

JOURNEYS *with* INTENTION



*couples
retreat*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Breakfast
	Quantum Leap	Morning Meditation	Common Ground	Morning Stretch
	Duet Relaxation Massage	Miraval Equine Experience	Trust, Love, Compassion Yoga	Cardio Drumming
MID-DAY	Lunch	Labyrinth	Lunch	Lunch
	Quantum Leap	Pool time	Ying/Yang Yoga	Pool time
	Partner Yoga	Lunch	Afternoon Stretch	Forgiveness Meditation
EVENING	Dinner	Slow Flow Yoga	Mindful Parenting	Smoothies at Palm Court
	Drinks in lounge	Afternoon Stretch	Dinner	Creating Joy & Harmony
	Elements of Healing	Dinner	Manuka Honey Pedicures	Departure

MINDFUL TIPS
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This is a suggested itinerary of how to plan your Miraval stay. All activities and spa services are subject to availability and may be periodically offered. Please refer to the daily schedule and connect with a Miraval Experience Planner to schedule your experiences. We highly recommend booking your activities 4-6 weeks in advance of your arrival date.