

# JOURNEYS *with* INTENTION



*relaxation*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Morning Meditation	Breakfast
	Yin Aerial Yoga	Mindfulness at Miraval	Breakfast	Morning Stretch
	Yoga Nidra Meditation	Breathwork	Purple Sage Equine Meditation	Renew & Restore Facial
MID-DAY	Lunch	Pool time	Lunch	Labyrinth Journey
	Living a Life in Balance Consultation	Mindful Hair & Scalp Renewal	Pool time	Lunch
	Chorus of Crystals	Lunch	Artful Photography Stroll	Loving Kindness Meditation
EVENING	Juniper Leg & Foot	The Magic of Mandalas	Floating Meditation	Pool time
	Drinks in lounge	Custom Yoga	Dinner	Quiet time in your room
	Dinner	Dinner	Miraval Relaxation Massage	Departure

**MINDFUL TIPS**  
Indulging in a little downtime is important – and what better way to do so than by lounging poolside, with cold drinks and healthy snacks!

*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.*