

# JOURNEYS *with* INTENTION



*outdoor  
adventure*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Breakfast
	Trail Run	Miraval Outback Hike	Semi-Private Mountain Biking	Quiet Time
	Labyrinth Journey	Smoothie at Palm Court	Pool time	Private Swing & a Prayer
MID-DAY	Lunch	Sun Goddess Facial	Lunch	Outdoor Yoga
	Climbing Wall	Lunch	Desert Sky Zip line Experience	Lunch
	Pool time	Afternoon Stretch	Smoothies at Palm Courts	Pool time
EVENING	Drinks in lounge	Slackline	Self-Guided Afternoon Hike	Talking Stones Massage
	Dinner	Quiet time	Drinks in lounge	Quiet time in your room
	Desert River Stone Massage	Dinner	Dinner	Departure

**MINDFUL TIPS**  
Staying hydrated will help you acclimate to our beautiful Sonoran Desert environment. Make sure to bring your reusable Miraval water bottle with you on all your adventures.

*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.*