

YOUR FEBRUARY 2012 GUIDE TO

# MIRAVAL<sup>®</sup>

You won't find you anywhere else

NEW FOR 2012...

## NĀGA

... DEBUTS THIS MONTH!

Name:

# Welcome

Dearest Guest,

When my wife Jean and I first visited Miraval, we found it to be a truly transformative experience. The magic of the beautiful 400+ acre property and the expertise of the caring staff were apparent from the moment we arrived. We were so taken by our first stay that we wanted to become a more permanent part of the Miraval family and decided to invest in the company.



Steve & Jean Case

For the past five years, we have had the pleasure of building on Miraval's tremendous legacy with the goal of taking the life-changing Miraval experiences to more people in more places. Every day is unique for every person at Miraval. What makes it so special is the seemingly endless array of options. You can do as much or as little as you like. If this is your first visit to Miraval, the array of options may seem a little bewildering and trying new things perhaps a little intimidating. You'll quickly discover that everybody working at and staying at Miraval is part of a community that encourages and supports each other. So you have nothing to fear and much to gain if you allow yourself to get outside of your normal comfort zone. Discover what is uniquely Miraval - and uniquely you.

Thanks again for visiting. I hope your experience here is as transformative for you as mine was and that you'll be back soon!

- Steve Case, Owner, Miraval

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# Private Sessions

In addition to spending time with our Staff and Specialists in activities, we also offer private sessions for several of our experiences and programs. Please call Guest Services at ext. 4512 for more information and to schedule your private session. You may use your daily resort credit towards these experiences. You may also book these private sessions prior to your arrival at 800.232.3969.

## **CHALLENGE ACTIVITIES**

Out on a Limb  
Quantum Leap II  
Desert Tightrope

## **EQUINE ACTIVITIES**

Miraval Equine Experience™  
Arena Lesson  
Private Trail Ride

## **EXERCISE PHYSIOLOGY**

Optimal Fitness Diagnostic

## **FITNESS**

Fitness Program Design  
Aligned Posture  
Bone Health Strength Training  
Golf  
Introduction to Chi Gong  
Tennis Consultation  
Personal Training  
Power Plate

## **HIKING, BIKING & CLIMBING**

Hiking  
Mountain Biking  
Climbing Wall  
Trail Running

## **INTEGRATIVE WELLNESS PROGRAM**

Personal Health Plan Consultation  
Finding the Zone  
Healthy Aging  
Spontaneous Happiness  
Spontaneous Healing

## **MINDFULNESS, MEDITATION & YOGA**

Meditation  
Stress Reduction  
Custom Yoga  
Mindful Living  
Breathwork  
Dream Yoga  
Partner Yoga

## **NUTRITION**

Metabolic Rate Test & Personalized Nutrition Plan  
Integrative Nutrition Consultation

## **PILATES**

Private Apparatus (Reformer, Cadillac Combo Chair, Spine Corrector, and Ped-a-Pul)  
Classic Mat Work  
Ron Fletcher Towel or Floor Work  
Magic Circle/Pilates Ring

## **WELLNESS**

Wellness Counseling Consult  
Grief, Loss & Letting Go  
Mindful Dialogue  
Sand & Spirit  
Walk & Talk Session  
Mirror of the Soul  
Duet Services Available

Look for this icon throughout the guide - it indicates which experiences may be booked as a private session for yourself or your group.

## Private Session with a Photographer

Nothing requires living in the moment quite like taking a photograph. Whether you are a seasoned photographer or total beginner, your private session with a Miraval photographer will give you tangible tools to see the world around you in a fresh light.

Work with Miraval's professional photographer, Nancy J. Schroeder, to design and customize a session that meets your personal photography goals. You can capture the art Mother Nature has already sculpted by learning and using the concepts of lighting, balance, and photo composition; or, you can spend the entire session learning the basics of Photoshop and digital photo manipulation including how to crop, spot, and adjust color and contrast. This private session with Miraval's photography expert can truly be whatever you want it to be. Plus, you get to take your memories home with you as prints or digitally on a CD. Our expert is also available for photography hikes.

In the fast-paced world we live in, it's easy to let the special moments pass you by. Take this unique opportunity to be more present, and let Nancy be your guide as you hone your skills and learn something new.

Contact Guest Services at ext. 4512 to make an appointment.



# Miraval Specialists

**Inspiring direction from inspired minds.** They are here to help bring clarity to an existing situation or show you how to benefit from new thinking. Learn the latest techniques in mind-body connections, nutrition, spiritual healing and relationship building through these private sessions. Inquire about visiting special guests who also offer private sessions at Guest Services.

## JIM NICOLAI, M.D.

James Nicolai, M.D., is the Medical Director of the Andrew Weil, M.D. Integrative Wellness Program at Miraval. He is a board-certified family practitioner and a graduate of the Integrative Medicine Fellowship at the University of Arizona in Tucson directed by Dr. Andrew Weil. Dr. Nicolai has a special interest in whole-person medicine, addressing patients as mental and emotional beings, energetic and spiritual entities, and community members, as well as physical bodies. His expertise is in combining conventional medicine with the intelligent use of complementary and alternative therapies, including herbs and other botanicals, vitamins and supplements, lifestyle management, and stress reduction.



**Finding the Zone:** Work with Dr. Nicolai to speak the language of the heart and access the coherent state that can bring about the Zone. By learning how to use simple biofeedback technology, you can develop a practice that can transform your relationship to stress and enhance performance in the moment it is needed. Gaining the perception on how Heart Intelligence works can provide the clarity and skillset to transform chaotic emotions into ones that are more balanced, ordered, rhythmic and harmonious. This can improve health as well as how you do on the field, at work, in school or even at home with the ones you love. 50 Minutes.

**Healthy Aging:** Although aging is an irreversible process, we can do several things to keep our minds and bodies in good working order through all phases of life. Through an Integrative approach, learn strategies to prevent disease and age optimally as we move into our middle years and beyond. 50 Minutes.

**Personal Health Plan Consultation:** Have you ever wanted to sit and talk with your doctor for more than 10 minutes to truly be able to ask any questions and be heard? This is your chance to have a detailed dialogue about your health with a doctor who is completely focused on you. Dr. Nicolai has a very comprehensive approach to your healthcare and will spend time getting to know your personal story: your history, your current needs and your goals. Prior to your consultation, our team will assess your current lifestyle practices and health challenges to create a baseline of knowledge so your time with Dr. Nicolai can be as productive as possible. You will leave this session with suggestions for your next steps on your path to wellbeing. 90 Minutes.

**Spontaneous Happiness:** Are you anxious or depressed? Are you taking medications for depression or anxiety and looking for tips beyond the conventional approach? Using the principles of Integrative Medicine, Dr. Jim will help you discover which lifestyle improvements can optimally affect your mood. He will introduce you to various mood-enhancing vitamins, supplements and medicinal plants, and coordinate how to use them with your current regimen. He will explore alternative therapies and mind-body practices that may help you balance brain biochemistry, and will offer practical strategies to apply these to your daily life. 50 Minutes.

**Spontaneous Healing:** Do you feel that something is out of sync with your health? Are you unable to find the right strategies to optimize healing in your body? Work with Dr. Nicolai to assess your healing system, evaluate what imbalances you might have, and create a practical action plan to improve it. 50 Minutes.

## JUNELLE LUPIANI, RD

Junelle is a Registered Dietitian who specializes in weight management, the integration of nutrition for disease treatment and prevention, and is a Board Certified Specialist in Sports Dietetics. Junelle can provide practical, individualized nutrition and supplemental advice to help you achieve optimal health.



**Metabolic Rate Test & Personalized Nutrition Plan:** This session begins with a Metabolic Rate Test which will determine how much energy you need every day. From there, we will work together to create a personalized and realistic daily plan in order for you to achieve the weight you are aiming for. 50 Minutes.

**Integrative Nutrition Consultation:** Take some time to investigate how your nutrition is affecting your well being. Find out how food plays a role in your energy levels, your quality of sleep, migraine prevention, digestive issues, as well as heart disease, diabetes, and cancer prevention. Junelle can help you use food and supplements to optimize your health. 50 Minutes.



### ANNE PARKER, M.A., M.H.S.A

Anne has been a professional therapist for over 30 years, completing degrees in music therapy, counseling psychology, health services administration, and integrative arts

therapies. She combines therapeutic skills and spiritual practice to bring a unique outlook and practical understanding to creating and enhancing wellness. Anne inspires the discovery of new perspectives about balance, joyful living, and transformation.

**Mirror of the Soul:** Who are you right now? The answers to this question will help you enhance the current stage of your life journey. Your subconscious will select shapes and colors that mirror the patterns, blocks, energies, and cycles at work in your inner self, reflecting the dynamics of your soul. This information will assist you in discovering what will most support your personal wellness and spiritual growth, guide you toward innovative problem solving, setting personal priorities, and enhancing your relationships. 50 Min/individual; 80 Min/duet.

**Sand and Spirit:** Engage in a fun and innovative approach to uncovering deep personal insights and perspectives. You will create a diorama in a small sand tray using various kinds of figures selected by you. Your creation may portray a personal issue or problem, a relationship dynamic, or any other life situation you would like to explore. 50 Min/individual; 80 Min/duet.

**Wellness Counseling Consultation:** Cultivate practical ways to integrate the Miraval experience into real, positive changes in your daily life. If you are not clear how to go about this, feel stuck in your personal growth, or want to create ways to actively support your own health, this session can give you fresh ideas and a new perspective. Personal issues may be explored related to life transitions of all kinds, balancing life's demands, habit change, enhancing relationships, or difficult emotions such as anxiety or depression. 50 Min/individual; 80 Min/duet.

### ANDREW WOLF, M.ED., R.C.E.P.

Earning his master's degree at the Human Performance Lab at UT Austin, Andrew specializes in exercise performance enhancement as well as diabetes treatment and prevention through enhanced metabolic function.

**Exercise Physiology at Miraval:** Our exercise physiologists are highly educated, innovative professionals who consult on a wide range of exercise related topics. Concerns about weight management, balance and agility, flexibility, strength or just the most time efficient ways to fit exercise into your busy life are all options that are covered in a session with these experts. 50 Minutes.



### TEJPAL (Marine Spring), M.A., M.B.A.

A Professional Certified Coach and Brennan Healing Practitioner, Tejpal has over 20 years of experience coaching executives in a business context. In 1996, Tejpal experienced the benefits of Brennan Healing Science and shifted her energy toward healing, spirituality and vibrant health. She gives weekly lectures and workshops in the field of spirituality as well as soul guidance sessions.



**Brennan Healing Science:** Combines innovative healing techniques with spiritual and psychological processes, touching every aspect of life. You will restore a sense of well-being and emotional balance to your mind, body and soul. 50 Minutes.

**Soul Journey:** Let yourself be guided on a journey to inner strength and knowledge. Through music, drums and channeling, you will gain insights that will support you as you learn to explore and express your hidden talents.

50 Minutes.

**Soul Guidance:** Learn how to connect or reconnect to your spiritual dimension, depending on your personal goals. Through dialogue, intuitive tools, breath, music and movements, you are invited to create shifts that will support any life changes you want to manifest. These sessions are suited to people of all faiths and beliefs. 50 Minutes.



### MARK PIRTLE, DPT

Dr. Pirtle, stress-illness specialist, brings clinical expertise to Miraval after practicing mindfulness meditation and the treatment of stress-illnesses for over twenty years. Mark created the first ever pain management program at Sierra

Tucson, a world-renowned rehabilitation hospital. Mark's dedication and time abroad in a Buddhist monastery, and his discipline in neuroscience, systems dynamics, and meditation, have given him insight and skill in helping people heal from all manner of stress-related conditions including pain, addictions, depression and anxiety.

**Skillfully Aware: At Home, at Work and in Life:** Join Dr. Mark Pirtle for an educational experience that will change your life. Learn simple but profound attentional skills that will change how you perceive yourself and the world, and with dramatically positive results. Realize that the healing, peace and joy that you want is already there inside and all around you. If feeling great without effort appeals to you, take this class to experience the benefits of Skillful Awareness. Afterwards, all you'll ever have to do is remember to remember. 50 Minutes.

# Miraval Specialists

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## BRENT BAUM

Brent M. Baum brings his expertise to Miraval as an internationally recognized trauma specialist, international lecturer and author with over 15 years of experience working with trauma survivors from various walks of life.

**Holographic Memory Resolution:** By healing the memories that induce emotional and physical blockages, it is possible to resolve disease, depression, compulsivity, pain and anxiety at their source. This gifted therapist and teacher created Holographic Memory Resolution® (HMR®) to teach trauma survivors tools to access their memory and resolve emotions often associated with traumatic events. 80 Minutes.

## COACH LEIGH WEINRAUB, M.A.

Coach Leigh Weinraub has developed a multi-dimensional therapy practice combining her background in coaching, counseling psychology and her passion for health. Focusing on healthy lifestyle, appreciation for nature, passion for movement and dedication to helping others, Leigh has the ability to help others execute in high-pressure situations and understands how to motivate top-tier individuals and groups. As a competitor, Leigh was a top nationally-ranked junior tennis player and a full scholarship athlete for the Big 10 championship Northwestern tennis team. Leigh's background playing at the highest levels provides her with a sound foundation of the principles of performance enhancement and stress management.



**Walk & Talk Session:** Build an emotional, physical, and intellectual foundation for personal growth. Think outside the box of traditional counseling and take an active psychological approach that engages mind and body simultaneously. This unique and innovative method will help you find the self-awareness needed to tackle issues and deal effectively with the stresses in your life. 50 Minutes.

**Wellness Counseling Consultation:** Cultivate practical ways to integrate the Miraval experience into real, positive changes in your daily life. If you are not clear how to go about this, feel stuck in your personal growth, or want to create ways to actively support your own health, this session can give you fresh ideas and a new perspective. Personal issues may be explored related to life transitions of all kinds, balancing life's demands, habit change, enhancing relationships, or difficult emotions such as anxiety or depression. 50 Min/individual; 80 Min/duet.

**Private Tennis Sessions:** Leigh is also available for private Tennis sessions and classes. See Guest Services for details. Tennis equipment provided. 50 or 100 Minutes.



## GLEN GRIFFITH

Glen has been a member of the PGA of America since 1993 and has been teaching golf to beginners and experienced golfers since 1990. Glen has developed innovative instruction techniques emphasizing the importance

of a well-balanced approach to the game of golf.

### Private Golf Lesson

Please see full descriptions on page 9.

### On-Course Coaching Session (Up to 9 holes)

Please see full descriptions on page 9.

## MATTHEW WALKER, M.A.

Matthew is a behavioral scientist who specializes in connecting individuals and couples with their passion and potential in both personal and professional life. His approach emphasizes that the individual is the expert in their own life and works side-by-side to coach and create behaviorally specific goals and actions to create and cultivate wellness. Connecting the mind and body, Matthew uses his experience as a world-class rock climber to work with individuals to embrace adventure in all aspects of their lives.



**Adventure in Everything Consult:** Can you imagine if there was a series of specific steps you could take to make all of your dreams come true? In this session, you will use the Five Elements of Adventure to find your path, capitalize on your unique personality to leverage your strengths, and design a step-by-step plan to find the most passionate and fulfilling life possible. 50 Minutes.

**Mindfulness & Movement:** Connect breath, singular focus, and adventurous challenge on the rock climbing tower. Join Matthew for an experience that blends mindfulness and rock climbing in a way that is both empowering and illuminating. No previous rock climbing experience is necessary - you will break through your preconceived notions of what is possible and learn to embrace and meet new challenges in your life with grace and confidence. 50 Min/individual; 80 Min/duet.

