

Media Contacts
Nike Communications
Katie Archambault
646.654.3421
karchambault@nikecomm.com

MIRAVAL RESORT & SPA PRESENTS QUANTUM LEAP FOR LEAP YEAR
Take a Leap of Faith at Miraval This February

October 19, 2011 (Tucson, AZ)— To celebrate the special, once-every-four-year occurrence of Leap Year, **Miraval Resort & Spa** challenges guests to face their fears and leap to new heights of self-improvement in 2012 with their Quantum Leap challenge activity. During the month of February, Miraval will pre-register guests for Quantum Leap classes and offer additional classes on February 29, 2012. Offered exclusively at Miraval, Quantum Leap is one of Miraval's signature Clue-In™ Challenge Activities - programs designed to help participants challenge their perceived limits of risk tolerance, as well as their creative and intellectual preconceptions.

Designed to encourage a renewed sense of balance and trust, Quantum Leap challenges guests to practice what it truly means to live in the moment, and to make every breath count. Located within Miraval's expansive on-site challenge course, the Quantum Leap is a 25-foot pole that is rigged with ropes and ladders to which guests are harnessed by a belayer, and helped up to the top of a 25-foot pole. Using the pole to represent life, participants are challenged to take a stand on top of the pole, while being supported by a network of belayers or rope holders. Standing on top of a pole with nothing to hold onto and then leaping into the air requires guests to find significant trust in oneself and in the other group members. As participants take their leap of faith, they are invited to make a dedication to something they'd like to leave behind and a commitment to a positive change they want to leap into both metaphorically and practically.

The Quantum Leap Year offer includes:

- Luxury overnight accommodations
- All healthful and flavorful meals, snacks, smoothies, and non-alcoholic beverages.
- Full access to Miraval's extensive resort amenities
- Unlimited participation in daily self-discovery programs including all fitness and yoga classes; lectures; the Miraval Equine Experience® ; cooking demonstration; outdoor adventure and challenge activities.
- Pre-registration for Quantum Leap
- Welcome Gift of Miraval tote bag & reusable water canteen.
- Resort credit of \$130 per day.

Rates start at \$635 per night, based on single occupancy. For more information or to book, visit miravalresorts.com or call 800.232.3969.

About Miraval Resort & Spa

Miraval® is dedicated to making life more magnificent. Created in 1995, Miraval's flagship resort in Tucson, Arizona, has been consistently rated the #1 by *Travel + Leisure*, *SpaFinder* 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 the addition of privately owned luxury homes: the Miraval Villas.

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