

# JOURNEYS *with* INTENTION



*fitness  
focus*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Blend & Balance Smoothie
	Cardio Drumming	Power Flow Yoga	Morning Stretch	Water Fitness
	Ride & Release	Morning Stretch	Custom Yoga	BOGA Bootcamp
MID-DAY	Lunch	DaVinci Body Boards	Lunch	Lunch
	Fitness Program Design	Lunch	Up and Running Lecture	Quiet time
	Happy Hips	Quiet time	Pool time	Barre
EVENING	Dinner	Acupuncture	Happy Hips	Neuromuscular Massage
	Drinks in lounge	Sunset Desert Tightrope	Outdoor Yoga	Pool time
	Thai Massage	Dinner	Dinner	Departure

**MINDFUL TIPS**  
 Incorporate fun types of exercise into your routine, like Cardio Drumming, and allow yourself to let go of worries and stressors and have a good time.

*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.*