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**MIRAVAL ARIZONA ANNOUNCES NEW SPECIAL EVENTS FOR 2011**

- Highlights include new photography series, integrative wellness lectures with Dr. Andrew Weil, and sexual health workshops -

**November, 2010 (Tucson, AZ) – [Miraval Arizona](#)**, the top-rated [destination spa resort](#) located in Tucson, today announced the 2011 schedule of programs and events designed to serve as an accompaniment to the extensive spa and outdoor challenge offerings.

**National Geographic Photography Workshop**

Hone your photography skills in the warm shade of the Santa Catalina Mountains of Arizona during a unique long weekend retreat. Learn to take magazine-quality photos through edit-and-critique sessions with National Geographic photographers. Then set out on daily excursions to photograph stunning mountain vistas; the stark beauty of the Sonoran Desert; and the well-preserved, historic downtown district of Tucson. Zoom in on Native American petroglyphs, and capture images of the age-old Navajo hoop dance during a private performance.

Upcoming 2011 Dates: February 24 – 27; March 31 – April 3; October 13 - 16 and October 27 – 30

**Touched by an Angel: Sisterhood of Survivors**

Suicide can be devastating for those left behind. With the joint effort of founder Lauren Stone, Miraval and SpaFinder, the Touched by an Angel: Sisterhood of Survivors retreat was created to recognize the beautiful aspects of lost loved ones and to touch each other's lives as living angels to help one another. The retreat is ideal for those past the crisis stage of grieving with hopes of creating a shared experience for those who seek a new network of strength and support.

Upcoming 2011 Dates: February 3 - 6

**Better Communication, Better Sex with Evelyn Resh**

Discover a fresh, lively approach to the achievement of sexual satisfaction and the management of sexual health concerns at any age. Better Communication, Better Sex is

Miraval's newest sexual health intensive. Join Evelyn for this 4 day intensive that combines the benefits of sexuality counseling and education with the sensuality of the Miraval experience.

Upcoming 2011 Dates: January 20 – 24; June 8 – 12; November 6 – 10

### **Weil on Wellness with Andrew Weil, M.D.**

Stress, and how we deal with stress, has a direct effect on our nutrition and diet. When under stress, there is a greater potential to make unhealthy eating decisions that may include such responses as emotional eating, mindless munching and crash diets. In collaboration with the new Andrew Weil, Integrative Wellness Program program, this retreat will focus on the uncovering the negative responses that occur when dealing with stress and how to make significant changes to these coping mechanisms for overall health and wellness.

Upcoming 2011 Dates: January 30 – February 2; October 30 – November 2

### **The Energy Project at Miraval**

The Energy Project at Miraval is an opportunity to address both your leadership and your life by examining how the choices you're making are influencing the people you lead, the organization you run and your own life. Offered exclusively to CEOs, Boards of Directors and senior leaders of organizations, this three-day program is grounded in the emerging, multidisciplinary science of sustainable high performance.

Upcoming 2011 Dates: February 9 – 13; April 13 – 17; October 5 – 9

### **Miraval Equine Experience with Wyatt Webb**

Joy is our birthright. Yet our current stressful mode of existence takes this away from us. Working with Wyatt Webb you will learn how to reclaim your birthright to 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.

Upcoming 2011 Dates: January 16 – 20; March 13 – 17; May 15 – 19; July 10 – 14; August 28 – September 1; November 6 – 10

For information about Miraval please visit [www.miravalresorts.com](http://www.miravalresorts.com)

### **About Miraval Arizona**

Miraval® is dedicated to making life more magnificent. Created in 1996, Miraval's flagship resort in Tucson, Arizona, has been consistently rated the #1 by *Travel + Leisure*, *Zagat Survey* and *Condé Nast Traveler*. Miraval offers an array of "Clue-In"™ self-discovery and development activities and "Chill-Out"™ spa services, all of which reflect Miraval's core philosophy of living life in the moment. The brand is expanding its reach through its network of leading Specialists and its creation of fully-integrated inspired living communities, beginning with the introduction Miraval Living, New York in 2007.

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