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**MIRAVAL RESORT & SPA PRESENTS SPONTANEOUS HAPPINESS: A TALK WITH DR. ANDREW WEIL**  
***Guests afforded exclusive access to Dr. Andrew Weil***

October, 2011 (Tucson, AZ)—Straight from the press and now at Miraval, Dr. Andrew Weil’s new book ***Spontaneous Happiness*** comes to life in the resort’s new lecture series *Spontaneous Happiness: A Talk with Dr. Andrew Weil*. In the lectures, guests are granted exclusive access to the renowned integrative medicine specialist as he delves into the research behind his new book. A longtime leader in the wellness industry, Miraval is the first of its kind to offer an integrative wellness program in a resort setting. In addition to Dr. Weil’s new lecture series, Miraval offers a myriad of unique experiences for personal growth and is a go-to destination for those looking to open their mind, body and soul, find balance, and change their lives for the better.

Available January 24, March 6, and March 20, 2012, guests of Miraval will have the once-in-a-lifetime opportunity to interact with Dr. Weil in an intimate, small-group setting. Throughout the talk, Dr. Weil will present a comprehensive overview of evidence-based integrative strategies to address low mood and depression, drawing on techniques including Ayurveda, Buddhism, acupuncture, psychotherapy, and mindfulness training. Dr. Weil will offer participants practical advice on lifestyle, behavior, and dietary changes to help assess emotional wellness and manage moods. The Q & A portion of each lecture will provide guests with the unique opportunity to address their personal health and wellness questions directly to Dr. Weil himself.

“Dr. Weil has played an integral role in developing the integrative wellness programming at Miraval, and I look forward to giving our guests an opportunity to interact with him firsthand,” said Michael Tompkins, President & General Manager of Miraval Resort & Spa. “The insight and lifestyle management strategies he will provide to improve mood and overall wellbeing are invaluable.”

Led by Dr. Jim Nicolai, Miraval is home to the Andrew Weil, M.D. Integrative Wellness Program which incorporates the principles of integrative medicine, lifestyle diagnostic tools, evidence-based methodologies and in-depth consultation to plot an optimal lifestyle and wellness path. *Spontaneous Happiness* is also the newest one-on-one private session with Dr. Nicolai, in which he explores alternative therapies and mind-body practices to help manage depression and improve mood.

*Spontaneous Happiness: A Talk with Dr. Andrew Weil* is available to Miraval guests booking a three-night stay or longer over the lecture dates. The series will be offered on January 24, March 6, and March 20, 2012 from 4:00 pm - 5:30 pm for an additional fee of \$225. Based on availability, other restrictions apply. For more information or to book, visit [miravalresorts.com](http://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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