**The Sharp End of the Rope:** Join Matthew for a day of rock climbing on Mt. Lemmon. Enjoy the personal challenge and joy of climbing while integrating the 5 Elements of Adventure. Perfect for the complete beginner – embrace this unique opportunity to explore the relationship between the vertical world and your life! 8.5 Hours.



### TIM FRANK, NMD

Dr. Frank is a Naturopathic Physician with 20 years of experience in practicing & teaching Master level deep tissue & structural massage as well as spiritual healing.

**Holographic Memory Resolution:** See above.

**Spirit Flight:** 2010 & 2011 SPAFINDER READER'S CHOICE - BEST SPA TREATMENT - This transformational ceremony will create a unique experience with true healing power, allowing you to open to the inner aspects of self and explore the body, mind and spirit connection. This treatment combines a full-body therapeutic massage with the healing practices of Spiritual Shamanism and drumming, while also employing acupuncture, CranioSacral Therapy and spinal alignment to renew your body's energy and balance. 100 Minutes.

**Samadi Healing Ceremony:** A Miraval exclusive. A blend of relaxation-inducing methods designed by Dr. Frank that bring deep peace to your body and state of mind. Native American Shamanic drumming is combined with acupuncture, Reiki and reflexology in this transformational healing ceremony. The element of sound, including melodic chants, further calms the body and allows you to be more open and reflective. This is a specialty service with limited availability; please contact Guest Services to schedule. 45 Minutes.



### PAM LANCASTER

Pam Lancaster's experience in the Oriental healing arts represents years of training and development as a body therapist. Her diverse style integrates Kundalini Yoga, Tibetan bowl sound healing, traditional Thai massage,

Chi Nei Tsang and Shiatsu. The essence of her practice is to facilitate a newfound sense of self-awareness in each client. This profound healing approach helps reclaim the truth of the human body and awaken its innate healing abilities.

**Shuniya Sound Therapy:** Shuniya Sound Healing Therapy designed by Master Practitioner Pamela Lancaster. This full body session touches and transforms your state of being; emotionally, physically and spiritually. The ancient healing arts of Tibetan bowls and Tuning forks are masterfully combined with traditional Thai massage, Chi Nei Tsang and shiatsu. Infused with sound and vibration, your body will become energetically balanced as the spirit is harmonically brought into a deep state of healing. This deeply centering experience will help you attain optimal health, clarity and serenity. Please wear loose comfortable clothing. 80 Minutes.



### KEPHART TAIZ

Kephart Taiz, inventor, artist and musician, has a passion for innovation and creating experiences that stimulate and nourish the imagination, heart and body. He found his musical voice over 15 years ago through the diverse instrumentation of harp and didgeridoo,

his love of music and the discovery of the healing art of tactile sound leading to the invention of the TAIZ Sensorium. Kephart invented the TAIZ Sensorium 7 years ago and has been featured on E! Entertainment Network's Dr. 90210 and at special events for the De Young Museum of San Francisco, California College of Arts, and Fortune 500 companies.

#### The TAIZ Sensorium

The TAIZ Sensorium is an unparalleled therapeutic technology and process that offers a unique adventure into the realm of imagination while also relaxing and releasing tension at the same time. Layered compositions of music, exhilarating base rhythms and elemental sounds from nature bath the receiver with a full-spectrum of vibration that nourishes and massages into deep layers of the body. Please wear loose comfortable clothing. 50 Minutes.

### TONY REDHOUSE

Tony is a traditional Native American practitioner and consultant to Native American communities as well as behavioral health organizations. He is the winner of the Best New Age Recording award for 2009 from the 11th annual Native American Music Awards.



**Native American Meditation & Healing:** Take a meditative journey around the Sacred Circle of your life using the most ancient forms of human expression: the voice, the drum and the flute. 50 Minutes.



### The Sharp End Of The Rope

Sign-up in Guest Services.  
Fee applies.

Most Wednesdays and Fridays  
Join us for a day of rock climbing on Mt. Lemmon. Enjoy the personal challenge and joy of

rock climbing while integrating the 5 elements of Adventure. Class meets in the Palm Court.

Due to preparation time, a 24-hour cancellation policy applies.

# Sunday

Meal Times: Breakfast ~ 6:30 - 9:30 am  
Lunch ~ 11:30 am - 2 pm  
Dinner ~ Sign-up Daily

## Clue-In Activities

7:00-7:45	Morning Stretch (Gecko/BMC)
8:00	Hiking Activities: Please see the sign-up board in Palm Court for daily hiking activities. (Meet in Palm Court)
8:00-8:45	Fitness Walk (Outdoor/Meet at BMC )      Morning Meditation (Agave Center)
8:30-10:30	Swing and A Prayer (Meet in Palm Court)
9:00-9:45	<b>NEW</b> R.I.P.P.E.D.: <b>Advanced Level Class</b> (Roadrunner/BMC)
	Morning Yoga: <b>Mixed Levels</b> (Agave Center)
9:00-11:30	Miraval Equine Experience™ (Meet in Palm Court)
10:00-10:45	Spin & Tone (Gecko/BMC)
10:00-11:30	Yoga Essentials: <b>Level 1</b> (Agave Center)
11:00-11:30	Abs & Glutes Express (Roadrunner/BMC)
11:30-1:30	Quantum Leap II (Meet in Palm Court)
12:00-12:45	Lunch with Andrew Wolf, Exercise Physiologist: Seating is limited. Buffet service only. Guests are seated on a first come, first served basis. Please check in with the hostess to determine if there is space in the class. (Cactus Flower Restaurant)
1:00-1:45	Walk & Tone (Outdoors/Meet at BMC)
2:00-2:45	Water Move-It (BMC Pool)
3:00-3:45	Roll with It (Gecko/BMC)
	 <p><b>Making Weight Loss A Reality with Andrew Wolf (Activity Rooms)</b></p> <p>In light of the conflicting information about weight loss, this lecture is a breath of fresh air that sweeps away the hype and gets to the facts about exercise-induced body composition change.</p> <p>Available Sunday and Wednesday.</p>
3:00-4:30	<b>NEW</b> Yoga of the Day: Energy Yoga: <b>Level 2</b> (Agave Center)
3:30-5:30	Evening Photography Walk (Activity Rooms)
5:30-6:30	<b>NEW</b> Skin Care 101 (Activity Rooms)
6:30	❖ Chef's Table (Fee applies - Sign-up in Guest Services - Cactus Flower Restaurant)
6:30-7:30	Drumming (Activity Rooms)

## Sharing the Journey: Our Midlife Transition (for Women Only)

This class is offered on Tuesdays and Fridays.

Join Sheryl Brooks, RN for an open conversation about the journey many women face in midlife. Whether you're on your way or already there – you may be feeling a mind-body-spirit transition and you're not alone! Have you ever wondered if, going forward, you might want to live a life that is something more or different than you have up to now? Sheryl will facilitate a discussion to bring acknowledgement, understanding, and comfort to you during this midlife transition because, well, sometimes it just helps to talk about it! Share with and learn from others who are also on the journey and tap into the intrinsic coping tools that are built into us as women. You might laugh, you might cry, but you'll definitely learn something new.



Shaded offerings require sign-up in Palm Court. Please be mindful of start times, so as to not interrupt the sessions. You may attend as many classes, lectures and activities as you like during your stay. Almost any class, lecture and activity may also be booked for a private session. Please call Guest Services at ext. 4512 for more information.

❖ Items with this symbol may be booked prior to your arrival at Miraval. Please call 800.232.3969 to book.

## **NEW!** The Entrepreneurs Guide to Enlightenment™ at Miraval

There is a shift happening of global proportions. Unsustainable business and personal models are giving way to systems driven by intuition, trust and spiritual intelligence. For those businesses and individuals clinging to the old paradigm, it can be a very painful time. But for those who have begun to see through the chaos, it is a time of accelerated passion, clarity and creativity. Entrepreneurs, innovators, entertainers, artists, athletes, scientists - those with a TypeE personality, are most often the visionaries who are carrying this new wave of awareness across our planet.

Program facilitators Alex Giorgio and Heidi Nobantu Saul employ the TypeE paradigm to invite you to explore creating an enlightened life by weaving together your own hands-on Miraval experiences with spiritual and entrepreneurial principals and practices.

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**April 1 - 6, 2012**

type **E** personality.

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Visit [miravalresorts.com](http://miravalresorts.com) and click on events for full details.

## Golf: A New Approach

### Private Golf Lesson:

Whether you have been golfing for years or have never held a golf club in your life, take this opportunity to experience a new approach to golf through balance, awareness, and self coaching techniques. Connecting breath, focus, and targets will allow you to move beyond the ability to hit a particular shot toward playing the game more powerfully than ever before. By transforming your approach through all aspects of your game, you can begin playing from a simple, successful place. Whether your primary challenge area is consistency, power, or accuracy, your new approach will allow you to begin playing your best golf. Consider a new coaching approach in all aspects of your game: full swing, putting, chipping, bunker play, and game management.



### On-Course Coaching Session - (Up to 9 holes):

Transform your on course game to allow for lower scores by identifying your challenge areas and addressing those areas while on the golf course. Discuss techniques for mentally preparing for your rounds of golf, maintaining consistent energy levels, and warm-up techniques to take your game from the range to the course. Do not allow your past experiences with your golf game to dictate the current state of your game. With your "new approach," learn how to move beyond limiting beliefs into a world of possibility.

\* A Private Golf Lesson is recommended prior to the On-Course Coaching Session.

Please call Guest Services at ext. 4512 to book. Golf can also be booked prior to your arrival by calling 800.232.3969.

# Monday

Meal Times: Breakfast ~ 6:30 - 9:30 am  
Lunch ~ 11:30 am - 2 pm  
Dinner ~ Sign-up Daily

## Clue-In Activities

7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00	Hiking Activities: Please see the sign-up board in Palm Court for daily hiking activities. (Meet in Palm Court)	
8:00-8:45	Zen Boot Camp: <b>Advanced Level Class</b> (Outdoor/Meet at BMC)	
	Morning Meditation (Agave Center)	
8:30-10:30	Out On a Limb (Meet in Palm Court)	
9:00-9:45	Morning Yoga: <b>Mixed Levels</b> (Agave Center)	
	I Chi Flow (Yucca Pool)	<b>NEW</b> Box & Tone (Roadrunner/BMC)
9:00-11:30	Miraval Equine Experience™ (Meet in Palm Court)	
10:00-10:45	Cardio Drumming (Roadrunner/BMC)	
	Spinning (Gecko/BMC) - Attendance Limited	
10:00-11:30	<b>NEW</b> Yoga Groove: <b>Mixed Levels</b> (Agave Center)	
11:00-11:30	On the Ball Express (Roadrunner/BMC)	
11:00-11:45	Cardio Intervals (BMC Floor)	
11:00-1:00	Mountain Biking: Please see the sign-up board in Palm Court for daily biking activities. (Meet in Palm Court)	
11:30-1:30	Desert Tightrope (Meet in Palm Court)	
12:00-12:45		<p><b>Lunch with Anne Parker, Wellness Counselor (Cactus Flower Restaurant)</b></p> <p>Join Anne for a unique opportunity to engage in conversation about the process of change and how to create balance in the midst of life's demands.</p> <p>Seating is limited. Buffet service only. Guests are seated on a first come, first served basis. Please check in with the hostess to determine if there is space in the class.</p>
1:00-1:45	Balance (Roadrunner/BMC)	
2:00-2:45	Water Conditioning (BMC Pool)	Mindfulness at Miraval (Agave Center)
3:00-3:45	Roll with It (Gecko/BMC)	
	Metabolism and Prevention with Andrew Wolf (Activity Rooms)	
3:00-4:30	Yoga of the Day - Core Yoga: <b>Level 2/3</b> (Agave Center)	
3:30-4:30	Grief, Loss and Letting Go (Activity Rooms)	
5:00-6:00	Skillfully Aware®: at Home, at Work and in Life with Mark Pirtle (Activity Rooms)	
6:30	❖ Chef's Table (Fee applies - Sign-up in Guest Services - Cactus Flower Restaurant)	



## Special Offering: Astrology with Carolyn Crawford

Cosmic guidance by Astrologer Carolyn Crawford. Private sessions are available. Please see Guest Services to book.

Shaded offerings require sign-up in Palm Court. Please be mindful of start times, so as to not interrupt the sessions. You may attend as many classes, lectures and activities as you like during your stay. Almost any class, lecture and activity may also be booked for a private session. Please call Guest Services at ext. 4512 for more information.

❖ Items with this symbol may be booked prior to your arrival at Miraval. Please call 800.232.3969 to book.

## Chill-Out Spa Services & Private Sessions

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## It's Not About the Horse with Wyatt Webb

Join Wyatt as you participate in what could be the most important journey you've ever chosen. It is a journey that will take you inside yourself. The horse provides assistance as an energetic mirror so that you may identify patterns of learned behavior that either enhance or detract from the quality of life that you experience from one moment to the next. We generally discover that two culprits stand between merely surviving life versus experiencing the "joy of living." You were not born with these two deterrents known as fear and self-doubt. They are learned and can be unlearned. No thought pattern in your head is a life sentence. You will be given the opportunity in a safe and supportive group setting to work through what is blocking your progress toward the way of being in the world that you have longed for and dreamed of. Acclaimed equine facilitator Wyatt Webb will guide your participation in this group and you will leave truly knowing it is not about the horse...it's about you.

This class is available most Tuesdays, Fridays & Saturdays.  
Fee Applies. Please see Guest Services to book.



