

EMBARK ON YOUR JOURNEY

# MIRAVAL

..... *Arizona* .....

HONORED  
WINNER



JANUARY



**MARK STEBBINGS**  
*General Manager*

Welcome to Miraval Arizona. As we begin a new year, we think about what mattered in the previous one. The list of what mattered in 2022 is rewardingly long.

We had numerous tangible achievements and fulfilled goals: we introduced archery, upgraded our challenge course, and completed the Cactus Flower expansion. We won awards and accolades: three at the World Spa Awards (including World's Best Desert Spa) and a coveted top-five spot in Conde Nast Reader's Choice Awards Top Destination Spa Retreats.

But what I am most proud of and grateful for is being surrounded by the people who make these accomplishments real. The people who make them happen and make them matter.

Our colleagues ensure we consistently create the conditions of physical and psychological safety that elevate wellbeing. Through many different facets, we create moments of spontaneous connection and lifelong bonds. The reciprocal gratitude and recognition between our colleagues and guests allow us to bring authenticity and meaning to wellness.

Recognition is nice, but at Miraval Arizona, we aim for something larger—a greater good and a sense of comfort, collaboration, and the reward of knowing that we do our best each day to create balance through mindfulness in an ever-shifting world.

We often say that you are the “I” in Miraval because we recognize your intention as a unique individual and an integral part of the greater whole. Thank you for choosing to share yourselves and your vision of wellness with us at Miraval Arizona.



**SUSAN M. SANTIAGO**  
*Senior Vice President*

Welcome to Miraval. I am eager to embark on a new season with you as we discover fresh ways to create life-enhancing and transformative wellness experiences at Miraval Arizona.

Our mission - providing a secure environment for authentic wellness experiences that support your physical, spiritual, and mental wellbeing – is more important than ever.

Our team has an exceptional ability to meet people wherever they are and to find a way to connect at that point. I encourage you to dive deep into your soul with our specialists or climb

high on our challenge courses. Be a wanderer, an explorer, an observer.

I hope you find solace, tranquility, and respite here at Miraval Arizona, allowing you to recenter with tools to stay grounded and inspiration to create balance in your daily life.

We are excited to continue our journey and beyond thankful to be a part of yours.



*We're Nominated*

DESTINATION SPAS

**SCAN TO VOTE NOW**

*Voting open until February 27, 2023.*





## WELCOME

A Miraval State of Mind **PG 4 - 5**

The *í* in Miraval represents the individual. We recognize your intention as a unique individual and an integral part of the greater whole. You are the *í* in Miraval.

## MIRAVAL SPECIALISTS **PGS 6 - 9**

Our specialists and experts are pioneers in their respective fields who are committed to enhancing your personal journey.

## EXPERIENCES **PAGES 10 - 25**

Activities & Private Sessions Menu

## LIFE IN BALANCE SPA **PAGES 26 - 31**

## MONTHLY SCHEDULE **PAGES 32 - 38**

Just like you, we're always changing. Our daily schedule tells you exactly what is happening on any given day while you're here. Note that all experiences and activities require sign-up.

## MINDFUL REMINDERS **PG 39**

Restaurant & Boutique Hours

Our Commitment to Your Wellbeing & Safety

## MIRAVAL RESORT MAP **BACK COVER**



PROUD WINNER:  
*World's Best Desert Spa*  
*North America's Best Wellness Retreat*  
*Arizona's Best Wellness Retreat*



DISCOVER MIRAVAL RESORTS

    @miravalresorts @miravalarizona

## Experience Outdoor Adventure NEW AT MIRAVAL ARIZONA

For more information on Outdoor Adventure activities and private sessions, refer to pages 20 - 21. Limited Availability. Share your #miravalmoments by tagging us at @miravalarizona.

**THE WAY OF THE ARCHER** Find out how archery can be the quintessential activity for practicing mindfulness. Combine intention, focus, presence, stillness, and breathwork to perfect your aim and center yourself. \$

**SKY ISLAND TRAVERSE** Discover our new custom-designed course featuring 10 elements, from zip lines to ropes, suspended 35-45 feet above the Sonoran Desert. Reach new heights and break through perceived limits by challenging yourself physically, mentally, and emotionally. Reflect on your journey of self-discovery as you conclude by gliding into the grounding embrace of the desert floor. \$



*Add these experiences to your itinerary by visiting Guest Services. Read more about Outdoor Adventure on pages 20 - 21.*



### I AM COMMUNITY

#### Meet Candas Roche RESORT MANAGER

Candas Roche's name tag reflects her passion for creating and nurturing a community by bringing people together to share their experiences. Since

taking on the role of Resort Manager in June 2021, Candas regularly puts a Miraval offering on her calendar so she can give guests a first-hand account.

