

# JOURNEYS *with* INTENTION



*reconnection  
getaway*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Strech
	Miraval Outback Hike	Miraval Equine Experience	Morning Meditation	Breakfast
	Quite time	Cardio Drumming	Rise & Shine Yoga	Deborah Lippmann Signature Pedicures
MID-DAY	Lunch	Yin/Yang Yoga	Lunch	Pool time
	Desert Sky Zipline Experience	Pool time	Duet W.H.Y - What Hold You	Lunch
	Semi-Private Astrology	Lunch	Cocktails in the Life in Balance Culinary Kitchen	Labyrinth Journey
EVENING	Aroma Flow Yoga	Creating Joy & Harmony	Floating Meditation	Mindfulness at Miraval
	Just Cook for Me Chef	Healing Visualizations Meditation	Dinner	Quiet time in your room
	Calming Hot Stone Massage	Dinner	Vitamin C Facial	Departure

## MINDFUL TIPS

If scheduling a massage and facial, schedule the facial last, all the great product applied to your skin is not wiped away on the massage face cradle.

*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.*