# Tuesday

Meal Times: Breakfast ~ 6:30 - 9:30 am  
Lunch ~ 11:30 am - 2 pm  
Dinner ~ Sign-up Daily

## Clue-In Activities

7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00	Hiking Activities: Please see the sign-up board in Palm Court for daily hiking activities. (Meet in Palm Court)	
8:00-8:45	Fitness Walk (Outdoor/Meet at BMC)	Morning Meditation (Agave Center)
8:30-10:30	Quantum Leap II (Meet in Palm Court)	
9:00-9:45	BoCircuit (Roadrunner/BMC)	Morning Yoga: <b>Mixed Levels</b> (Agave Center)
	Mindful Eating (Includes Breakfast - Buffet service only - Cactus Flower Restaurant)	
	<b>NEW</b> Golf: Swing Into Balance: <b>All Levels</b> (Golf Clubs provided or you may bring your own - Meet at BMC)	
9:30-12:00	❖ It's Not about the Horse with Wyatt Webb (Fee applies - See Guest Services - Meet in Palm Court)	
10:00-10:45	Cardio Dance - Zumba (Roadrunner/BMC)	Breathwork (Agave Center)
11:00-11:30	Abs & Glutes Express (Roadrunner/BMC)	
11:00-11:45	Yoga Flow: <b>Level 2</b> (Agave Center)	
11:00-1:00	Mountain Biking: Please see the sign-up board in Palm Court for daily biking activities. (Meet in Palm Court)	
11:30-12:15	Cooking Demonstration: Check in with the hostess to determine if there is space in the class. (Cactus Flower Restaurant)	
11:30-1:30	❖ Desert Sky Zipline Experience (Fee Applies - Sign-up in Guest Services - Meet in Palm Court)	
12:00-12:45	Lunch with Andrew Wolf, Exercise Physiologist: Seating is limited. Buffet service only. Guests are seated on a first come, first served basis. Please check in with the hostess to determine if there is space in the class. (Cactus Flower Restaurant)	
12:30-3:00	Miraval Equine Experience™ (Meet in Palm Court)	
1:00-1:45	Chi Gong (Roadrunner/BMC)	
	Ladies Only - Ways to Live Happy, Healthy & Strong with Junelle Lupiani (Activity Rooms)	
1:00-3:30	❖ It's Not about the Horse with Wyatt Webb (Fee applies - See Guest Services - Meet in Palm Court)	
2:00-2:45	Water Move-It (BMC Pool)	Afternoon Meditation: Healing Visualizations (Agave Center)
	<b>NEW</b> Sharing the Journey: Our Midlife Transition with Sheryl Brooks (for Women Only!) (Activity Rooms)	
	February 7, 14 & 28 - Intuitive Living: Exploring the Language of the Soul with Tejpal (Activity Rooms)	
	Yogilates (Gecko/BMC)	
2:30-4:30	Quantum Leap (Meet in Palm Court)	
3:00-3:45	Stretch & Relax (Gecko/BMC)	
3:00-4:30	Yoga of the Day - Yin Yoga: <b>Mixed Levels</b> (Agave Center)	
3:15-4:45	❖ <b>NEW</b> Finding the Zone with Jim Nicolai, MD (Fee Applies - Sign-up in Guest Services - Activity Rooms)	
3:30-4:30	February 14 & 28 - Reflect & Transcend with Coach Leigh (Activity Rooms)	
4:00-5:00	Mastering Your Makeup: Beauty Demonstration with Makeup Artist Bonnie Johnson (Activity Rooms)	
5:00-5:45	Evening Meditation: Forgiveness (Agave Center)	
5:00-6:00	What is Balance and How Do I Get It? with Anne Parker (Activity Rooms)	
5:30-6:30	Adventure in Everything with Matt Walker (Arizona Room)	
6:30	❖ Chef's Table (Fee applies - Sign-up in Guest Services - Cactus Flower Restaurant)	

Shaded offerings require sign-up in Palm Court. Please be mindful of start times, so as to not interrupt the sessions. You may attend as many classes, lectures and activities as you like during your stay. Almost any class, lecture and activity may also be booked for a private session. Please call Guest Services at ext. 4512 for more information.

❖ Items with this symbol may be booked prior to your arrival at Miraval. Please call 800.232.3969 to book.

## Chill-Out Spa Services & Private Sessions

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## Villa Rentals at Miraval

Enhance your next Miraval stay with our luxurious private villa accommodations. Each villa features:

- Master Suite featuring king bed, indoor gas fireplace, walk-in closet, indoor steam shower, private outdoor shower & soaking tub
- Second Master Suite featuring king bed, private courtyard with hot tub and spacious bathroom with soaking tub
- Private patio with dining area, gas fire pit and endless pool
- Fully appointed gourmet kitchen
- State of the art audio visual with surround sound zones
- Laundry room with washer & dryer

Contact Christina Tierney for details  
520.825.4952  
[ctierney@miravalresorts.com](mailto:ctierney@miravalresorts.com)

## We Believe...

It is more than what you see that makes Miraval Arizona what it is. Our core belief of living in the moment combined with sustainability is uniquely Miraval; when people truly are conscious of and enjoying their surroundings, then they realize they want those surroundings to last.

Join us in our commitment to the environment and be sure to bring your new, sustainable water bottle to your activity. Through our efforts we hope to continue to have a net positive effect on our planet.

## NEW at the Spa

### Nâga

In the Buddhist tradition the Nâga can take the form of a half human half serpent. Nâga is a Miraval spa service evolving from the healing principals of Thai Massage. Your therapist uses strands of richly colored silk suspended from above as an extension of their body. The silks are used by your provider for entwining and gracefully suspending themselves as well as wrapping and supporting your body, taking you deeper into the stretches and releasing restrictions impairing full movement.

Nâga is experienced while wearing loose comfortable clothing and resting on a Thai mat or futon.

\$195 for 50 minutes,  
\$255 for 100 minutes



# In-Depth Explorations

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On your next visit, go more In-Depth. Spend quality time with Miraval Specialists and our distinguished visitors in a workshop designed to give you tangible tools to affect change in your life. For a full list of special events, please see page 39. For more information, visit [miravalresorts.com](http://miravalresorts.com) or call 800.232.3969.

## **An Exclusive Opportunity for Miraval Guests!**

### **Spontaneous Happiness: A Talk with Dr. Andrew Weil**

Join Dr. Andrew Weil for an exclusive opportunity to delve into the research behind his new book *Spontaneous Happiness*. Dr. Weil presents a vast, scientifically proven array of integrative treatment strategies for low mood and depression, drawing on techniques from Ayurveda, Buddhism, acupuncture, psychotherapy, mindfulness training, and much more. Dr. Weil offers advice on lifestyle, behavior, and dietary changes to help you assess your emotional wellness and build a personalized step-by-step plan to manage your moods. There will be a Q & A portion of this lecture giving you the opportunity to have your health and wellness questions answered by Dr. Weil himself!

**Available Dates:**  
**March 6 & March 20, 2012**

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## **The Miraval Equine Experience Immersion**

Working with Wyatt Webb in the Miraval Equine Experience™ Immersion, you will gain greater self awareness and experience personal growth. Each morning you will work with horses, with group practice and development in the afternoon. You'll challenge learned behaviors, correct false beliefs, and rediscover your authentic self.

**Available Dates:**  
**May 13 - 17, July 8 - 12 & August 26 - 30, 2012**

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## **Photography Workshop with NatGeo Expeditions**

Hone your photography skills during a unique long weekend retreat. Learn to take magazine-quality photos through edit-and-critique sessions with National Geographic photographers. Set out on daily excursions to photograph stunning mountain vistas; the stark beauty of the Sonoran Desert; and Tucson's historic downtown. Capture images of the age-old Navajo hoop dance during a private performance. Then put your camera down to enjoy the fabulous spa facilities; invigorating outdoor activities; and fresh, healthy cuisine of the all-inclusive Miraval Resort. These workshops are designed for amateurs interested in improving their digital photography. Participants must bring a digital SLR camera, a laptop computer, and software for organizing and presenting images. Each weekend workshop is limited to 25 students.

**Available Dates:**  
**March 29 - April 1, May 10 - 13 & June 14 - 17, 2012**



# We offer you life. Not Just Medicine.

## The Integrative Wellness Program, Inspired by Andrew Weil, M.D.

Dr. Jim Nicolai has been hand-picked by Dr. Andrew Weil for Miraval's Integrative Wellness Program. This approach to well being uses an inspired combination of Dr. Andrew Weil's pioneering work in the field of Integrative Medicine and Miraval's extraordinary Clue-In Self Development Activities. It aims to provide tangible motivation to connect insights and actions. The program incorporates the principles of integrative medicine, lifestyle diagnostic tools, evidence-based methodologies and in-depth consultation to plot your optimal lifestyle and wellness path.

As part of this unique program, Dr. Nicolai works with Miraval's interdisciplinary team of specialists in the fields of nutrition, exercise physiology and wellness counseling. Their mission is to guide changes in your lifestyle as the chief management strategy for optimizing health. In this way, lifestyle becomes the pill!

By working with Dr. Nicolai and the specialists he recommends for your personal program, you can expect increases in energy levels, motivation, life resilience and, ultimately, longevity. To make sure those patterns stick, you have the option to continue to interact and consult with Dr. Nicolai once you are back home. A journey of introspection and realized potential for healthy living awaits you at Miraval. You deserve it.



"Imagine a world in which medicine was oriented toward healing rather than disease, where doctors believed in the natural healing capacity of human beings and emphasized prevention above treatment.

In such a world, doctors and patients would be partners working toward the same ends." - Dr. Andrew Weil

## FOCUSED STAY PACKAGES

On your next visit to Miraval, tailor your experience to help with a specific goal. Our Focused Stay Packages are specially designed with Miraval offerings to put you on the path towards better health and wellness. Visit [www.miravalresorts.com](http://www.miravalresorts.com) for more details. See page 3 for more information on private services with Dr. Jim and the Integrative Wellness Staff.

- Mindful Weight Management
- Mindful Stress Management
- Support Through Transition



# Wednesday

Meal Times: Breakfast ~ 6:30 - 9:30 am  
Lunch ~ 11:30 am - 2 pm  
Dinner ~ Sign-up Daily

## Clue-In Activities

7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00	Hiking Activities: Please see the sign-up board in Palm Court for daily hiking activities. (Meet in Palm Court)	
8:00-8:45	Morning Meditation (Agave Center)	Zen Boot Camp: <b>Advanced Level Class</b> (Outdoor/Meet at BMC)
	BreathWalking for Wellness with Dr. Jim Nicolai (Activity Rooms)	
8:00-4:30	❖ February 8, 15, 22 & 29 - The Sharp End of the Rope (Fee applies, Sign-up in Guest Services - Meet in Palm Court - 24-hour cancellation policy applies)	
9:00-9:45	Morning Yoga: <b>Mixed Levels</b> (Agave Center)	
9:00-10:45	I Chi Flow (Yucca Pool)	<b>NEW</b> Box & Tone (Roadrunner/BMC)
	Group Trail Ride (Fee applies - Sign-up in Guest Services - Meet in Palm Court)	
10:00-10:45	Cardio Drumming (Roadrunner/BMC)	Spinning (Gecko/BMC) - Attendance Limited
	February 1, 15, 22 & 29 - Zen-nis Tennis with Coach Leigh (Meet at Tennis Courts)	
10:00-11:30	Yoga Essentials: <b>Level 1</b> (Agave Center)	
10:00-11:45	Mindful Stress Mastery (Activity Rooms)	
11:00-11:30	Pilates Mat Express (Gecko/BMC)	
11:00-11:45	Cardio Intervals (BMC Floor)	Labyrinth Journey (Meet at Palm Court)
11:00-1:00	Mountain Biking: Please see the sign-up board in Palm Court for daily biking activities. (Meet in Palm Court)	
	Climbing Wall (Meet in Palm Court)	
11:30-1:30	Swing and A Prayer (Meet in Palm Court)	
12:00-12:45	Lunch with Junelle Lupiani, RD: Seating is limited. Buffet service only. Guests are seated on a first come, first served basis. Please check in with the hostess to determine if there is space in the class. (Cactus Flower Restaurant)	
12:30-3:00	Miraval Equine Experience™ (Meet in Palm Court)	
1:00-1:45	Walk & Tone (Outdoors/Meet at BMC)	Chi Gong (Roadrunner/BMC)
2:00-2:45	Water Conditioning (BMC Pool)	<b>NEW</b> Yoga Nidra Meditation (Agave Center)
2:30-4:30	Quantum Leap II (Meet in Palm Court)	
3:00-3:45	Roll with It (Gecko/BMC)	
3:00-4:30	Making Weight Loss a Reality with Andrew Wolf (Activity Rooms)	
	Yoga of the Day – Flying Dragon: <b>Level 2</b> (Agave Center)	
3:30-5:30	February 1, 8, 15 & 22 - Evening Photography Walk (Activity Rooms)	
4:00-4:45	<b>NEW</b> Maximize Your Biological Age with Junelle Lupiani (Activity Rooms)	
5:00-5:45	February 1, 8, 15 & 29 - Soul Journey, Life Mission: The Path to Happiness and Healing with Tejpal (Activity Rooms)	
6:00-6:45	Evening Meditation: Loving Kindness (Agave Center)	
6:30	❖ Chef's Table (Fee applies - Sign-up in Guest Services - Cactus Flower Restaurant)	

Shaded offerings require sign-up in Palm Court. Please be mindful of start times, so as to not interrupt the sessions. You may attend as many classes, lectures and activities as you like during your stay. Almost any class, lecture and activity may also be booked for a private session. Please call Guest Services at ext. 4512 for more information.

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## Chill-Out Spa Services & Private Sessions

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### Pilates for Your Sport By Pam Trudeau, Fitness Supervisor


Whether you are a “weekend warrior” or an athlete looking for an edge over your competition, we have a Pilates workout structured towards your sport.

Golfers, runners, swimmers, yogis and more, discover how Pilates can help you hit the ball farther, run faster, jump higher, or swim with a steadier, faster pace.

Pilates can make you more agile, increase your sports performance, and help prevent injury by increasing strength and flexibility. Pilates improves posture, stability, alignment and corrects muscle imbalances. Learn to condition your whole body, even the ankles and feet, so that all muscle groups are equally developed.

Using the Pilates principles of proper breathing and concentration, you will become acutely aware of how your body feels, where it is in space, and how best to control your movement.

Let us create a workout that can grow with you – designed with the flexibility to allow you to increase the intensity of the movements as your body condition improves.

 Fitness Staff are available for private consultations.  
Please call Guest Services at ext. 4512 to book an appointment.



# Thursday

Meal Times: Breakfast ~ 6:30 - 9:30 am  
Lunch ~ 11:30 am - 2 pm  
Dinner ~ Sign-up Daily

## Clue-In Activities

7:00-7:45	Morning Stretch (Gecko/BMC)
8:00	Hiking Activities: Please see the sign-up board in Palm Court for daily hiking activities. (Meet in Palm Court)
8:00-8:45	Fitness Walk (Outdoor/Meet at BMC)      Morning Meditation (Agave Center)
8:30-10:30	Out on a Limb (Meet in Palm Court)
9:00-9:45	Morning Yoga: <b>Mixed Levels</b> (Agave Center)      R.I.P.P.E.D: <b>Advanced Level Class</b> (Roadrunner/BMC)
	Mindful Eating (Includes Breakfast - Buffet service only - Cactus Flower Restaurant)
9:00-11:30	Miraval Equine Experience™ (Meet in Palm Court)
10:00-10:45	Breathwork (Agave Center)      Cardio Dance - Zumba (Roadrunner/BMC)
11:00-11:30	Abs & Glutes Express (Roadrunner/BMC)
11:00-11:45	Yoga Flow: <b>Level 2</b> (Agave Center)
11:00-12:30	 <p><b>❖ An Integrative Approach to Stress with Dr. Jim Nicolai (Activity Rooms)</b></p> <p>February 2, 9 &amp; 16 - In this comprehensive workshop, learn how to change perceptions of stressful events, optimize stress management strategies you already have, take stress-beating vitamins and supplements, and discover the healing modalities you need when stress is too much to handle on your own. Fee applies.</p>
11:00-1:00	Mountain Biking: Please see the sign-up board in Palm Court for daily biking activities. (Meet in Palm Court)
11:30-1:30	Face to Face (Meet in Palm Court)
1:00-1:45	Cardio Intervals (BMC Floor)
	 <p><b>NEW Anti-inflammatory Diet: Boost your Health &amp; Prevent Disease (Activity Rooms)</b></p> <p>Chronic inflammation influences our risk factors for a number of age related diseases and poor diet may be the main contributor to unwarranted inflammation. Learn how you can help your body remain optimally healthy by selecting and preparing foods that have been shown to decrease the body's inflammatory process.</p>
1:00-2:30	February 9 & 16 - Healing Tools for Vibrant Life with Tejal (Fee applies - Sign-up in Guest Services - Meet in Activity Rooms)
2:00-2:45	Water Move-It (BMC Pool)
3:00-3:45	Stretch & Relax (Gecko/BMC)
3:00-4:30	Yoga of the Day – Restorative Yoga: <b>Mixed Levels</b> (Agave)
3:30-4:30	Grief, Loss and Letting Go (Activity Rooms)
4:00-5:00	February 2, 16 & 23 - Art at Miraval: A Journey of the Palette (Meet in the Art Gallery next to Guest Services)
5:00-6:30	Master Your Mind to Heal Your Body (Activity Rooms)
6:00-6:45	Evening Meditation: Chakra (Agave Center)
6:30	❖ Chef's Table (Fee applies - Sign-up in Guest Services - Cactus Flower Restaurant)

Shaded offerings require sign-up in Palm Court. Please be mindful of start times, so as to not interrupt the sessions. You may attend as many classes, lectures and activities as you like during your stay. Almost any class, lecture and activity may also be booked for a private session. Please call Guest Services at ext. 4512 for more information.