"The biggest thing I can do to impact our guests' lives," Candas says, "is to tie their intentions to something here that can support them with whatever path they're on." She listens closely and uses her intuition to make connections and steer guests to experiences and specialists who might be a good fit.

"This position invites me to go beyond the surface and create a strong community," says Candas. "I

always knew we were doing something special at Miraval, but when I read the remarkable hand-written guest notes we get every week, it feels real on a visceral level."

Candas loves introducing guests to the natural wonders of the desert, from our on-property family of owls to bright pink cholla blooms. Her favorite activity so far is Vasudhara at sunset. "I got into the water with my eyes closed when it was still light," she recalls. "When I opened my eyes, it was dark; I felt transported, weightless. It took me out of reality and let me go inward."

What excites Candas most about her job? "I love helping new and returning guests have the best experience they can by making authentic and organic connections.

# DIGITAL MINDFULNESS

## A MIRAVAL STATE OF MIND

We believe the journey to creating life in balance begins with allowing yourself to be fully present and engaged in the moment. We established device-free zones to support you in having the most rewarding and inspiring Miraval experience – and to give yourself permission to unplug. Use technology only in designated locations noted on the back cover map and honor your Miraval experience by being mindful of the moment and respectful of your fellow guests. *\*E-readers are permitted. You may be approached by a Miraval colleague to suspend digital usage in areas not designated for digital devices.*



## GET TO KNOW OUR COLLEAGUES

Inspired by an ancient tradition of mantra meditation, our colleagues wear name tags that say “I am,” followed by a word they have chosen to represent their essence and expresses who they are.

Do you know who you are in one word?  
Go around and ask our colleagues what their I am  
word is and why they chose it!

*Read our in-depth colleague I AM's on our  
Miraval Life in Balance Blog and connect with  
us on LinkedIn to stay connected!*

*Miraval Resorts*  
**LOYALTY PROGRAM**

Authentic Circle is our way of thanking loyal guests.

Membership in this program offers you more to look forward to with every stay. Benefits include an exclusive arrival gift, additional resort credits, and more. Not a member? Contact Guest Services for additional details on membership.





## OUR SPECIALISTS

**FIND GREATER CLARITY, LEARN NEW METHODS, AND GAIN SKILLS TO SUPPORT YOUR WELLBEING**

Our experts in fields from nutrition to spiritual guidance offer workshops, lectures, and one-on-one sessions to educate and motivate. They illuminate the path from you to you.



### TEJPAL

*Brennan Healing™ Practitioner, MA, MBS*

A professional certified coach and Brennan Healing practitioner, Tejpal has more than 20 years of experience coaching executives in a business

context. In 1996, Tejpal experienced the benefits of Brennan Healing Science, which shifted her energy toward healing, spirituality, and vibrant health.

**LECTURES:** Intuitive Living: Discover Three Principles that will Change Your Life • Discover Your Soul Mission • Unleash the Power of Your Soul: Commit to Vibrant Living

**PRIVATE SESSIONS:** Brennan Energy Healing™ • Soul Journey • Soul Guidance



### BONNIE PISK *Professional Artist*

As an international selling artist, specializing in the unique art form of Reverse-Painting under Glass, Bonnie created painting workshops exclusively for Miraval Arizona. Recently she developed Just Let It Go: Fun with Improvisation Games and is thrilled to

introduce guests to the joy and excitement of the creative arts.

**LECTURE:** Just Let it Go: Fun with Improvisation Games

**WORKSHOPS:** Zen Art • Paint the Music • Artistic Expression Under Glass

**PRIVATE SESSIONS:** Zen Art • Paint the Music • Just Let it Go: Fun with Improvisation Games • Artistic Expression Under Glass



### NOEL PATTERSON

*Resident Beekeeper & Sommelier*

Noel founded Dos Manos Apiaries in Tucson, AZ, to establish natural, treatment-free beehives and created the flagship apiary at Miraval Resorts. He offers classes, immersive experiences in beekeeping and wine tasting,

and a rare glimpse into the wondrous world of the honeybee hive.

**LECTURE:** Bees: What's the Story?

**WORKSHOPS:** Honey: A Sensual Journey • In the Spirit of Grapes • All the Buzz



### MAGGIE GARBARINI

*World-Renowned Psychic*

Maggie is an internationally recognized psychic consultant and holds innate intuitive abilities. Descended from Spanish gypsies, she had her first vision at age four and was encouraged to develop her abilities by her

grandmother, who was also psychic. Born in England, Maggie lives in Los Angeles and reads for clients worldwide.

**PRIVATE SESSION:** Psychic Reading

**LUCINDA VETTE** *Equine Manager*

Lucinda works with a horse's innate sensitivity and aptitude for social connection to expand human potential. A life-long horsewoman and former attorney, she balances intuition and intellect to

facilitate insightful non-verbal conversations between guests and their equine partners. Work with Lucinda to tune into yourself by listening to horses.

