

# JOURNEYS *with* INTENTION



*leadership  
fulfillment*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Meditation
	Creating Your Sacred Space	Morning Meditation	Quiet time	Breakfast
	Mindfulness at Miraval	Common Ground	Conscious Connections	Embodied Presence
MID-DAY	Lunch	Pool time	Desert Sky Zip line Experience	Lunch
	Your Balanced Brain	Naga	Lunch	Labyrinth Journey
	Drinks in lounge	Lunch	Face to Face	Pool time
EVENING	Dinner	Unleash the Power of Your Soul	Afternoon Stretch	Smoothies at Palm Court
	Peaceful Sleep	Drinks at lounge	Dinner	Quiet time
	Craniosacral Therapy	Dinner	Floating Meditation	Departure

**MINDFUL TIPS**  
Challenge Courses are great for leaders to participate in, and might get them thinking about a group retreat for their team to connect and bond!

*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.*