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Chill-Out Spa Services & Private Sessions

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## Chef's Table

Sunday - Thursday evenings • 6:30 pm

Miraval's newest culinary expedition. Chef's Table allows you and your guests a unique behind the scenes dining experience. Your journey will start with a complete tour of our kitchen, led by a Miraval chef. Following the tour, sip champagne and enjoy a Chef's choice appetizer plate custom created for your table. Sitting at your private Chef's Table in the heart of the Miraval kitchen, you'll dine on a seasonal four-course dinner while you enjoy a close up view of the Culinary team in action throughout your meal. End this unique experience with an after-dinner drink and a decadent creation from the Pastry Chef.

• Fee Applies, see Guest Services for details.


*We can't solve problems  
by using the same kind  
of thinking we used  
when we created them.*

*- Albert Einstein*



Even when we know what it is that we want to accomplish or have a clear intention about a change we want to make, sometimes we get stuck. We often approach the situation from the same perspective, using the same thinking patterns that we always do, and then wonder why nothing has changed for the better. Experiences that help us get "out of our heads" are often effective because they access different cognitive patterns and open us to the wisdom within.

**Mirror of the Soul** and **Sand & Spirit** are two unique services offered by Anne Parker, Wellness Counselor. Each uses a different approach grounded in the psychology of the unconscious. They are unique and fun while also allowing you to access your inner wisdom and experiment with a different kind of thinking to support your health and wellness. Descriptions are found on page 5.

 Anne Parker is available for private consultations. Please call Guest Services at ext. 4512 to book an appointment.



MINDFUL  
EATING  
M/RAVAL

**New!**

## *Bringing Mindfulness to the Table*

Please join us to celebrate the release of our new Miraval Cookbook!

Pre-orders are available in Raindance Pass,  
\$34.95 per book

Be one of the first to receive this delightful and inspiring set of recipes and cooking know-how created by our very own Chef team.

Books will be mailed after release  
by Hay House Publishing on

May 1, 2012

# Friday

Meal Times: Breakfast ~ 6:30 - 9:30 am  
Lunch ~ 11:30 am - 2 pm  
Dinner ~ Sign-up Daily

## Clue-In Activities

7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00	Hiking Activities: Please see the sign-up board in Palm Court for daily hiking activities. (Meet in Palm Court)	
8:00-8:45	Morning Meditation (Agave Center)	Zen Boot Camp: <b>Advanced Level Class</b> (Outdoor/Meet at BMC)
8:00-4:30	❖ February 10, 17 & 24 - The Sharp End of the Rope (Fee applies, Sign-up in Guest Services - Meet in Palm Court - 24-hour cancellation policy applies)	
8:30-10:30	Quantum Leap (Meet in Palm Court)	
9:00-9:45	Morning Yoga: <b>Mixed Levels</b> (Agave Center)	
	I Chi Flow (Yucca Pool)	Spinning - Limited Attendance (Gecko/BMC)
	<b>NEW</b> Golf: Swing Into Balance: <b>All Levels</b> (Golf Clubs provided or you may bring your own - Meet at BMC)	
9:30-12:00	❖ <b>NEW</b> It's Not about the Horse with Wyatt Webb (Fee applies - Sign-up in Guest Services - Meet in Palm Court)	
10:00-10:45	Labyrinth Journey (Meet in Palm Court)	Cardio Drumming (Roadrunner/BMC)
	Zen-nis Tennis with Coach Leigh (Meet at Tennis Courts)	
10:00-11:30	Yoga Essentials: <b>Level 1</b> (Agave Center)	
11:00-11:30	Pilates Mat Express (Gecko/BMC)	
11:00-11:45	Cardio Intervals (BMC/Floor)	
11:00-1:00	Mountain Biking: Please see the sign-up board in Palm Court for daily biking activities. (Meet in Palm Court)	
11:30-12:15	Cooking Demonstration: Check in with the hostess to determine if there is space in the class. (Cactus Flower Restaurant)	
11:30-1:30	❖ Desert Sky Zipline Experience (Fee Applies - Sign-up in Guest Services - Meet in Palm Court)	
12:00-12:45	Lunch with Junelle Lupiani, RD: Seating is limited. Buffet service only. Guests are seated on a first come, first served basis. Please check in with the hostess to determine if there is space in the class. (Cactus Flower Restaurant)	
12:30-3:00	Miraval Equine Experience™ (Meet in Palm Court)	
1:00-1:45	Chi Gong (Roadrunner/BMC)	Walk & Tone (Outdoors/Meet at BMC)
	February 3, 10 & 17 - Sharing the Journey: Our Midlife Transition with Sheryl Brooks (for Women Only!) (Activity Rooms)	
1:00-3:30	❖ <b>NEW</b> It's Not about the Horse with Wyatt Webb (Fee applies - Sign-up in Guest Services - Meet in Palm Court)	
2:00-2:45	Water Conditioning (BMC Pool)	Mindfulness at Miraval (Agave Center)
2:15-3:45	❖ February 3, 10 & 17 - Finding the Zone with Jim Nicolai, MD (Fee applies - Sign-up in Guest Services - Activity Rooms)	
2:30-4:30	Desert Tightrope (Meet in Palm Court)	
3:00-3:45	Roll with It (Gecko/BMC)	
3:00-4:30	<b>NEW</b> Yoga Groove: <b>Level 2/3</b> (Agave Center)	
3:30-4:30	Reflect & Transcend with Coach Leigh (Activity Rooms)	
3:30-5:30	Evening Photography Walk (Activity Rooms)	
4:00-4:45	Eight Tips to Master Your Metabolism with Junelle Lupiani (Activity Rooms)	
5:00-6:00	Skillfully Aware®: at Home, at Work and in Life with Mark Pirtle (Activity Rooms)	
6:00-6:45	Evening Meditation: Sound (Agave Center)	
6:00-8:30	❖ Cooking with the Chef (Fee Applies - Sign-up in Guest Services - Cactus Flower Restaurant, Chef's Alcove)	

Shaded offerings require sign-up in Palm Court. Please be mindful of start times, so as to not interrupt the sessions. You may attend as many classes, lectures and activities as you like during your stay. Almost any class, lecture and activity may also be booked for a private session. Please call Guest Services at ext. 4512 for more information.

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## Chill-Out Spa Services & Private Sessions

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## Skillfully Aware<sup>®</sup>: at Home, at Work and in Life

Join Dr. Mark Pirtle for an educational experience that will change your life. Learn simple but profound attentional skills that will change how you perceive yourself and the world, and with dramatically positive results. Realize that the healing, peace and joy that you want is already there inside and all around you. If feeling great without effort appeals to you, take this class to experience the benefits of Skillful Awareness. Afterward, all you'll ever have to do is remember to remember.



**/** Dr. Pirtle is available for private sessions.  
Please call Guest Services at ext. 4512 to make an appointment.

### About Dr. Mark Pirtle, DPT

Dr. Pirtle, stress-illness specialist, brings clinical expertise to Miraval after practicing mindfulness meditation and the treatment of stress-illnesses for over twenty years. Mark created the first ever pain management program at Sierra Tucson, a world-renowned rehabilitation hospital. Mark's dedication and time abroad in a Buddhist monastery, and his discipline in neuroscience, systems dynamics, and meditation, have given him insight and skill in helping people heal from all manner of stress-related conditions including pain, addictions, depression and anxiety.



# Saturday

Meal Times: Breakfast ~ 6:30 - 9:30 am  
Lunch ~ 11:30 am - 2 pm  
Dinner ~ Sign-up Daily

## Clue-In Activities

7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00	Hiking Activities: Please see the sign-up board in Palm Court for daily hiking activities. (Meet in Palm Court)	
8:00-8:45	Fitness Walk (Outdoor/Meet at BMC)	Morning Meditation (Agave Center)
8:00-10:30	Giant's Ladder (Meet in Palm Court)	
9:00-9:45	<b>NEW</b> Box & Tone (Roadrunner/BMC)	Morning Yoga: <b>Mixed Levels</b> (Agave Center)
9:30-12:00	❖ <b>NEW</b> It's Not about the Horse with Wyatt Webb (Fee applies - Sign-up in Guest Services - Meet in Palm Court)	
10:00-10:45	Cardio Dance - Zumba (Roadrunner/BMC)	<b>NEW</b> Spin & Tone (Gecko/BMC) Attendance Limited
	Breathwork (Agave Center)	
	 <b>NEW Just Play! with Coach Leigh (Meet at Tennis Court)</b> February 11, 18 & 25 - Sometimes you have to lose yourself to find yourself. When was the last time you just laughed, played and frolicked like a child? Join Coach Leigh on the tennis courts and be prepared to let loose, tap into your youthfulness and exist in the here and now! All levels welcome!	
10:00-11:45	Mindful Stress Mastery (Activity Rooms)	
11:00-11:30	On the Ball Express (Roadrunner/BMC)	
11:00-11:45	Yoga Flow: <b>Level 2</b> (Agave Center)	
11:00-1:00	Mountain Biking: Please see the sign-up board in Palm Court for daily biking activities. (Meet in Palm Court)	
	Climbing Wall (Meet in Palm Court)	
11:30-12:15	January 7, 14 & 28 - Cooking Demonstration: Seating is limited. Guests are seated on a first come, first served basis. Please check in with the hostess to determine if there is space in the class. (Cactus Flower Restaurant)	
11:30-1:30	❖ Desert Sky Zipline Experience (Fee Applies - Sign-up in Guest Services - Meet in Palm Court)	
12:00-12:45	February 11, 18 & 25 - Eastern Approaches to Health with Kari Svab: Seating is limited. Buffet service only. Guests are seated on a first come, first served basis. Please check in with the hostess to determine if there is space in the class. (Cactus Flower Restaurant)	
12:30-3:00	Miraval Equine Experience™ (Meet in Palm Court)	
1:00-1:45	Balance (Roadrunner/BMC)	
	February 11, 18 & 25 - Mindful Eating (Includes Lunch - Buffet service only - Cactus Flower Restaurant)	
1:00-3:30	❖ <b>NEW</b> It's Not about the Horse with Wyatt Webb (Fee applies - Sign-up in Guest Services - Meet in Palm Court)	
2:00-2:45	Water Conditioning (BMC Pool)	<b>NEW</b> Yoga Nidra Meditation (Agave Center)
	Yogilates (Gecko/BMC)	
2:30-4:30	Out on a Limb (Meet in Palm Court)	
3:00-3:45	Stretch & Relax (Gecko/BMC)	
3:00-4:30	Yoga of the Day – Dream: <b>Mixed Levels</b> (Agave Center)	
6:00-6:45	Evening Meditation: Healing Visualization (Agave Center)	
6:00-8:30	❖ Cooking with the Chef (Fee Applies - Sign-up in Guest Services - Cactus Flower Restaurant, Chef's Alcove)	

Shaded offerings require sign-up in Palm Court. Please be mindful of start times, so as to not interrupt the sessions. You may attend as many classes, lectures and activities as you like during your stay. Almost any class, lecture and activity may also be booked for a private session. Please call Guest Services at ext. 4512 for more information.

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Chill-Out Spa Services & Private Sessions

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## Miraval's Executive Chefs



### Chad Luethje

Executive Chef

With culinary sensibilities uncannily attuned to the philosophy of mindful eating, Executive Chef Chad Luethje has led the culinary operations at Miraval since 2008. He loves using local and regional ingredients to create beautiful, fresh, healthy cuisine with unexpected flavor and texture combinations.

### Justin Cline Macy

Executive Sous Chef

Justin is a true artist. Building on Miraval's innovative philosophy, he is known for creating dishes inspired by pictures and memories. By giving his creations a deeper meaning, and allowing guests the opportunity to do the same, Justin passes along an appreciation for beautiful food that can be enjoyed more mindfully, no matter where you are.



## Cooking with the Chef

Discover fresh, innovative ways to approach healthful cooking that result in flavorful new culinary and sensory experiences. No longer just a meal, this 5-course seasonal dinner with wine pairings included is an epicurean journey.

Friday & Saturday Evenings, 6:00 - 8:30 p.m.

Fee applies. Call Guest Services at ext. 4512 to book your reservation.

Due to preparation time a 24-hour cancellation policy applies.

**MIRAVAL**  
authentic circle

### Authentic Circle Member Benefits

Visit Guest Services to learn more about member benefits during your stay or find out how to qualify for the program.



# Chill-Out

Spa Services



## Welcome to the Miraval Spa

**SCHEDULING:** To book your spa services, call the Spa at ext. 4510 or Guest Services at ext. 4512. In-room service is available for many treatments. All spa services may be booked prior to arrival.

**HEALTH & SAFETY:** We strongly discourage alcohol consumption prior to Spa treatments, immediate sun exposure following skin care services, and shaving before or after exfoliating treatments.

**ARRIVAL TIME:** Please arrive at the Spa Village at least 20 minutes prior to your scheduled service. This will allow you time to check in and relax before your therapist greets you. Please note that services for late arrivals will end at the scheduled time. For the location of the Spa Village, please consult the map on the back page of this Experience Guide.

**ATTIRE:** Please arrive to the Spa Village in your robe & sandals (available in your guest room, unless otherwise specified for your particular treatment). Note: Outdoor hot tubs and sauna are available at the Spa Village. Please remember to bring your bathing suit. Changing facilities and restrooms are available in the BodyMindfulness Center (BMC) located next to the Spa Village.

**DURING TREATMENT:** We want you to have time to focus on yourself and your needs, so it is not necessary to engage in conversation with your therapist. But please do not hesitate to talk with your therapist regarding room temperature, music selection, pressure and technique to ensure your overall comfort.

**CHANGE AND CANCELLATION POLICY:** We request that a four-hour notice be given if you need to cancel or change your appointment. For a cancellation with less than a four-hour notification, or for no-shows, guests will be charged 100% of the treatment fee. For Golf, The Sharp End of the Rope & Cooking with the Chef offerings, we request that a 24-hour notice of cancellation be given to avoid being charged 100% of the activity fee.

**MASSAGE & BODYWORK \*****MIRAVAL RELAXATION MASSAGE****MIRAVAL SIGNATURE TREATMENT:**

50 Min/\$130 • 80 Min/\$185 • 100 Min/\$225

This massage employs light to medium pressure to soothe tender muscles and encourage relaxation. Using traditional movements, your therapist combines kneading and long muscle strokes based on what your body needs most. For those seeking a more intensive treatment, please consider our Deep Tissue Massage.

**DUET MASSAGE:**

Relaxation 50 Min/\$260/couple • 80 Min/\$380/couple  
 Deep Tissue 50 Min/\$310/couple • 80 Min/\$420/couple

A massage for two: partners, mothers/daughters, or friends. Each guest may request either a Relaxation Massage or a Therapeutic Deep Tissue Massage — please specify when booking.

**FOCUS MASSAGE:**

20 Min/\$70

This treatment is designed for the person on the go who is subject to localized pain. Your therapist will customize your treatment to focus on working out the kinks in your problem area.