**LECTURE:** Connection Over Perfection

**WORKSHOPS:** Unbound • Equine Experience • Common Ground • Purple Sage Equine Meditation

**PRIVATE SESSIONS:** Unbound • Equine Experience • Common Ground • Purple Sage Equine Meditation • Relationship Based Horsemanship • The Art of Being

**ALEXANDRA NICOL***World-Renowned Psychic Medium*

Alexandra is a psychic medium from Scotland who has channeled spirits since childhood. She uses information from the departed to help their loved ones by exploring

metaphysics as the fundamental nature of being. Through joy and laughter, Alexandra transcends the limits of time and space to offer tangible messages of clarity and guidance.

**PRIVATE SESSION:** Psychic Reading

**BRENT BAUM** *Trauma Specialist*

Brent, an internationally lauded trauma specialist, lecturer, and author, has spent 15+ years working with trauma survivors. It is possible to address and reconcile memories that induce emotional and physical blockages at their source with Holographic Memory

Resolution,® a tool Brent created to access and resolve trauma-based memories and emotions

**LECTURE:** Master Your Mind to Heal Your Body®

**PRIVATE SESSION:** Holographic Memory Resolution®

**JANET RAE ORTH** *Clairvoyant*

Janet brings 25+ years of experience as a renowned intuitive leader in meditation and clairvoyant awareness. Her innate gifts guide her as a spiritual counselor to offer insight, clarity, and understanding to others. Schedule

a clairvoyant aura reading with Janet to learn more about yourself, your limits, and a path forward.

**WORKSHOP:** Psychic Protection

**PRIVATE SESSIONS:** Clairvoyant Reading • Psychic Protection

**RICHARD NOEL** *Music Specialist*

Richard's love of percussion and global rhythms from his Trinidad and Tobago roots inspired him to become a REMO-endorsed facilitator using music as a creative expression outlet for corporate and community groups. His dedication

to his practice inspires audiences to resonate with rhythm through his unique empowerment programs and live performances.

**WORKSHOPS:** Manifesting Joy & Harmony: Tools & Techniques to Help You Flow with Life • Spiritual Drumming

**PRIVATE SESSIONS:** W.H.Y. (What Holds You) • Spiritual Drumming

**KRISTIN REECE***Intuitive & Spiritual Guide*

Kristin is a psychic medium, intuitive, and spiritual guide with 10+ years of professional coaching experience. She offers compassionate understanding, deep listening,

and a safe, honest environment. Using intuitive and spiritual abilities allows her to empower guests to discover and develop tools for clarity and living a balanced life.

**WORKSHOP:** Creating Your Sacred Space

**PRIVATE SESSION:** Spiritual Journey to Your Higher Power

**RAE JESSIE GORDON***Healing Arts & Intuitive*

Born in Scotland, Rae Jessie's unique spiritual gifts lead her to empower others. With balanced vision, she clears energy by channeling spirits with words and images and

enhances wellbeing through physical and energetic touch. Her personal and symbolic readings are enhanced and guided by her deep yoga practice and innate talents.

**WORKSHOPS:** Elements of Healing • Past Life Regression • Journeys of Renewal • Once Upon a Time

**PRIVATE SESSIONS:** Elements of Healing • Past Life Regression • Journeys of Renewal

**ASHLEY CELESTE LEAL***Astrologer*

Ashley infuses her readings with the wisdom of 25 years of practice and study of astrology, yoga, Taoism, and Jungian psychology.

Astrology's language of symbols helps us understand ourselves. Each session with Ashley offers insights that guide guests to remember their soul's purpose and use the challenging parts of their chart as potent growth opportunities.

**PRIVATE SESSION:** Astrology Reading



**LEAH ANN BOLEN**  
*Sleep & Dream Specialist*

Leah, a certified dreamwork and sleep science coach, helps guests improve sleep health. During her 30-year, award-winning corporate career, she witnessed how much sleep and dreams support productivity, personal growth, and achievement.

Leah can improve your relationship with rest and offer new ways to interpret dreams for insight and inspiration.

**LECTURES:** Sleep Well: Rituals for Better Rest • Dream Circle

**WORKSHOPS:** Awakening the Dream • A Return to Sleep • Dream Alchemy

**PRIVATE SESSIONS:** Sleep Well Coaching Session • Dream Discovery



**CAROLYN FIKE**  
*Spiritual Jewelry & Crystal Educator*

Carolyn, a certified yoga instructor, spiritual jewelry creator, business owner, and mantra meditation practitioner, guides guests with fun offerings that sparkle with her knowledge of gemstones and crystals. She helps you explore

your chakras and embody them by creating a mala, spiritually aligned jewelry, or mantra for your practice.

