

JOURNEYS *with* INTENTION



*culinary &
nutrition*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Metabolic Rate Analysis
	Smoothies at Palm Court	All the Buzz	Integrative Nutrition Consultation	Breakfast
	Blend & Balance Smoothie	Honey a Sensual Journey	Quiet time	Ask the Farmer
MID-DAY	Healthy Gut, Healthy You	Lunch	Food Combinations for Ultimate Health	Conscious Cooking
	Lunch	Pool time	Lunch	Lunch
	Quiet time in your room	Eat Well, Live Well	Pool time	Pool time
EVENING	Drinks in lounge	Cocktails in the Kitchen	Five Hacks to Halt Cravings	Smoothie at Palm Court
	Just Cook for Me Chef	Quiet time	In the Spirits of Grapes	Miraval Relaxation Massage
	Labyrinth	Dinner	Dinner	Departure

MINDFUL TIPS
If you're feeling a bit peckish before dinner, drop by the Coyote Moon Lounge for cocktails and scrumptious hors d'oeuvres!

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.