**THERAPEUTIC DEEP TISSUE MASSAGE:**

50 Min/\$155 • 80 Min/\$210

This intense treatment employs specific techniques to access the deeper layers of muscles that are the source of your stress. Our therapists release chronic muscle tension using maximum pressure massage to get to the depths of your kinks.

**MEN'S MUSCLE REPAIR MASSAGE: 80 Min/\$210**

Fortify your body with this massage, designed especially for men. This therapeutic treatment targets sore tissue, promoting muscle recovery and minimizing fatigue. Your therapist will customize your treatment to target chronic tension areas or work your trouble areas.

**THE ATHLETE'S MASSAGE: 80 Min/\$210**

Return your body to peak condition. This massage, designed especially for athletes, combines intense, constant pressure with targeted Thai-influenced stretching to relieve sore muscles and increase flexibility. We use Arnica oil, known for its anti-inflammatory benefits, to increase muscle elasticity while encouraging muscle recovery and repair for improved athletic performance.

**HOT STONE MASSAGE: 60 Min/\$195 • 80 Min/\$220**

Specially heated basalt stones penetrate the muscles to loosen them for the gentle tissue manipulation that follows. Feel your body release tension as the heat of the stones penetrates your muscles. One of the most relaxing massages you'll ever experience.

**MEN'S HOT STONE MASSAGE:**

60 Min/\$195 • 80 Min/\$220

This service is specially designed to release the tension in men's muscles. The warmth of the basalt stones penetrate the muscles to loosen them for the gentle tissue manipulation that follows. This massage will help relax sore muscles and helps to alleviate stress. One of the most relaxing massages you'll ever experience.

**SPECIALTY MASSAGE & BODYWORK \*****AQUA ZEN: 50 Min/\$150**

Feel stress and strain melt away in the nurturing arms of your Watsu®-trained therapist as your body is moved effortlessly through the warm waters of our specially designed pool. Water invites complete relaxation to the massage, allowing your body to be manipulated and stretched with greater freedom than traditional massage. Suitable for non-swimmers. Please bring a swimsuit.

**NEW JIN SHOU-TUI NA: 50 Min/\$175**

Translated means Golden Hands-Tui Na and refers to a specialized approach to restoring harmony to the body naturally. Founded on the Yin Yang theory of the 'balance' found in all things, this service is a fusion of the vigorous and focused strokes of Tui Na massage and the subtle energy work of Cranio Sacral. The combination of these complimentary therapies helps restore this 'balance' to the body. Tui Na works by moving Qi or energy as well as stimulating your circulation. This allows for the release of both physical and energetic restrictions held in muscles and connective tissue. The energetic technique of Cranio Sacral Therapy then restores the free flow of cerebrospinal fluid. This has the potential to clear both newly acquired and chronic restrictions and release tensions held within.


**ROSEMARY & MENTHOL FOOT REJUVENATOR:**

20 Min/\$70

This invigorating lower leg and foot treatment begins with an energizing exfoliation to relieve tension and relax you for the soothing massage ahead. A cooling blend of rosemary, menthol, pine and lavender essences is massaged into the skin to awaken and enliven your feet. An ideal complement to the Miraval Signature Massage or as a stand-alone treatment.

**LAVENDER HAIR & SCALP REJUVENATOR: 20 Min/\$70**

Reveal your hair's natural luster with this rejuvenating treatment. An aromatic blend of botanical oils is massaged into the scalp to replenish and renew the hair. This deeply conditioning treatment restores moisture to the hair; you'll immediately notice improved shine and texture. The restorative benefits continue as we end with a rich leave-in conditioner.



## Chill-Out: The A-Z Spa Services

### **NEW NAGA:** 50 Min/\$195 • 100 Min/\$255

In the Buddhist tradition the Nāga can take the form of a half human half serpent. Nāga is a Miraval Spa service evolving from the healing principals of Thai Massage. Your therapist uses strands of richly colored silk suspended from above as an extension of their body. The silks are used by your provider for entwining and gracefully suspending themselves as well as wrapping and supporting your body, taking you deeper into the stretches and releasing restrictions impairing full movement.

Nāga is experienced while wearing loose comfortable clothing and resting on a Thai mat or futon.

### **PRE-NATAL MASSAGE:** 50 Min/\$130 • 80 Min/\$190

Designed with baby in mind. This gentle, safe massage brings a nurturing touch to your body, encouraging relaxation by focusing on the specific muscles that experience strain during pregnancy. A blissful escape during your second or third trimester.

### **REFLEXOLOGY:** 50 Min/\$130

This therapy focuses on pressure points within the reflex zones of your feet to balance the meridians of the body and bring a greater sense of wholeness and body integrity. Please wear loose comfortable clothing.

### **SHUNIYA SOUND THERAPY:** 80 Min/\$250

Shuniya Sound Healing Ceremony designed by Master Practitioner Pamela Lancaster. This full body session touches and transforms your state of being; emotionally, physically and spiritually. The ancient healing arts of Tibetan bowls and Tuning forks are masterfully combined with traditional Thai massage, Chi Nei Tsang and shiatsu. Infused with sound and vibration, your body will become energetically balanced as the spirit is harmonically brought into a deep state of healing. This deeply centering experience will help you attain optimal health, clarity and serenity. Please wear loose comfortable clothing.

### **TAIZ SENSORIUM:**

#### **MIRAVAL SIGNATURE TREATMENT:** 50 Min/\$250

The TAIZ Sensorium is an unparalleled therapeutic technology and process that offers a unique adventure into the realm of imagination while also relaxing and releasing tension at the same time. Layered compositions of music, exhilarating base rhythms and elemental sounds from nature bath the receiver with a full-spectrum of vibration that nourishes and massages into deep layers of the body. Please wear loose comfortable clothing.

### **SPIRIT FLIGHT**

#### **2010 & 2011 SPAFINDER READER'S CHOICE - BEST SPA TREATMENT**

#### **MIRAVAL SIGNATURE TREATMENT:** 100 Min/\$375

This transformational ceremony will create a unique experience with true healing power, allowing you to open to the inner aspects of self and explore the body, mind

and spirit connection. This treatment combines a full-body therapeutic massage with the healing practices of Spiritual Shamanism and drumming, while also employing acupuncture, CranioSacral Therapy and spinal alignment to renew your body's energy and balance.

### **SAMADI HEALING CEREMONY:** 45 Min/\$220

A Miraval exclusive. A blend of relaxation-inducing methods designed by Dr. Tim Frank, a licensed naturopathic physician, that brings deep peace to your body and state of mind. Dr. Frank combines Native American Shamanic drumming with acupuncture, Reiki and reflexology in this transformational healing ceremony. The element of sound, including melodic chants, further calms the body and allows you to be more open and reflective. This is a specialty service with limited availability; please contact Guest Services to schedule.

### **QI GROUNDING**

#### **MIRAVAL SIGNATURE TREATMENT:** 50 min/\$175

This remarkable service blends Acupuncture and Cranio Sacral Therapy. Qi regulates the spiritual, emotional, mental, and physical harmony of the body. It uses traditional Chinese medicine as well as energetic therapies to clear acupuncture meridians and physical restrictions which hold physical, emotional and energetic imbalances. Experience the calming effects of the free flowing life force that is Qi, leaving you feeling more grounded and centered. Please wear loose comfortable clothing.

### **QI JOURNEY**

#### **MIRAVAL SIGNATURE TREATMENT:** 100 min/\$320

Balance body, mind and spirit with Qi Journey. A fusion of Nuad Bo Rarn (Ancient Thai Massage), Acupuncture and CranioSacral Therapy. Thai massage gently opens the body and joints allowing your muscles to release any tension they may hold. The release of tension within the body simultaneously stimulates the Chinese meridian system. Acupuncture needles are then carefully placed to address any energetic imbalances. Finally Cranio Sacral is performed to release any remaining restrictions. Emerge renewed from your Qi Journey in a more balanced body. Please wear loose comfortable clothing.

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## **ENERGY & ORIENTAL BODYWORK \***

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### **ACUPUNCTURE:** 50 Min/\$155

Whether you've got a headache, sore muscles or an aching back, our therapists will gently treat whatever ails you. Our acupuncturist gently inserts fine needles into the meridian points of your body, stimulating your natural healing abilities. Please wear comfortable clothing.

**CHI NEI TSANG:** 50 Min/\$130

Tap into vital energy with Chi Nei Tsang. This abdominal massage combines gentle pressure with the power of your breath to release emotional and physical blockages while rejuvenating the metabolism. Please wear comfortable clothing.

**CRANIOSACRAL THERAPY:** 50 Min/\$130 • 80 Min/\$185

This therapy involves gentle touch therapy of the surrounding tissue and bones of the head, spine, sacrum/tail bone areas which frees muscular and energetic blockages restricting the flow of cerebral spinal fluid. CranioSacral is a subtle, deeply relaxing therapy that can help relieve migraines, tension and chronic neck and back pain. The effect of this treatment soothes and calms the nervous system, quiets the mind and can produce a deep meditative experience inspiring healing on many levels. Please wear loose comfortable clothing.

**ORIENTAL FOOT THERAPY:** 50 Min/\$130

Designed to achieve balance throughout the body, this treatment targets pressure points throughout the feet, legs and hips to improve your body's energy flow. We work to restore harmony to your system, bringing your body into balance. Please wear comfortable clothing.

**REIKI:** 50 Min/\$130 • 80 Min/\$185

Alleviate tension, reduce pain and free emotional blocks with this Japanese stress reduction practice. By applying gentle pressure with the hands, your practitioner will work to enhance the universal energy that flows through the body. Reiki can help you connect with your higher self, leaving you with a sense of peace and wellbeing. Please wear comfortable clothing.

**SHIATSU:** 50 Min/\$130 • 80 Min/\$190

Experience renewal. Based on the natural healing power of touch, Shiatsu restores the natural flow of energy to your meridian points through gentle finger and palm pressure. Ideal for the release of tension, stress or muscular imbalance. Please wear comfortable clothing.

**THAI MASSAGE:** Intro: 50 Min/\$155 • Basic: 80 Min/\$200

Traditional: 100 Min/\$225

Relax in your comfortable clothing as your practitioner rhythmically stretches and flexes your body, opening and relieving weary muscles. Using pressure-point stimulation and targeted stretching, Thai massage renews the body's energy flow while reducing tension and stress. Please wear comfortable clothing.

**PRIVATE TAKE HOME THAI:** 90 Min/\$155 per person

Discover the lasting benefits and fundamental of giving and receiving Thai massage. This private session incorporates assisted stretching and releasing tension in connective tissue while stimulating blood flow throughout the body.

**Qi Services**

with

Kari Svab,

L.Ac., M.Ac.O.M.

**Qi Grounding:** 50 min/ \$175

This remarkable service blends Acupuncture and Cranio Sacral Therapy. Qi regulates the spiritual, emotional, mental, and physical harmony of the body. It uses traditional Chinese medicine as well as energetic therapies to clear acupuncture meridians and physical restrictions which hold physical, emotional and energetic imbalances. Experience the calming effects of the free flowing life force that is Qi, leaving you feeling more grounded and centered.

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# Chill-Out Spa Services

## AYURVEDA \*

### ABHYANGA: 50 Min/\$155

Restore balance to the body with this ancient healing massage. Herb-infused oils are gently warmed and lightly massaged into the skin using soothing friction strokes. As the oils penetrate the skin, toxins and impurities are loosened, reducing muscle tension and calming the nervous system. You'll experience a sense of well being and harmony.

### HERBAL BODY BALANCING: 75 Min/\$195

Designed to restore your natural harmony, this treatment begins with an Abhyanga massage, gentle pressure that detoxifies the skin and calms the nervous system. To further encourage balance, we apply essential oils to your marma points, vital points on your body that calm the mind and body. We close this treatment with a warm wrap to promote detoxification and improve circulation.

### ULTIMATE AYURVEDIC TREATMENT: 100 Min/\$225

We've collected vital elements of Ayurvedic therapies to present you with the ultimate restorative experience. We begin with an Abhyanga massage to loosen toxins and increase circulation. Next, we apply marma point therapy to cleanse and balance your energy, a profoundly calming sensation. To further relax you, we pour a soothing stream of gently heated oil over the forehead. Known as Shirodhara therapy, this practice deeply relaxes and balances the nervous system. Finally, your body is cocooned in a warm wrap to strengthen the healing properties of your treatment.

## BODY RENEWAL RITUALS \*

### SONORAN MUD WRAP: 75 Min/\$195

Exfoliation of the body begins with our Desert Rain scrub which is followed by an application of mineral rich clay and botanicals to detoxify the system. The entire body is lightly wrapped, retaining heat to relax muscles. A blend of desert sage body butter leaves your skin nourished and revitalized.

### THERMAL DETOX MUD WRAP: 75 Min/\$195

Purify the skin and revitalize tired muscles with this cleansing treatment. Renewal begins with a light dry brushing to prepare the skin, as we wrap the body in warmed Moor Mud, known as a natural detoxifier that remineralizes the skin and restores vitality to the body. This is followed by a massage with purifying essences of juniper, fennel and grapefruit. During the wrap, drift peacefully as your face and scalp are massaged and facial acupressure is performed.

### SWEET SLUMBER: 50 Min/\$130

We begin by exfoliating the body with a custom blend of organic lavender oils and natural minerals. Using warm towels, the scrub is gently melted away leaving your skin smooth and soft. An application of calming lavender body spray is then applied onto the body promoting relaxation any time of the day. You are then invited to enjoy a rejuvenating foot treatment.

### FLOURISH ORGANIC BODY SCRUB: 50 Min/\$145

Pamper and purify your skin with this indulgent, customized body scrub. Begin by selecting the aroma that suits your mood and pleases your senses. With a mortar and pestle our specially trained therapist will blend the intoxicating botanical blend of your choice with Sea Salt harvested from the coast of Isla Das Rocas. The custom blend is then lavished on your skin for an exfoliation with mineral rich sea salt crystals that remove dull, dry skin. Infused with sea algae, protein and vitamin rich antioxidants the scrub will stimulate circulation, detoxify, firm and soften your skin. After a refreshing shower with your chosen botanical shower gel, the skin is then gently massaged with certified organic oil infused with botanical and essential oils. Leave with revitalized, renewed, and radiantly flourishing skin.

Personalize this treatment with your choice of the following botanical blends:

- **French Lavender** infused with peppermint, rosemary, clay sage and pepperina. Clears the mind and nourishes the skin. Rich in regenerative nutrients, is excellent for stimulating skin cell renewal, repairs damaged and aging skin.
- **Icelandic Moonflower** infused with freesia, apple blossom, baronial and arctic river flower. Intensely hydrating and invigorating. Mildly antiseptic and vitamin-rich, infused with antioxidants.
- **Italian Blood Orange** infused with orange blossom grapefruit, lime, and orange rind. Deeply nourishing, and softening. Chamomile and rose flower infusion, along with vitamins A, D, F, and Shea butter, nourish and protect the skin.
- **Japanese Peony** infused with peony, Bulgarian rose, lemon blossom and lily of the valley. Deeply cleansing. Green Tea and silk extracts provide penetrating moisture and antioxidants to the skin.
- **Ocean** infused with laurel leaf, copaiba, coriander seed, eucalyptus and clove. Deeply heal, refresh and cleanse. Made with spirulina to intensely hydrate, firm, and tone, while laurel opens the lungs and cools the skin.