**LECTURES:** Malas, Mantras & Mindfulness • Power of a Pendulum • Crystal Walk

**WORKSHOPS:** Chakra Creations • The Making of Malas • Connect & Create with Crystals

**PRIVATE SESSIONS:** Chakra Creations • The Making of Malas • Power of a Pendulum • Crystal Walk • Connect & Create with Crystals



**JESS HOLZWORTH**  
*Spiritual Holistic Guide & Sacred Facilitator*

Jess has a background as an international award-winning music video director. She is a certified spiritual life coach and sacred facilitator.

Jess uses an integrated approach from her 10+ years of training, combining ancient wisdom and modern modalities. She is passionate about supporting others on their journey to self-realization and transformation.

**LECTURE:** Manifestation: Become a Conscious Creator of Your Life

**WORKSHOPS:** Dharma: Create a Life of Meaning & Purpose • Emergence: A Ritual of Remembrance

**PRIVATE SESSIONS:** Dharma & Destiny • Emergence: A Ritual of Remembrance • The Art of Manifesting • Vibrational Sound Passage



**LYNDI RIVERS**  
*Integrative Health Specialist, LMSW, C-IAYT*

Lyndi skillfully blends 20 years of social work in trauma and nervous system regulation with a long-time yoga and meditation practice to empower guests with practical and spiritual strategies that support wholeness. Her journey

from pelvic floor challenges to pleasure activism makes her a compassionate, intuitive, and playful teacher and guide.

**LECTURES:** Enhance Your Mental Potential • Pelvic Floor Wisdom • Gratitude Journaling • Gifts of Gratitude

**WORKSHOPS:** The Beauty of Imperfection • Mindfulness & Pleasure: Women, Sex & Desire • Intuitive Vision Board

**PRIVATE SESSIONS:** Pelvic Wellness • Living in Balance • Embracing Pleasure • Self-Compassion • Letting Go, Letting In • Mindful Parenting • Cultivate Resilience • Soften into Self-Love



**NANCY SCHROEDER**  
*Professional Photographer, BFA*

Nancy has captured landscapes, moments, adventure, and art photography for over 20 years. She documented her travels through North American scenic trails for adventure

companies such as REI, L.L. Bean, and Eastern Mountain Sports. Nancy teaches photography workshops and sells her art photography at various local galleries and resorts.

**CLASSES:** Artful Photography - with Your Camera Phone • Photography in Focus • Creative Photography Stroll • Photography Hike: Capturing the Miraval Outback

**WORKSHOPS:** Capture Your Miraval Journey

**PRIVATE SESSIONS:** Photography in Focus • Photography Hike • Artful Photography • Photography • Creative Photography Stroll



**NANCY TEETER** *Registered Dietitian*

Nancy is a registered dietitian who is passionate about guiding people to make good choices every day for longevity and health.

She uses her 40+ years of experience in food and nutrition to help guests find joy in eating,

obtain confidence in the kitchen, and become independent in making healthy food choices.

**LECTURES:** Emotional Wellbeing at the End of Your Fork • Radiance from the Inside Out

**WORKSHOPS:** Trust Your Gut: Your Intuitive Path to Health • Introduction to Pickle Ball • Pickle Ball: Beyond the Basics

**PRIVATE SESSIONS:** Personalized Integrative Nutrition





### LISA FRANK

*Mind-Body Wellness Counselor & Life Coach, M.Ed*

Lisa's integrative mind-body approach empowers guests to move into greater health and happiness. She has been a counselor since

2004 and is also a certified yoga, meditation and mindfulness instructor, holistic life coach, and yoga therapist. She weaves embodied mindfulness and inner compassion to help enhance and heal the relationship with self and others.

**WORKSHOPS:** The Power of Self-Compassion

**PRIVATE SESSIONS:** Self-Compassion • Living in Balance • Mindful Relationships • Conscious Connections • Mind-Body Wisdom • Mindful Parenting • Power of Self-Compassion



### MICHELLE FRALEY

*Wellness Counselor, MA WPCC*

Michelle combines her training in clinical psychology, holistic life coaching, yoga and meditation to offer guests a unique approach to optimizing their wellbeing. Through tools of positive psychology, neuroplasticity and

mindfulness, Michelle helps guests deepen awareness, balance energy, rewrite subconscious beliefs, increase confidence and implement effective coping strategies for stress.

