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MIRAVAL ARIZONA WELCOMES LOCALS TO "STAY PUT" THIS SUMMER

- Miraval Kicks Off Summer with Amazing Local Rates and New Programs -

June 7, 2010 (Tucson, AZ) – Everyone dreams of escaping to a far-flung destination but who wants to pay the high costs of airfare when a refreshing getaway is right in your own backyard. **Miraval Arizona**, the top-rated [destination spa resort](#) located in Tucson, wants to ease the burden for locals with special rates that will make one's geographical surroundings seem as exotic and luxurious as any overseas adventure.

For a limited time, Arizona residents can take advantage of special overnight rates starting at \$250 per person, per night. The customized stay includes luxury accommodations, three gourmet meals and unlimited snacks daily, complete use of resort facilities and unlimited access to scheduled programs and classes.

If that isn't enough to entice you to stick close to home, summer is already in bloom in the Santa Catalina Mountains, and that means a season full of **art, music, and adventure** can't be far behind. Guests of Miraval Arizona have a calendar of culture to choose from with "must-do" events and activities. You're so close to feeling this good.

Music

Summer Music Series (June 9th – August 18th): Every Wednesday this summer, join us for an evening of chamber music, featuring members of the Tucson Symphony Orchestra. Local residents are invited to experience this exclusive performance for \$249 per couple which includes a champagne reception prior to the performance followed by a gourmet dinner for two at Cactus Flower restaurant. A portion of the proceeds will benefit the Tucson Symphony Orchestra. This summer exclusive is the perfect way to spend a special evening with a friend or loved one.

Art

Artist in Residence (June – October): Beginning this summer, Miraval will bring resort guests and local artists together for exclusive demonstrations including painting, sculpting and photography. The artists' will work in an open setting for guests to enjoy and their works will also be on display throughout the property during their stay at Miraval. The artist lineup includes: Nicholas Wilson (Painter/Sculptor), Daniel Sroka (Photographer), Star Liana York (Sculptor), Andrzej Skorut (Painter), David Simons (Painter), Esther Benedict (Sculptor), Jim Budish (Sculptor), Nicholas Wilson (Painter, Phil Lichtenham, (Painter/Sculptor), Gary Lee Price (Sculptor), David Simons (Painter), Mike Elsass (Painter).

Fitness

Native American Yoga: The Circle of Life, according to Native American traditional belief, is divided into Four Seasons or stages of development. Our lives are a beautiful part of the Universal Circle to which we are all connected. Set to **live music** by Miraval's Native American practitioner **Tony Redhouse**, this ceremony unites Hatha Yoga with Native American ritual through a series of Yoga postures that correspond with the Four Directions of the Sacred Circle.

Cardio Drumming: Enjoy this heart-pounding cardio workout that combines traditional aerobic movements with the powerful beat and rhythm of the drums. This fun workout is for the entire body, mind and spirit.

Spa

Day Spa: You don't have to be staying at Miraval to enjoy our amazing "Chill-Out" spa services. Whether it's a special occasion or simply downtime, Miraval invites local residents to enjoy the unrivaled spa destination. The Miraval "Day Spa" package includes your choice of a Relaxation Massage or Customized facial, use of all spa facilities, gourmet lunch, full access to the fitness center and classes. For a limited time, Arizona residents can receive this \$299 package for only \$219.

Rates begin at \$539 per person, per night for double occupancy. For more information the Touched by an Angel: Sisterhood of Survivors retreat please call **800.232.3969** or visit miravalresorts.com.

ABOUT MIRAVAL

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 *Condè 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.