### SEAWEED THERAPY WRAP: 75 Min/\$195

Cleanse and nourish the body with this algae rich body wrap. First you are lightly dry brushed to aid in circulation and then you are wrapped in warm antioxidant rich Spirulina algae. During the wrap your face and scalp are massaged. A body massage with organic lavender body oil completes this treatment. Not recommended for those who are allergic to shellfish.

\* Services scheduled in addition to your daily resort credit are subject to a 7.1% sales tax and an 18.5% resort amenity fee.

**MEN'S ENERGIZING SCRUB & MASSAGE:**

75 Min/\$195

Invigorate the senses. We begin with a brisk salt and eucalyptus oil scrub to refine the skin and polish away roughness. Next, you're treated to a full body massage with rich organic oils, hydrating and enlivening your skin to restore vigor.

**INVIGORATING EUCALYPTUS SCRUB: 50 Min/\$130**

Exhilarate the senses and enliven the skin with this invigorating scrub. A custom blend of eucalyptus and basil oils is combined with fine salt to exfoliate and refine the skin. Finally, a warm jojoba oil and aloe lotion is applied to hydrate and protect the skin.

**BEYOND TRANQUILITY ALOE WRAP: 50 Min/\$130**

Counteract the drying effects of the sun with this hydrating treatment. We begin with a light dry brushing to prepare your skin for the organic lavender and aloe gel that is applied to the body to deeply moisturize the skin and massage away tension. Finally, the body is wrapped while you enjoy a sumptuous scalp massage. A perfect complement to our signature body scrub treatments. A rejuvenating foot treatment ends your session.

**DESERT RAIN SCRUB: 50 Min/\$130**

Mineral salts and herbs from the desert exfoliate and moisturize, while light circular motions invigorate the circulatory system. The salts are high in mineral content, which will help remineralize the skin, add softness and give a healthy glow. A blend of desert sage body butter is applied, leaving your skin nourished and revitalized. This scrub not recommended for sensitive skin.

**HAMMAM: 75 Min/\$195**

Give your hard-working body a break with this five step treatment. Designed to restore vigor and vitality, Hammam erases fatigue and eliminates rough skin, helping you look your best. Your body is vigorously exfoliated with coffee, crushed sugar, almonds and lemon essential oil scrub. You are then wrapped in a rich Jasmine Rose Rhassoul Clay to draw deep impurities out of the body while a refreshing blend of quince and orange blossom is misted over the body. The curative essences of cardamom, jasmine, bergamot, amber and clove replenish the skin before a final application of tangerine fig body butter.

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**PRICKLY PEAR SUGAR SCRUB: 50 Min/\$130**

Our subtly fragrant, luscious and totally natural Prickly Pear Sugar Scrub provides a gentle full-body exfoliation for those with sensitive skin. After showering, a light massage using Prickly Pear Jojoba Body Butter leaves your skin with a shimmering glow and delightful soft scent.

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**SKIN CARE \***

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**MIRAVAL NURTURE FACIAL: 80 Min/\$225**

Nurture your skin and senses to find youthful radiance in this rejuvenating facial. This certified organic, health boosting facial is designed to deliver a surge of deep hydration and nourish the skin with omega 3 & omega 6 fatty acids. The skin is gently exfoliated with a mixture of bioactive peat enzymes, berries and sea minerals which provides a powerful antioxidant boost and a radiant glow. This amazing facial includes an intensive eye treatment designed to reduce the appearance of fine lines and puffiness. An acupuncture massage helps to firm the skin and increase circulation. The marine based masque with white peat, mushrooms and essential oils is applied to the skin to increase cellular turnover and reduce toxicity. The masque improves skin texture, appearance and repairs environmental damage. Finally you will experience an enzyme rich hand exfoliating treatment followed by a relaxing hand massage with an Arctic Berry Milk Cream. Your skin will be healthy, rejuvenated and radiant.

**MIRAVAL SIGNATURE FACIAL: 50 Min/\$130**

A purifying treatment specialized for your skin type. We use botanical extracts to rejuvenate and clarify the skin while providing a hydrating infusion of nutrients. This facial includes a gentle exfoliating peel to remove dull surface skin, a deep-cleansing masque to purify the skin and a facial massage to encourage circulation.

**MIRAVAL ULTIMATE FACIAL: 80 Min/\$220**

Firm, tone and refine the skin with our luxurious facial. We use caviar-based products with rich age-defying nutrients that smooth fine lines and improve texture. This treatment includes an Aculift Massage, which visibly firms and tones the skin. Then we infuse the skin with age defying minerals. We end with a Cell Vitale Ampoule to nourish the skin and instantly restore radiance. Your skin will look supple, healthy and luminescent.

## Chill-Out: The A-Z Spa Services

### **EMERGINC ORGANIC FACIAL:** 50 Min/\$150

Refine your skin with this active, 100% natural, paraben-free and results oriented facial. We incorporate some of the latest scientific breakthroughs in organics as well as potent, proven botanicals to refine the skin. The antioxidant – rich plant and marine extracts, spirulina and kombucha bring balance to your skin while goji berry, white and green teas, and aloe hydrate your skin. Finally, vitamins and grape stem cells brighten and refine the skin. This facial will help to rapidly improve skin tone, texture and clarity as well as actively fight free-radical damage and combat the appearance of wrinkles and fine lines associated with aging. This facial uses the best products on your skin that are defined in nature and refined by science to give you visible results.

### **MIRAVAL EXCLUSIVE RENEW & RESTORE FACIAL SERIES:**

Complete Series of Two 50 minute Facials/\$270

Renew and Restore your skin's natural luster and youthful vitality with our exclusive corrective facial series. The first facial in the series includes a micro-exfoliation, highly regarded as the ultimate protection against the aging process. Combating free radical damage and eradicating dull skin, this treatment resurfaces your skin texture. To complete the series you will experience a customized facial targeting your primary skin care concern. This treatment imparts a "boost" of medical grade ingredients to enhance your results.

### **ANTIOXIDANT INFUSION FACIAL:** 50 Min/\$145

This oxygenating, anti-aging facial infuses the skin with antioxidants to combat fatigue and address hyper pigmentation. Includes a nutrient-rich mask of spirulina algae to detoxify and remineralize the skin. An antioxidant serum, rich in proteins, vitamins and minerals, is then swirled into the skin.

### **AFTER SUN RE-HYDRATING FACIAL:** 50 Min/\$145

Soothe and hydrate overexposed skin with this specially designed facial. Counteract the drying effects of our desert climate with a nourishing algae masque which contains oils of geranium and sandalwood as well as vitamins A & E to help soothe and calm all skin types.

### **SENSITIVE SKIN REMEDY FACIAL:** 50 Min/\$145

Protect sensitive skin from external pollutants with this correcting facial. We use natural elements to restore balance to your skin and reduce signs of fatigue and stress. This gentle facial includes an algae mask to calm inflammation and nourish your delicate skin.

## TAIZ Sensorium with Kep Taiz, L.Ac., M.Ac.O.M.



### **Taiz Sensorium:** 50 min/ \$250

The TAIZ Sensorium is an unparalleled therapeutic technology and process that offers a unique adventure into the realm of imagination while also relaxing and releasing tension at the same time. Layered compositions of music, exhilarating base rhythms and elemental sounds from nature bath the receiver with a full-spectrum of vibration that nourishes and massages into deep layers of the body.

Nestled comfortably in a heated flax seed support system, Sensorium creator Kephart Taiz guides this sensory rich treatment with aromatic essential oils, the key placement of tactile sound points, live instrumentation and gentle human touch. Many experience a lightness of body and clarity of mind that invites pleasant dream-like journeys and non-ordinary states of consciousness often found in meditation and peak experiences. Participants have described sensations that range from 'floating peacefully in the sound and waters of the womb' to 'soaring superman-style to distant galaxies.' The Sensorium transports you into a heightened state of awareness and creates a lasting shift in the body, mind and spirit.

The term sensorium (plural: sensoria) refers to the sum of an organism's perception, the "seat of sensation" where it experiences and interprets the environments within which it lives.

**EMERGINC FACIAL:** 50 Min/\$145 • 80 Min/\$190

An intensive treatment that brightens and stimulates the skin. We combine vitamin-C and fruit acids for a powerful, instant-results facial that makes your skin glow. Our 80-minute treatment includes a revitalizing eye mask and massage.

**MEN'S WELLNESS FACIAL:** 50 Min/\$145

Reverse the signs of aging. This deeply cleansing facial refines the texture of the skin and protects against razor burn, environmental elements and sensitivity. Restores a youthful appearance with an infusion of antioxidants and minerals that hydrate and revitalize the skin. A facial, neck and shoulder massage completes this purifying facial.

**NEW BEAUTIFUL BACK FACIAL:** 50 Min/\$130

Nourish your skin with this deep cleansing treatment designed specifically for your back. We use certified organic, detoxifying products to remove impurities and polish the skin. The back is exfoliated with bioactive white peat enzymes, sea minerals, and antioxidant berries. A marine masque is then applied with white peat, mushroom, and phyto-nutrients to regenerate and rehydrate your skin.

**EYE & LIP REFRESHER:** 20 Min/\$75

This ultimate refresher combines our Eye Rescue with a Lip Rejuvenating treatment. Together, they complement the brightening benefits of our skin-renewing facials.

**ALPHA BETA PROFESSIONAL FACE PEEL:**

15 Min/\$75

Reveal vibrant skin with this patented peel. This precise blend of alpha and beta hydroxy acids improves the skin's texture and firmness while promoting collagen growth. Restores radiance to the skin without downtime.

**MAKE-UP CONSULTATION:** 50 Min/\$130

Learn how to enhance your natural beauty. Our aesthetician will analyze your coloring to suggest a color palette that flatters your skin and works for your lifestyle. Our natural mineral-based makeup is ideal for any skin type.

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**FACIAL ENHANCEMENTS \***

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To further refine the skin, we've developed a line of enhancements that can be added to any of our facials as an upgrade. During your facial, your aesthetician can recommend enhancements that further benefit the appearance of your skin. Please inquire with your aesthetician during your facial what enhancement will benefit your skin the most.

**CELL VITALE AMPOULE:** \$45

Repair and restore skin with this intensive treatment infusion. We combine soy protein, caviar and rose to deeply hydrate the skin and impart a glow to your face. The perfect skin rescue remedy.

**EYE RESCUE:** \$45

An intensive eye treatment that can diminish fine lines and wrinkles. The delicate eye area is instantly brighter, as dark circles and puffy eyes become a thing of the past. A complete rejuvenation for the eyes.

**WAXING:** (Time & Price Varies)

We offer gentle waxing services for face and body to accommodate the special needs of the most sensitive skin. Our waxes are warm, comfortable and skin-friendly, gently removing hair while discouraging new growth.

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**HAND & FOOT CARE \***

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For all of these services we suggest two hours to let polish dry adequately before receiving another spa treatment or putting on tennis shoes.

**MIRAVAL SIGNATURE MANICURE:** 50 Min/\$65

During this pampering treatment, your hands soak in a bath of thermal minerals and essential oils, drawing out any impurities followed by a unique botanical Gommage hand exfoliation treatment based on eleven nourishing plant oils. Your cuticles are then enriched with myrrh oil, followed by a relaxing hand and arm massage using a blend of calming essential oils.

**MIRAVAL SIGNATURE PEDICURE:** 50 Min/\$80

A pampering experience for tired, aching feet. Relax your feet in our thermal mineral salt bath conditioned with wildflower oil. Rough skin is then exfoliated away with a creamy blend of eucalyptus and salt, revealing healthy skin that we massage with a natural balm rich in menthol, rosemary and lavender. Your feet will emerge soft, rested.

**ULTIMATE PEDICURE JOURNEY**

**MIRAVAL SIGNATURE TREATMENT:** 50 min/\$95

Restore dry, cracked feet to their natural smoothness. First, thermal mineral salts soothe your feet. We then cover your feet in warm algae, rich in vitamins and antioxidants, before wrapping them in heated booties. After a gentle rinse, your feet are massaged with an invigorating blend of rosemary, menthol and pine. Your energized feet are then treated to a complete pedicure, leaving your skin and nails healthy.

**FLOURISH PEDICURE JOURNEY**

**MIRAVAL SIGNATURE TREATMENT:** 50 min/\$90

A refined pedicure experience incorporating the indulgence brought to us from the coast of Isla Das Rocas by Red Flower. Customize your treatment by selecting one of three delicious scents: Italian Blood Orange, Ocean, or French Lavender. Your feet are treated with a rich relaxation which includes exfoliation and a massage, refreshing and invigorating your tired feet.

## Chill-Out: The A-Z Spa Services

### CHAMOMILE CALMING MANICURE OR PEDICURE:

Manicure – 50 Min/\$65 • Pedicure – 50 Min/\$80  
Our most gentle manicure or pedicure begins with a hydrating and relaxing bath for hands or feet, followed by a gentle exfoliation with our chamomile scrub, rich in botanicals, which will provide much needed moisture to dry sensitive skin. Great for pregnancy or those wanting a more gentle exfoliation.

### MEN'S MANICURE: 50 Min/\$55

Immerse your hands in our soothing thermal minerals. As you relax, we'll exfoliate your hands with Turkish salts, then use warm oil to massage the tissues of your world-weary hands.

### MEN'S PEDICURE: 50 Min/\$65

Reduce undesirable calluses and restore a naturally healthy look to your nails with this treatment for overworked feet. Your feet are scrubbed with a custom blend of eucalyptus and Turkish salt before being immersed into a rejuvenating eucalyptus bath. A therapeutic foot balm is used to massage away tension throughout the feet and lower legs.

### FRENCH POLISH: \$15

French polish is available in addition to any Miraval nail service.

### PARAFFIN DIP: \$20

Enhance any nail service with the luxury of a paraffin dip. Warm paraffin hydrates dry skin and promotes cuticle health.

### POLISH CHANGE: 20 Min/\$20

A great choice for those who have recently had a manicure or pedicure but would like fresh new polish.



## NEW AT THE SPA | MORNING MENU

THESE SERVICES OFFERED EXCLUSIVELY FROM  
9:00 AM - 1:00 PM

### SWEET OR SAVORY DESERT SUCCULENTS

A richly moisturizing body treatment that incorporates the nutrients and healing properties of our Sonoran Desert succulents. Harness the power of the desert succulents known for their ability to hold moisture in the harsh desert environment. Start with your choice of either a gentle Sweet Prickly Pear or Savory Rosemary Mint exfoliation. A generous mask of a soothing pure aloe gel is massaged into your refreshed skin. Finishing with a gentle application of your choice of Sweet Prickly pear or Savory Desert sage Body Butters, locking in moisture and leaving your skin with a sumptuous glow. 50 Min/\$130

### SENSATIONAL SLENDERIZER

Experience a luxurious gentle body massage using a rich slimming serum of Golden Jojoba & Marine Botanicals. Skin will feel rejuvenated and silky-soft as the blend of Jojoba and Botanicals are applied using a highly specialized technique of light compressions combined with lymphatic supportive massage strokes. This specially designed technique and this professional-use-only serum, firms and detoxifies the body and leaves the skin with a velvety appearance and an enhanced flexibility and suppleness.