**LECTURES:** Living a True Life in Balance • Digital Mindfulness • Cultivating Confidence • Journaling for Self-Discovery

**WORKSHOPS:** Positivity Practices to Master Your Mindset • Transitions: Thriving Through Change • The Web of Life: Balance & Empowerment

**PRIVATE SESSIONS:** Living in Balance • Self-Compassion • Mindful Relationships • Letting Go, Letting In • Mindful Parenting • Cultivate Resilience • Positive Thinking



### MAKENNA BAUM *Registered Dietitian*

Makenna Baum is a registered dietitian nutritionist with a passion for intuitive eating and keeping things simple. Makenna helps you cultivate deeper trust in yourself and your body and addresses your unique needs to develop a meal plan that effortlessly fits into your lifestyle

and supports your path to optimal health.

**LECTURES:** Tips to Master Your Metabolism • Inner Nature • Conscious Grocery Shopping • Nourishing Start • Blend 'n' Balance Smoothies

**WORKSHOPS:** Healthy Gut, Healthy You • Tame the Flame: Curb Inflammation • Trust Your Gut • Eat Well, Live Well

**PRIVATE SESSION:** Personalized Integrative Nutrition



### TINA POWERS *Medium*

A former news anchor, Tina humorously refers to her psychic work as "reporting for the other side." Sensitive since childhood, Tina left broadcast news and tapped into the power of her intuition. Her warmth, laughter, and talent for connecting people to a higher

vibration—ranging from business leaders to global celebrities—encourage happier, inspired lives.

**PRIVATE SESSION:** Intuitive Reading



### LINDSEY BANIS

*Crystal Arts Practitioner*

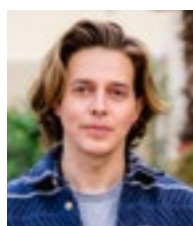
Lindsey's experiential workshops guide guests to naturally connect to their highest organic self through trust, clarity, intuitive wisdom, and awareness. As an integrative Healing Arts practitioner and Certified

Crystal-Healer, she offers hands-on experiences for guests to work with vibrational alignment, breathwork, crystals, sound journey meditations, and more.

**LECTURE:** Understanding Crystals

**WORKSHOPS:** Chorus of Crystals • Crystal Oil Infusions • Crystal Alchemy Sound Journey

**PRIVATE SESSIONS:** Understanding Crystals • Crystal Sound Immersion



### RAVI KARR *Astrologer, MPhil*

Ravi trained as a performing artist at The Juilliard School and has a Master of Philosophy from the University of Cambridge. Spiritually, he trained at the Faculty of Astrological Studies in London and the Holistic Studies Institute of New York. Ravi

interprets one's purpose and future regarding relationships, family, career, and transitions.

**WORKSHOPS:** Cosmos & Cocoa • Love & Libation

**PRIVATE SESSION:** Astrology Reading



### CYNTHIA MILLER

*Artist, BFA, MFA, ASID*

Cynthia's multi-panel artwork celebrates nature's scintillating array of colors. Her unique compositions of kiln-infused glass onto burnished copper panels sparkle in direct light.

They are featured at the resort and collected internationally. Cynthia's offerings demystify how we understand art and explore how it enriches our everyday lives.

**LECTURES:** Art Walk • Connecting Art to Your Life

# WELLBEING

## WELLNESS COUNSELING

### Activities

## EXPERIENCES MENU

### CHALLENGE. IMPROVE. INDULGE. RENEW.

Whether you are coping with change or looking to make it, our broad activity and private session offerings will help you create balance and nurture wellbeing.

**A RETURN TO SLEEP** Improving your sleep routine can set the foundation for a healthier and happier existence. Leah Ann Bolen's workshop supports anyone who struggles to fall or stay asleep at night. Gain a better understanding of the reasons for insomnia and learn trusted techniques that help you return to restorative sleep. \$

**THE BEAUTY OF IMPERFECTION** Reassemble shards of pottery by highlighting the repairs with gold paint in this unique Kintsugi-inspired workshop. Examine your ideas about vulnerability, flaws, and wholeness through compassionate reflection. Instead of disguising or discarding cracks in art or life, we can trace imperfections with beauty and strength. \$

### NEW

#### CONNECTION OVER PERFECTION

Description in Equine activities menu on page 25.

**CULTIVATING CONFIDENCE** Join Michelle Fraley for an in-depth discussion of self-confidence. You will gain a deeper understanding of self, increase resilience, shift into a growth mindset, and identify common manifestations of low conviction. Walk away with powerful strategies for immediately boosting your confidence and feeling more empowered.

#### DIGITAL MINDFULNESS:

*Strategies for a Balanced Mind* Recognize technology's critical role in your life while reclaiming your agency over it. This lecture examines how the digital world affects our experience, energy, focus, productivity, and awareness. Digital mindfulness helps you engage with the present moment through structure and habits that foster positivity and balance.

*Periodically offered*

#### ENHANCE YOUR MENTAL POTENTIAL

The brain is the nervous system's command center and shapes your essence as a person. Discover how the state of your brain influences happiness, productivity, and the quality of your interactions. You can change and improve at any age or stage. Join Lyndi Rivers to learn accessible tools to support a healthier, happier, and lucid brain.

