

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
	Sacred Sounds 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.