The Sensational Slenderizer can be done as a stand alone service but optimal results are achieved when done in a series of up to three treatments. 50 Min/\$130

### BLOOD ORANGE PEDICURE

An energizing pedicure experience incorporating a naturally invigorating citrus scent brought to us from the coast of Isla Das Rocas by Red Flower. This indulgently pure blend removes dry skin, stimulates circulation, firms and softens for a beautiful glow. Scented with botanical and essential oils of orange blossom, grapefruit, lime and orange rind, this refreshing and invigorating treat for the feet includes exfoliation and soothing massage. 50 Min/\$90

### RISE & ENERGIZE EUCALYPTUS SALT SCRUB

Greet the day with refreshing scents of Eucalyptus and Basil oils. In this invigorating body scrub your therapist will vigorously exfoliate your skin with this custom blend of oils combined with fine salt to refresh the skin. Finally, a warm jojoba oil and aloe lotion is applied to hydrate and protect your glowing skin. Renew your skin and your spirit with this revitalizing body treatment. 50 Min/ \$130

# MIRAVAL<sup>®</sup>

authentic circle

## What is Authentic Circle?

Miraval's Authentic Circle Loyalty Program offers exceptional rewards to guests who seek the comfort and tranquility of Miraval year-after-year. It is our way of thanking our loyal guests, and offers you more to look forward to with every stay. Authentic Circle was created to include a myriad of exclusive benefits that evolve and change each year, mirroring our guest's desires. Visit Guest Services for a brochure about the program or visit [miravalresorts.com/Authentic-Circle](http://miravalresorts.com/Authentic-Circle) for complete details.

## 2012 Exclusive Offers & Benefits

Members not only receive the best stay offers, they also receive an array of exclusive benefits that include the following as of February 2012\*:

### Step

Guests who have enjoyed 4-7 qualifying stays at Miraval

- Priority toll-free reservation line
- Exclusive offers & stay bonuses
- Invitations to Miraval events
- Express Check-in Service
- \$50 off a Room Upgrade at Check-in
- \$75 towards Raindance Pass purchases
- Exclusive Miraval Tote Bag
- Choice of arrival gift

### Run

Guests who have enjoyed 8-19 qualifying stays at Miraval

- Step benefits plus...
- Upgraded choice of arrival gift
- \$130 additional spa credit
- One activity priority sign-up per day

### Fly

Guests who have enjoyed 20+ qualifying stays at Miraval

- Step & Run benefits plus...
- Top choice of arrival gift
- Manager's Choice In-room Amenity
- 1 time gift of a 2-night stay for two

\*Visit [miravalresorts.com](http://miravalresorts.com) for benefit terms & conditions



# Clue-In

Self Discovery & Growth  
Activities Glossary



## Welcome to Programs and Activities

### CLASSES

**ARRIVING FOR CLASS:** Please be respectful of other guests by arriving on time to activities.

**ATTIRE FOR CLASSES:** We want to ensure your overall comfort. Loose, comfortable clothing is appropriate for most classes. For certain sign-up classes, specific clothing or footwear is required. The sign-up card will indicate which items are required for participation. For outdoor classes, we recommend wearing a hat, sunscreen and sunglasses.

**HYDRATION:** Please bring your reusable water canteen to all classes and activities. Water stations are located throughout the resort. Staying hydrated will help you acclimate to the desert environment to fully enjoy your stay!

**ON THE WAIT LIST?:** We strongly encourage you to show up to classes when your name is on the wait list. It will often be possible for you to participate in the class if you do.

**SIGNED UP, BUT CHANGED YOUR MIND?:** If you have signed up for a class and you choose not to attend, please erase your name from the card so that someone else may participate.

### PRIVATE SESSIONS

**/** Many of the subjects covered in our classes can be explored in-depth by booking private sessions with members of our staff. This “/” indicates which experiences may be booked as a private session for yourself or your group. Please see Guest Services to book an appointment and to get more information about services in which you are interested. Not all private sessions are listed in this glossary. Please see page 3 - 7 for a list of additional offerings.

**CHANGE AND CANCELLATION POLICY:** We request that a four-hour notice be given if you need to cancel or change your appointment. For a cancellation with less than a four-hour notification, or for no-shows, guests will be charged 100% of the treatment fee. For Golf, The Sharp End of the Rope & Cooking with the Chef offerings, we request that a 24-hour notice of cancellation be given to avoid being charged 100% of the activity fee.

# Clue-In

## Self Discovery and Growth Activities Glossary

**NEW 8 TIPS TO MASTER YOUR METABOLISM:** Your body has inherent intelligence and a huge capacity for change. Learn key lifestyle tips to give your body the chance to do what it does best!

**ABS & GLUTES EXPRESS:** Tone up in this 30 minute class.

**AFTERNOON MEDITATION:** See Evening Meditation.

**AN INTEGRATIVE APPROACH TO STRESS:** In this comprehensive workshop, learn how to change perceptions of stressful events, optimize stress management strategies you already have, take stress-beating vitamins and supplements, and discover the healing modalities you need when stress is too much to handle on your own. Fee applies.

**NEW ANTI-INFLAMMATORY DIET: BOOST YOUR HEALTH & PREVENT DISEASE:** Chronic inflammation influences our risk factors for a number of age related diseases and poor diet may be the main contributor to unwarranted inflammation. Learn how you can help your body remain optimally healthy by selecting and preparing foods that have been shown to decrease the body's inflammatory process.

**ART AT MIRAVAL:** Join us and experience some of the remarkable pieces found on Miraval's property. Pieces are also available for purchase.

**BALANCE:** Improve balance with foam rollers, balls and a disc.

**BOCIRCUIT:** Strengthen and tone as you complete this circuit class using the Bosu Ball and weights. The Bosu ball is used as a tool to teach balance and core strengthening and we promise that you will leave feeling the burn.

**BOOT CAMP EXPRESS:** Experience the challenge of a high-intensity circuit class.

**BREATH WALKING FOR WELLNESS:** Discover the science of synchronizing specific patterns of breathing with the pace of your walking steps along with directed, meditative attention to create a peak mental state. Benefits include increased energy levels, mood control, mental clarity, and a feeling of oneness or connection.

**BREATHWORK:** The Yogis call it Pranayama. In this class we work with our breath to strengthen the energetic systems of the body, mind and emotions. Breath Work is a wonderful way to lead one into meditation or any physical fitness routine; and can be used to directly address a number of negative habit patterns.

**BODY CONDITIONING EXPRESS:** Strengthen major muscles with weights, bands and medicine balls.

**NEW BOX AND TONE:** Wearing weighted gloves, enjoy this unique combination of cardio boxing and stylized toning exercises based in Ballet techniques.

**CARDIO DANCE:** Using a variety of unique movement styles such as Zumba, Ballet & Line Dance, you'll connect with your inner rhythm. Circuit includes line dancing through the decades.

**CARDIO DRUMMING:** This is a high-energy cardio workout that combines traditional aerobic movements with the powerful beat and rhythm of the drums. This is a workout for the entire body, mind and spirit.

**CARDIO INTERVALS:** Get an intense workout in less time with this cardio machine interval class.

**NEW CHEF'S TABLE:** Chef's Table allows you and your guests a unique behind the scenes dining experience. Your journey will start with a complete tour of Miraval's kitchen led by your Miraval Chef for the evening. See page 19 for full description. Fee applies. Sign-up in Guest Services.

**CHI GONG:** The Chi development exercises are simple but profound movements that balance and strengthen the human energy system. This is an introduction-level class.

**CLIMBING WALL:** A beginning climbing class that integrates movement, breathing, balance and trust.

**COOKING DEMONSTRATION:** Learn to prepare many of the healthy, delicious dishes you will enjoy while dining at Miraval.

**COOKING WITH THE CHEF:** Discover fresh, innovative ways to approach healthful cooking that result in flavorful new culinary and sensory experiences. No longer just a meal, this 5-course dinner with wine pairings included is an epicurean journey. Fee applies.

**DESERT SKY ZIPLINE EXPERIENCE:** Celebrate the freedom of letting go of fear and stepping toward new beginnings as you soar from a height of 40 feet above the desert floor. Fee applies.

**DESERT TIGHTROPE:** Stretch yourself and practice letting go as you traverse a cable 35 feet high in the air, using only a series of hanging ropes to help maintain your balance.

**DRUMMING:** Channel your "primitive spirit" using a variety of hand-held drums in this easy-going class.

**EASTERN APPROACHES TO HEALTH:** Includes Lunch: Learn Eastern approaches to health and how you can incorporate them into your life.

**NEW ENERGY YOGA: LEVEL 2:** Inspired by Kundalini and Ashtanga Yoga practices, this class will incorporate vigorous and repetitive movements and breathing techniques to raise the heart rate and cleanse the body.

These services can be booked as private experiences for yourself or your group through Guest Services at ext. 4512.

# Clue-In

## Self Discovery and Growth Activities Glossary

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### EVENING MEDITATION:

- **Chakra:** Connect to your seven energy centers through this guided meditation, which explores the meaning of the Chakras and how each relates to different aspects of your self.

- **Healing Visualizations :** This is an active form of meditation that engages the mind and harnesses the power of positive imagery to bring about states of well-being that create a pathway for mind-body healing to occur.

- **Loving Kindness:** Learn a 2,500-year-old practice that uses repeated words, phrases and images to cultivate a state of friendliness, kindness and acceptance towards yourself and others.

- **Sound:** Settle emotions and balance the body with the positive influence of sound and vibration.

### EVENING PHOTOGRAPHY WALK

Join Miraval's photography expert to capture the arful beauty of the Sonoran desert landscape. This is an opportunity to hone your photography skills, learn something new about that digital camera you've had for years, or discover the satisfaction that comes from composing a photograph you never would have thought to create before.

**FACE TO FACE:** Explore the balance between self-care and support of others as you move in pairs across cables suspended 30-feet off the ground.

**NEW FINDING THE ZONE:** The Zone is that place we go to when time slows, things seem clearer, decisions become easier, and actions flow naturally almost without effort. We don't think – we just do – and the doing seems so easy. We often wish we could get to this place more consciously. You can! Science has found amazing discoveries about the heart and how it communicates with the rest of the body. In this fascinating workshop, explore with Dr. Nicolai, the power and potential that learning Heart Intelligence can bring to optimizing performance, improving health and finding coherence in a chaotic world. Fee applies, see Guest Services.

**FITNESS WALK:** Enjoy a 2-mile morning walk in the desert.

**GIANT'S LADDER:** Integrate the importance of trust, balance, and cooperation as you climb a 40-foot ladder.

**NEW GOLF: SWING INTO BALANCE: ALL LEVELS:** Have you ever wondered what a balanced golf swing should feel like? What makes a golf swing effective and efficient? Whether you are a total beginner or an accomplished golfer, this class will provide helpful tips and practical information to get you excited about golf or improve your understanding of the power of a balanced swing. Experience the energy and balance of your personal golf swing – without even hitting a golf ball. Meet at BMC. Golf Clubs provided. Maximum of 4 participants.

**GRIEF, LOSS AND LETTING GO:** Understand the various emotions that arise when experiencing grief. Learn how to create a relationship to loss and letting go that is practical and facilitates healing.

**HEALING TOOLS FOR VIBRANT LIFE:** You will learn simple tools that will help you to reconnect to your vibrant essence. Explore the notion of health and disease from an energy healing template, and learn about one of the dimensions of the Human Energy Field: the chakra system. Fee applies.

**HIKING:** A variety of mountain hikes from beginner to advanced levels.

**I-CHI FLOW:** Enjoy the meditative quality of Tai Chi in the water. A Miraval exclusive.

**INTUITIVE LIVING:** When we connect to our spiritual self we create healing, inner guidance, meaning and connections. Come and explore spiritual practices that will support you to expand and trust your intuition.

**NEW IT'S NOT ABOUT THE HORSE:** Join Wyatt as you participate in what could be the most important journey you've ever chosen for yourself. See the full class description on page 11. Fee applies, see Guest Services.

**NEW JUST PLAY!:** Sometimes you have to lose yourself to find yourself. When was the last time you just laughed, played and frolicked like a child? Join Coach Leigh on the tennis courts and be prepared to let loose, tap into your youthfulness and exist in the here and now! All levels welcome!

**NEW LADIES ONLY - WAYS TO LIVE HAPPY, HEALTHY AND STRONG:** Join Junelle Lupiani, Miraval's Registered Dietitian to discuss the most common health issues facing women today. Junelle will help you explore food choice and supplements, hormone balance and bone health, and weight loss as it applies to aging and other unique-to-women health topics.

**LATIN SPLASH:** Enjoy the sun while exercising in the pool.

**LABYRINTH JOURNEY:** The Labyrinth (sometimes called the path of silence) is a tool of walking meditation that provides a safe, serene environment to focus inward.

**MAKING WEIGHT LOSS A REALITY:** In light of the conflicting information about weight loss this lecture is a breath of fresh air that sweeps away the hype and gets to the facts about exercise induced body composition change.

**MASTER YOUR MIND TO HEAL YOUR BODY:** An introduction to the concept of Holographic Memory Resolution which heals the body by releasing stored trauma.

**MASTERING YOUR MAKEUP:** Join makeup artist Bonnie Johnson for a demonstration to learn basic makeup application tips and techniques, and how to play up your best features.

These services can be booked as private experiences for yourself or your group through Guest Services at ext. 4512.

**NEW MAXIMIZE YOUR BIOLOGICAL AGE:** To age gracefully, you have to keep your body and mind in good working order. Learn key nutrients you should include in your diet to insure your health from the inside out.

**METABOLISM AND PREVENTION:** Understand how your fitness level may be impeding or aiding in the prevention of some of the most common and preventable diseases.

**MINDFULNESS AT MIRAVAL:** An introduction to the concept of Mindfulness; cultivate the present moment in every aspect of your life.

**MINDFUL DIALOGUE: COMMUNICATING FROM THE HEART:** Unlock the profound benefits of mindful dialogue while learning to communicate from a place of openness and respect.

**MINDFUL EATING:** Learn to listen and respond intuitively to your body's food needs in this experiential class.

**MINDFUL STRESS MASTERY:** Manage stress by learning simple mindfulness techniques including the joy of breathing and living in the moment.

**MIRAVAL EQUINE EXPERIENCE™:** This class offers you an opportunity to practice living life in the moment. Work with specially selected horses and our expert facilitators. You'll perform equestrian ground skills, getting a chance to notice personal patterns that may be holding you back from the life you want to live.

**MORNING MEDITATION:** Profoundly impact the rest of your day by starting your morning in the serenity of sitting meditation.

**MORNING STRETCH:** Wake up and relax with gentle stretches.

**MORNING YOGA: MIXED LEVELS:** Salute the sun and energize your body towards the day with traditional morning Hatha Yoga.

**MOUNTAIN BIKING:** We offer a variety of mountain biking activities. Please see the sign-up cards for specifics.

**ON THE BALL:** Workout with therapy balls to improve strength and balance. 45 min. On the Ball Express class is 30 min.

**OUT ON A LIMB:** Integrate calm and confidence as you cross a log suspended 30 feet in the desert sky.

**PILATES MAT WORK:** Develop core strength and lengthen the spine for muscle definition and posture. 45 min. Pilates Mat Work Express is 30 min.

**QUANTUM LEAP™:** Expand the boundaries of your comfort zone and relearn trust with a leap from a 25-foot pole.

**QUANTUM LEAP II™:** Step outside your comfort zone and discover new levity as you leap from the top of a 35-foot pole.

**REFLECT & TRANSCEND WITH COACH LEIGH:** Coach Leigh uses the Socratic method to explore questions that will open your eyes, clarify your mind, and spark a fire in your body to make the changes that will lead you to your personal best. This interactive workshop is designed to increase self-awareness and turn that insight into an executable and manageable ACTION PLAN!