**THE GIFT OF GRATITUDE** The gift of gratitude brings many benefits to our overall health and wellbeing. Learn about the benefits of gratitude in our health and relationships and explore ways to easily and meaningfully bring gratitude awareness and practice into our daily lives. *Periodically offered*

*\*All experiences require advanced sign-up. To schedule your activities or cancel please dial ext. 4512.*



**GRATITUDE JOURNALING** People have been journaling since the 10th century and elevating their wellbeing through this practice. Gratitude journaling can support sleeping habits, mitigate pain, expand relationships, and contribute to happiness and wellbeing. Explore the benefits by beginning or refreshing a writing practice through guided exercises. *Periodically offered*

**INNER NATURE** Nature can mirror and reflect our most profound wisdom when we take a moment to stop, look, and listen. Join us for a morning walking practice on our self-guided trails to become present, ground into your body, and receive the earth's guidance. Leave feeling connected, open, and ready to start your day.

**JOURNALING FOR SELF-DISCOVERY** Journaling can help you form a profound connection to your authentic self and reveal what brings meaning and purpose to your life. This experiential lecture discusses the benefits of journaling and ways to begin or refresh a journaling practice. We also explore questions that will promote personal introspection and self-discovery. *Periodically offered*

#### JUST LET IT GO:

*Improvisational Games, Fun & Laughter* Join Bonnie Pisik as you experience the joy, creativity, and empowerment of "taking a leap" into the world of improvisation. Embrace the opportunity to be spontaneous, collaborative, positive, and present, all within a safe space. *No experience necessary.*

#### LIVING A TRUE LIFE IN BALANCE

When life feels out of balance, it helps to look at the choices and priorities that compete for our attention and energy. Learn what balance looks and feels like in family life, work tasks, personal values, and self-care. Our wellness counselors offer practical alternatives to misconceptions and unrealistic expectations about balance.

#### MINDFULNESS & PLEASURE:

*Women, Sex, and Desire* Lyndi Rivers offers a space where women can embrace sexuality and pleasure with confidence. Discuss how mindfulness can cultivate desire and increase sensual and sexual wellbeing while addressing challenges to libido, arousal, and orgasm, such as pain, menopause, childbirth, and stress. Leave with ideas for creating a pleasurable sex life. \$ *Open only to guests who identify as women. Also offered as private session or duet for all guests (Embracing Pleasure).*



**PELVIC FLOOR WISDOM** An estimated 20% of people will face pelvic-floor-related challenges (incontinence, painful sex, frequent urination, and prolapse). Lyndi Rivers explores the pelvic floor's complex structure and function, dispels myths, explains why Kegels may not always work, and offers tools for promoting a supportive, supple, healthy, and pleasurable pelvis.

**POSITIVITY PRACTICES TO MASTER YOUR MINDSET** Why is a positive mindset difficult to achieve? Join Michelle Fraley for a look into the neuropsychology and behavioral aspects of positive thinking. Learn how to shift a negative mindset into an intentional, grounded, and optimistic one with strategies that support new neural pathways, strengthen emotional resilience, and enhance happiness. \$

#### THE POWER OF SELF-COMPASSION

Through experiential practices and discussion, this workshop explores ways to deepen compassion and kindness toward yourself, others, and life. Lisa Frank guides you to experience and share in the power of self-compassion. Learn how a deeper sense of acceptance, appreciation, and value can help heal destructive patterns of self-judgment and expand your overall wellbeing. \$

#### SLEEP WELL

*Rituals for Better Sleep* Gain insights into ways you can foster healthy sleep habits as a foundation for wellness and health. Inspired by ancient Egypt and Greece's sleep and dream temples, we explore nighttime rituals that can transform your relationship with rest and help you create a sleep sanctuary for embracing the power of your dreams.

#### TRANSITIONS:

*Thriving Through Change* What are life transitions, and why are they difficult to navigate? This experiential workshop answers these questions and empowers you to move through change with confidence and ease. Learn mindset mastery tools, practical behavioral strategies, and healing rituals for developing coping skills, resilience, and empowerment. \$

#### THE WEB OF LIFE:

*Balance & Empowerment* Weave through a web of 10 areas to create a 360-degree view of your current life. Observe areas that may need more attention and areas that can strengthen and guide you. This workshop sends you home with a deeper understanding of your whole self and concrete steps you can take to work towards your ideal life. \$

### WELLNESS COUNSELING

*Private Sessions*

#### CONSCIOUS CONNECTIONS

Lisa Frank combines Partner Yoga with Mindful Relationships to help partners connect more consciously. Cultivate new levels of trust, insight, and intimacy through Partner Yoga's fun physical practice. Then bond on a deeper level by exploring ways to apply mindfulness to your relationships and shift patterns for deeper appreciation. \$

