

JOURNEYS *with* INTENTION



grief & transition

| | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|-----------------------------------|----------------------------------|-------------------------|-------------------------------|
| MORNING | Arrival | Breakfast | Breakfast | Breakfast |
| | Unforgettable Canvas | Forgiveness Meditation | Out on a Limb | Remembrance Ceremony |
| | Morning Spa Treatment | Morning Stretch | Pool time | Morning Meditation |
| MID-DAY | Lunch | Quiet time in your room | Lunch | Pool time |
| | Private Letting Go and Letting In | Lunch | Life, Loss & Letting Go | Lunch |
| | Labyrinth quiet time | Intuitive Massage | Elements of Healing | Awakening the Dream |
| EVENING | Dinner | Dinner | Quiet time | Holographic Memory Resolution |
| | Talking Stones Massage | Master Your Mind, Heal Your Body | Dinner | Quiet time in your room |
| | Quiet time | Drinks at lounge | The Gift of Gratitude | Departure |

MINDFUL TIPS
 Make time to journal during your visit. Journaling is a great way to acknowledge what you are feeling and move the energy in a positive way.

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.