**R.I.P.P.E.D.: ADVANCED LEVEL CLASS:** Join us and experience this total body, high intensity workout. R.I.P.P.E.D is an athletic based, broad spectrum, time efficient class guaranteed to leave you challenged and empowered. Advanced level class.

**ROLL WITH IT:** Foam rollers give you a workout and deep tissue massage at the same time.

**NEW SHARING THE JOURNEY: OUR MIDLIFE TRANSITION (FOR WOMEN ONLY!):** Join Sheryl Brooks for an open conversation about the journey many women face in midlife. Whether you're on your way or already there – you may be feeling a mind-body-spirit transition and you're not alone! Have you ever wondered if, going forward, you might want to live a life that is something more or different than you have up to now? As the Registered Nurse for the Andrew Weil, M.D. Integrative Wellness Center, Sheryl will facilitate a discussion meant to bring acknowledgement, understanding, and comfort to you during this midlife transition because, well, sometimes it just helps to talk about it! You will have the opportunity to share with and learn from others who are also on the journey and tap into the intrinsic coping tools that are built into us as women. You might laugh, you might cry, but you'll definitely learn something new.

**SKILLFULLY AWARE®: AT HOME, AT WORK AND IN LIFE:** Learn simple but profound attentional skills that will change how you perceive yourself and the world, and with dramatically positive results. Please see the full description on page 21.

**SKIN CARE 101:** Join our Lead Aesthetician to discuss skin care basics. Learn how to properly care and maintain your skin and get all your questions answered in this interactive lecture. You can have ageless beauty today!

**SOUL JOURNEY, LIFE MISSION:** The Path to Happiness and Healing: Discover the many levels of a soul journey and realize how this unique experience can open opportunities and create guidance in your life.

**SPINNING:** Cycle indoors in this high intensity cardio class.

**SPIN & TONE:** Band work coupled with high intensity cycling.

**STRETCH & RELAX:** Relax and stretch your entire body—especially welcome after an active day at Miraval.

**SWING AND A PRAYER:** Face your doubt, insecurity and fear as you swing from a 35-foot pole above the desert floor.

## Clue-In: Self Discovery & Growth Activities Glossary

**THE SHARP END OF THE ROPE:** Join us for a day of rock climbing on Mt. Lemmon. Enjoy the personal challenge and joy of rock climbing while integrating the five elements of Adventure. Fee Applies.

**WALK AND TONE:** Enjoy a combination of light cardio and strength training on this exercise walk around Miraval's property.

**WATER CONDITIONING:** Get a complete workout in half the time by exercising in the water. Work on aerobic endurance, muscular resistance, flexibility, and joint mobility all at the same time!

**WATER MOVE IT:** This workout may be gentle on the body, but it gets your heart moving. We'll work with the resistance of water as we perform kickboxing-inspired moves that increase cardio endurance.

**NEW WHAT IS BALANCE AND HOW DO I GET IT?:** "Having balance" or "being more balanced" is often stated as a goal for supporting health and wellness. But what are the elements required to create and maintain balance? Join us for this fun and informative class that will challenge our ideas about what balance really is as well as identify steps we can take to make balance a fundamental part of our lives.

**WHY HIGH:** Stretch your comfort zone and traverse cables 30-foot up, first on your own and then with a partner.

**YOGA ESSENTIALS: LEVEL 1:** A gentle beginning class that introduces the essential Hatha Yoga practices to enhance breathing, balance and flexibility.

**YOGA - HOUR OF POWER: LEVEL 2/3:** Experience a challenging Yoga practice to increase your core-strength, endurance and fluidity through arm-balances and inversions.

### YOGA OF THE DAY:

- **Core Yoga: LEVEL 2/3:** Develop your core-strength in this powerful practice of balance and stamina.

- **Dream: MIXED LEVELS:** Learn to consciously surrender to sleep and dreams through this gentle Restorative Yoga practice for the mind, body and soul.

- **Flying Dragon: LEVEL 2:** Begin with deep stretching of Yin practice for the hips and lower back. End with an energizing Yang practice: bend, twist, flow and fly. This Taoist practice is a light-hearted experience full of colorful visualization.

- **NEW Groove:** offered as **MIXED LEVELS AND LEVEL 2/3:** Experience a lively flow practice while listening to fun and funky tunes.

- **Restorative: MIXED LEVELS:** Learn to rest deep in your yoga postures in this practice, known as "active relaxation" by author Judith Lassiter.

- **Yin: MIXED LEVELS:** In this quiet practice, focus on stretching deeply into the fascia of the hips and lower back through meditation. While using breathing techniques, begin to soften and surrender into your postures for minutes at a time.

**YOGA FLOW: LEVEL 2:** A vigorous and fluid Vinyasa practice connecting breath and movement to build a detoxifying heat in the body and a steady focus in the mind.

**NEW YOGA NIDRA MEDITATION:** This practice is designed to guide you into a state of deep relaxation while your mind is gently engaged in an endeavor to keep you wakeful and conscious throughout the exercise. The ability to remain aware while progressing into a state of deep rest has many therapeutic benefits and is a key tool used for the development of self-awareness.

**YOGILATES EXPRESS:** Build a strong, long and lean body—and add grace and balance—through fusion of yoga and Pilates. Using movements and breathing from both techniques, this class will leave you full of energy and inner peace!

**ZEN BOOT CAMP: ADVANCED LEVEL CLASS** Experience the challenge of a high-intensity circuit class (the Boot Camp) outdoors in the beautiful natural landscape around Miraval (the Zen). This class incorporates a variety of low (jumping jacks) and high (wind sprints) intensity exercises using the great outdoors as our "gym."

**ZEN-NIS TENNIS:** Are you looking for an experience in which you can be thoroughly engaged and have fun while quieting your mind and finding that magical feeling of FLOW? This clinic will include ball-feeding drills and hitting while emphasizing self awareness, tuning out distractions, finding a groove, trusting your body, discovering the power of muscle memory and reaching the state of being "consciously unconscious."



Visit Raindance Pass Boutique during your stay to find something unique and beautiful for yourself or someone you love.

# Coming Soon

## March 2012

- 1 - 7 Metaphysical Tools in Life & Business with Maggie Garbarini
- 6 Spontaneous Happiness: A Talk with Dr. Andrew Weil
- 11 - 15 The Miraval Equine Experience Immersion
- 14 - 18 Learning about Your Intuitive Self with Tina Powers
- 20 Spontaneous Happiness: A Talk with Dr. Andrew Weil
- 23 - 24 Intuitive Synergy with Shelly Eagle
- 29 - 4/1 National Geographic Photography Workshop

## April 2012

- 1 - 6 The Entrepreneurs Guide to Enlightenment at Miraval
- 1 - 7 Metaphysical Tools in Life & Business with Maggie Garbarini
- 19 - 22 Learning about Your Intuitive Self with Tina Powers
- 28 - 29 Intuitive Synergy with Shelly Eagle

## May 2012

- 1-7 Metaphysical Tools in Life & Business with Maggie Garbarini
- 10 - 13 National Geographic Photography Workshop
- 13 - 17 The Miraval Equine Experience Immersion
- 22 - 6/4 Artist in Residence Series with Mike Elsass, Painter
- 31 - 6/3 Learning about Your Intuitive Self with Tina Powers

## June 2012

- 4 - 10 Metaphysical Tools in Life & Business with Maggie Garbarini
- 14 - 17 National Geographic Photography Workshop
- 20 - 24 Learning about Your Intuitive Self with Tina Powers
- 16 - 17 Intuitive Synergy with Shelly Eagle

For more information call 800.232.3969 or visit [miravalresorts.com](http://miravalresorts.com)

# Stay Connected

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**[miravalresorts.com](http://miravalresorts.com)**

## Your Stories

Read about fellow Miravalians and their travels at our new blog: [miravalresorts.com/blog](http://miravalresorts.com/blog)

# Groups & Retreats

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In addition to being a magnificent retreat for individuals, couples and friends, Miraval is also a group planner's delight. The beauty of Miraval and our impressive and varied meeting and gathering spaces set the perfect tone for inspired retreats, while our exceptional service and signature programs ensure the group's success.

Miraval sets the standard with a full complement of group facilities for productive meetings and group retreats including up to 6,600 square feet of meeting space. Guests experience a simple, refined atmosphere with our 117 beautifully appointed casita-style guest rooms and suites, award-winning cuisine, signature spa, state-of-the-art fitness facilities, and Miraval's world-renowned motivational and challenge programs.

Miraval is an easy decision, an awesome experience, and a world apart: Quiet, tranquil and inspiring. The perfect environment for hearts and minds to focus and unite. But what's most impressive is our ability to offer this natural splendor, and unrivaled service and facilities, at incredibly practical and earthly investment levels.

To discuss bringing your group to Miraval, contact our Group Sales team at ext. 4977, call 866.586.5959 or email [groups@miravalresorts.com](mailto:groups@miravalresorts.com)



Enhance your Miraval stay with our luxurious private villa accommodations. With access to every experience and amenity at Miraval in a home so flawlessly designed that it rivals the beauty of the desert landscape. You will also have access to your personal Miraval Concierge, dedicated to assisting you in countless ways during your stay. Each villa features two Master Suites with private courtyards, natural rammed earth walls, cascading glass patio doors that offer stunning views of the Santa Catalina Mountains, outdoor showers to connect with nature, outdoor patios with private spa, current pools and Starbeds.

Please contact Christina Tierney's office for additional information at x 4252.

# Raindance Pass

## **Much more than luxury, this is deep comfort.**

Miraval guests have requested our signature amenities be available for purchase. All items listed may be shipped or delivered directly to your guest room. Call ext. 4231 for information and purchase, or stop by the boutique to learn more about the full offering.

### **Bed Dressings**

A Miraval signature sleeping experience for your residence.

### **Duvet**

A luxurious Swiss case shell of 360 thread count is filled with 650 fill power Hungarian Down. Available in Queen or King.

### **Duvet Cover, Sheeting and Cases**

Anichini is recognized as the highest standard in luxury linens used in the finest five star resorts worldwide. Anichini linens are produced using the Giza 70 long staple form of cotton, with sustainable production methods in the growing and harvesting of its cotton, never using synthetic chemical fertilizers or herbicides. Available in Queen or King.

### **Down Pillows**

The finest goose down in the world features 800 fill power European white goose down, double-stitched, 450 thread count and 100% combed cotton sateen ticking. Available in Standard, Queen and King.

### **Featherbed**

Outer core filled with 600 fill power European duck down with inner core of 95% small goose feathers and 5% goose down blend. 195 thread count with 100% cotton downproof fabric. Double stitched in either Queen or King.



## Give the Gift of Miraval

There is no better way to shower someone with love than to give them the joy of a Miraval experience. Purchase a Miraval gift certificate for those remarkable people in your life who deserve more than a just a vacation. Call 800.232.3969 to purchase.

## Miraval Store at [miravalresorts.com](http://miravalresorts.com)

Now you can order your favorite Miraval items in our online store! Looking for your favorite spa products, Miraval t-shirts, or even our heavenly bedding? Place your order today and before you know it - it'll be headed your way!

[miravalresorts.com/Store](http://miravalresorts.com/Store)



# Resort & Guest Room Information

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## CELL PHONES USAGE

In order to maintain the mindful environment of Miraval we ask that you limit your cell phone usage to the privacy of your guest room and the courtyard outside of Raindance Pass boutique.

## COURIER & CAR SERVICES

Located 3 miles from the resort is a shopping complex with a grocer and a pharmacy. We can assist you with procurement and/or transportation needs. Please contact Guest Relations.

## EVACUATION PROCEDURES

In the event of an emergency, Miraval staff will provide direction and information. Should an emergency evacuation be necessary please gather at the main parking facility outside of Raindance Pass Boutique.

## HOUSE PHONES

For assistance please lift the phone handset to be connected with the resort operator. Phones are located at each village entrance with the exception of the Yucca Village (500 series.)

## HOURS

Brave Bill Lounge: Opens at 4:00 pm

Cactus Flower Restaurant:  
Breakfast: 6:30 - 9:30 am  
Lunch: 11:30 am - 2:00 pm  
Dinner: Sign-up Daily

Palm Court Cafe: 6:30 am - 3:00 pm

Raindance Pass Boutique: 9:00 am - 6:00 pm daily.

Room Service: 11:00am – close. Dinner options available 5:00pm – close. Menu is located in your casita.

The Spa: 9:00 am - 9:00 pm

## HYDRATION

The climate of the Sonoran Desert can quickly dehydrate those not accustomed. Please use the complimentary water bottle provided to remain hydrated throughout your visit.

## IN-ROOM SAFE

For the security of your valuables the directions for safe operations are as follows:

TO LOCK: close safe door, enter 4 digit code, press lock  
TO OPEN: enter 4 digit code, in case of error press clear button and begin again.

## INTERNET ACCESS

All guest rooms and public spaces at Miraval have high speed wireless capabilities. If you are in need of a wireless card dial the Resort Operator at 0.

## LAUNDRY SERVICES

Wash and fold service is available daily from 8am to 5pm with same day service provided. Laundry bags and slips are located in your guest room closet.

## LEAVING MIRAVAL

Departure vans leave on the hour and you will be scheduled to depart Miraval 2 hours before your flight time. The afternoon prior to your departure date you will receive a detailed voice mail with your departure and baggage pick up times. The last shuttle of the day departs at 2:00 pm.

## MEDICAL ASSISTANCE

In case of life threatening emergencies please dial 911. For other types of medical assistance please contact the resort operator by dialing 0 or Guest Relations staff. We can arrange for transportation to Urgent Care or Hospital - both located ten minutes from the resort. Over-the-counter items are available for sale in the Raindance Pass Boutique.

## PRIVACY AND PHOTOGRAPHY

For privacy please ensure that your camera is not focused in the direction of other guests. We encourage the photography of the beautiful landscapes, wildlife and views.

## RESORT ROOM SERVICE

Additional fees apply. Room service is available from 5:30 pm to close. A room service menu is located in your room. Please call ext. 0 to place an order. Call for availability outside of the posted times.

## SECURITY STAFF

Miraval security staff routinely patrol the resort property. Should you have any concerns please dial the resort operator. All Miraval staff are required to identify themselves by department name prior to entering a guest room. Please activate the deadbolt for maximum security and privacy.

## SMOKING

Miraval is a smoke-free environment and we ask that you refrain from smoking in your guest room and all public areas. A fee of \$375.00 will be assessed to remove smoke odor found in guest rooms.



MIRAVAL VILLA

**TELEVISION GUIDE**

2- AMC	6- Fox Local	10- MSNBC	14- E!	18- Discovery
3- Comedy Central	7- ABC Local	11- ESPN	15- TNT	19- Fox News
4- A&E	8- NBC Local	12- FOOD	16- NatGeo.	
5- CNN	9- CBS Local	13- Travel	17- ESPN2	

**TELEPHONE SERVICES**

Emergency	911	
Room to Room	7 + room	
Local	9 + number	no charge
800# Calls	9 + 1 + 800 + number	no charge

**CREDIT OR CALLING CARDS**

At the tone enter card number		
Domestic	9 + 0 + area code + number	no charge
International	9 + 0 + 011 + country code + city code + number	no charge

**DIRECT DIAL CALLS**

Domestic	9 + 1 + area code + Number	prevailing rate
International	9 + 1 + 011 + country code + city code + number	prevailing rate

**OPERATOR ASSISTED CALLS**

9 + 0 + area code + number

**DIRECTORY ASSISTANCE**

9 + 1 + 411 prevailing rate