**CULTIVATE RESILIENCE** Your mind powerfully impacts your perception of and reaction to life events. Developing a positive mindset helps you make better decisions, navigate challenges, manage stress, and cultivate resilience. Explore supportive techniques with a wellness counselor for releasing limiting belief systems and embracing a joyful life. \$

**EMBRACING PLEASURE** Sexual pleasure—in partnership or solo—is part of a balanced life. Speak privately with Lyndi Rivers about topics such as mismatched desire/libido, orgasms, vaginal dryness, erectile dysfunction, masturbation, sex toys, pain during sex, parenthood and aging's impacts on desire, sexual connection, or other related issues. Leave with ideas for cultivating intimacy and sexual pleasure. \$

**LETTING GO, LETTING IN** Life's losses and transitions can be painful and confusing, even if they lead to new beginnings. Consult a wellness counselor to explore loss, change, and transition in a confidential, caring space. Discover grounding strategies for self-support as you move through thoughts and emotions that accompany life-altering experiences. \$

**LIVING IN BALANCE** A confidential consultation with a wellness counselor helps you address issues related to transitions, balancing demands, emotional resilience, habit changes, or difficult emotions. Find fresh ideas and a new perspective for integrating positive changes in your life, expanding your personal growth, or supporting balance and wellness. \$

**MIND-BODY WISDOM** Lisa Frank's holistic approach helps you identify and begin the process of letting go of behaviors and beliefs that no longer serve you. Address the whole self by identifying links between physical sensations, emotions, and belief systems. Clear blocked energy, increase self-awareness, and develop resources that cultivate a friendlier relationship with your whole self. \$

**MINDFUL PARENTING** Navigate the challenging yet transformative world of parenting with a wellness counselor. Learn ways to become more accepting, compassionate, and present with your children and yourself. Topics and tools may include compassionate communication techniques, mindful discipline, self-awareness, and family cohesion strategies. \$



**MINDFUL RELATIONSHIPS** In this consultation, you will explore the key skills in creating and supporting positive relationships by improving communication, deepening connections, shifting expectations, and developing more contentment with each other. \$

**PELVIC WELLNESS** Join Lyndi Rivers for a consult created to support your pelvic concerns, including incontinence, prolapse, pain, or other challenges. You will receive guidance on individualized tools, such as breathing techniques, movements, or meditations, to support the function and health of your pelvic floor. \$

**POSITIVE THINKING** Discover Michelle Fraley's strategic approach to retraining your brain for optimism and hope. This consult teaches you to break negative thought patterns, release belief systems that hold you back, and begin the process of neuroplasticity to attain happiness and positivity. Leave with concrete tools for improving wellbeing. \$

**THE POWER OF SELF-COMPASSION**  
Description in Wellness Counseling activities menu on page 11. \$

**SELF-COMPASSION** Learning to love and relate with greater kindness to yourself can have a powerful effect on health, happiness, and overall quality of life while benefiting others. In this consult with a Wellness Counselor, you will develop compassionate and loving tools to enhance acceptance, worthiness, and forgiveness towards yourself and others. \$

**SLEEP WELL COACHING** A good night's sleep can boost mood, productivity, and wellbeing. Put yourself on the best path to improve sleep health with this private session. Certified sleep science coach Leah Ann Bolen helps you identify root issues of sleep challenges. Take home a personalized plan with simple, specific sleep-related habits and routines. \$

**SOFTEN INTO SELF-LOVE** Choosing to cultivate self-love takes courage and a willingness to be vulnerable and open to life's messiness and beauty. Softening into self-love means increasing self-compassion, resiliency, and inner wisdom while decreasing self-judgment, perfectionism, and stress. \$

**THE WEB OF LIFE:**  
*Balance & Empowerment* Description in Wellness Counseling activities menu on page 11. \$

## WELLBEING

### SPirit & SOUL Activities

**AWAKENING THE DREAM** This transformative workshop opens your eyes to the powerful meaning of dreams. Learn how to enhance recall and connect with dreams for insight and inspiration. Work with various types, including reoccurring themes, nightmares, and lucid dreams, and practice 'dream incubation,' which helps you tap into your visions for creative solutions. \$

**CHORUS OF CRYSTALS** This gentle and transformational meditation resets your chakra system in a crystal layout and a soothing sound bath with Himalayan bowls and a quartz crystal harp. Leave with renewed energy, an understanding of each chakra's role, and recommended crystals to keep them balanced. *Not recommend for people who are pregnant or have mobility issues.* \$

