

JOURNEYS *with* INTENTION



self-connection

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Breakfast
	Labyrinth Journey	Morning Meditation	Rise & Shine Yoga	Desert Tightrope
	Journey to Self	All the Buzz	Spiritual Journey to your Higher Power	Quiet time in room
MID-DAY	Lunch	The Beauty of Imperfection	Lunch	Change your Brain with Meditative Drumming
	Out on a Limb	Lunch	Healthy Gut, Healthy You	Lunch
	Quiet time	Soul Journey	Aroma Flow Yoga	Pool time
EVENING	Afternoon Stretch	Floating Meditation	Dinner	Smoothies at Palm Court
	Dinner	Niramaya Facial	Tula	Gentle Stretch
	Reiki	Dinner	Kiva quiet time	Departure

MINDFUL TIPS
In search of a quiet spot to meditate? Visit one of seven mindful locations on property that were chosen for their sacred energies.

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.