthy Brain, Healthy Life – *Nutrition*
- MID-DAY** Walk through our labyrinth – *Personal Time*  
Lunch at Cactus Flower Restaurant  
Capoeira Dance Class – *Fitness*  
Artful Photography – *Wellness Lecture*
- EVENING** Dinner & Cocktails at Cactus Flower Restaurant  
Chorus of Crystals: Sound Meditation – *Meditation*  
Sunset Swim at the Oasis Pool – *Personal Time*

### DAY 2 - CHALLENGE YOUR PERCEPTIONS

- MORNING** Breakfast at Cactus Flower Restaurant – save room for a smoothie  
All the Buzz – *Wellness Lecture*  
Cardio Drumming – *Fitness*
- MID-DAY** Grab lunch to go and enjoy the view from your balcony  
Restorative Yoga – *Yoga*  
Cocktails in the Life in Balance Culinary Kitchen – *Wellness Lecture*
- EVENING** Private Session with a Miraval Psychic – *Private Session*  
The “Chefs” Table – *Culinary*  
Cocktails at Coyote Moon Lounge

### DAY 3 - RELAX & RENEW

- MORNING** Breakfast in bed – Pre-order your in-room dining the day before  
Read a book in a hammock – *Personal Time*  
Desert Sky Zipline Experience – *Outdoor Adventure*
- MID-DAY** Plant Based Cooking – *Culinary* (includes lunch)  
Zumba Dance – *Fitness*  
Aroma Flow Yoga – *Yoga*
- EVENING** Elements of Healing – *Wellness Lecture*  
Private Session with a Miraval Wellness Counselor – *Private Session*

