

JOURNEYS *with* INTENTION



*mental
wellbeing*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Meditation
	Smoothies at Palm Court	Morning Stretch	Miraval Outback Hike	Breakfast
	Slow Flow Yoga	Mindfulness at Miraval	Roll with it	Vitamin C Facial
MID-DAY	Lunch	The Beauty of Imperfection	Lunch	Pool time
	Quantum Leap	Pool time	Qi Grounding Massage	Lunch
	Soul Guidance	Lunch	Chorus of Crystals	Journey to Self
EVENING	Dinner	Desert Tightrope	Private Stress Reduction Consultation	Happy Hips
	Drinks at Lounge	Labyrinth quiet time	Dinner	Quiet Time
	Shamana-Karma	Dinner	Miraval Grounding Massage	Departure

MINDFUL TIPS
Set time aside to pause, reflect, and be present in the moment. On your guest room TV, use our five-minute meditation video to center and prepare yourself for the day.

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.