**COSMOS & COCOA** Stargaze with s'mores and cocoa and discover the universe's astrological meaning and our place within it. In this fireside gathering, Ravi offers a cosmic theory of unity and individual destiny, then interprets your soul's purpose based on your birth chart. Receive a personalized reading and view the desert sky through a Celestron telescope. *Supply exact date, time, and place of birth at booking.* \$

**CREATING YOUR SACRED SPACE**  
Smudging is an ancient practice and cleansing ritual using smoke from a burning bundle of herbs to purify your mind, aura, and physical space. Kristin Reece teaches about the significance of ceremony and how you can apply this practice for your highest and greatest good. Create your own smudge stick in this empowering, hands-on workshop. \$

**CRYSTAL ALCHEMY SOUND JOURNEY** Activate your senses to see with your mind's eye, feel your body's physical and emotional sensations, and listen deeply to intuitive wisdom. Move through a relaxing sound journey with guided intention-setting that reconnects you to your breath and body. This grounding experience activates your full awareness and an embodied sense of self. \$



**CRYSTAL OIL INFUSIONS** Create a crystal-infused essential-oil roller bottle in this hands-on workshop. Learn about crystal energy and essential oils and how these two holistic modalities can help you find peaceful moments. Take home an infusion-blend (vitality, stress relief, or self-love), a paired affirmation, and a peace ritual to support a harmonious daily routine. *Not suitable for pregnant guests or anyone with allergies to essential oils like citrus, lavender, or eucalyptus.* \$

**CRYSTAL WALK** Join Carolyn Fike on a guided walk around the property to learn about various crystals, their metaphysical properties, and the power of their placement. You will develop a deeper understanding of the geology of crystals and ways to incorporate Mother Nature's gifts in your home to support your emotional and spiritual wellbeing.

#### **DHARMA:**

##### *Create a Life with Meaning & Purpose*

Integrate ancient wisdom with modern living by exploring the concept of Dharma (divine purpose) and learning about the Five Pearls of Dharma, along with practical ways to implement them. Continue the journey through an interactive self-inquiry prompt to help discover your Dharma and create a powerful affirmation to align with it. \$

**DISCOVER YOUR DOSHA** Ayurveda, Sanskrit for the science of life, is a timeless system of health, wellness, and longevity. Learn about your Ayurvedic constitutional type (dosha), which informs your essential nature, tendencies, characteristics, strengths, and challenges. Learn strategies to optimize your health and wellness based on your dosha with Ayurvedic specialist Clinton Horner. \$

#### **DISCOVER YOUR SOUL MISSION**

Explore the four elements of the soul to ground your life in both purpose and connection. During this lecture, Tejpal coaches your group through a short soul journey and offers intuitive feedback.

**DREAM ALCHEMY** Discover the current research regarding the power of daydreaming, and experiment with waking dreamwork practices for goal development and intention setting. Learn traditional dream incubation practices that help you tap into your unconscious dream realm for help in overcoming negative patterns and enhancing creativity. \$

**DREAM CIRCLE** This experiential lecture is a safe and welcoming container for honoring our night dreams. Dream circles are a long-held tradition across many cultures. By opening ourselves up to our own and others' dream experiences, we can enhance our sense of empowerment, empathy, and belonging.

**ELEMENTS OF HEALING** Enter a workshop of spirit, light, and immersive exercises to balance energy and realign emotions. Rae Jessie leads a guided visualization with obsidian crystals and river stones as conduits for facing challenges and making connections. Take home a personal message and touchstone to reconnect you to this circle of openness, comfort, and vitality. \$

#### **EMERGENCE:**

*A Ritual of Remembrance* Join Jess Holzworth in an embodiment ritual to remember your essence and reclaim your true nature. The ancient practice of ritual helps us transcend the mundane and experience the power of spirit. Enter the inner world's mystical landscape, journeying beyond the surface through breath, dance, sensation, and imagination. Emerge reconnected to your divine self. \$

#### **INTUITIVE LIVING:**

##### *Discover Three Principles That Will Change Your Life*

When you open the door to your intuitive self on a daily basis, you can create a better-balanced life that is more in tune with your true identity.

**JOURNEYS OF RENEWAL** This curated inner journey acknowledges the past, embraces the present, and sets intentions for the future. A traditional smudging ceremony symbolizes cleansing and renewal, while guided visualization lets you share individual experiences with a group. Take home a hand-designed totem card that corresponds to a choice you made in your visualization. \$

**LOVE & LIBATION** Discover your unique design for love. Using the moment of your birth, Ravi interprets the characteristics of your soulmate and mystically affirms your requirements for feeling loved, whether you are in a relationship or single. Toast your awareness of your cosmic love alignment with biodynamic wine cultivated by observing astrological cycles. \$

#### **MALAS, MANTRAS & MINDFULNESS**

The mala is a unique meditation tool. When paired with a mantra, it can bring your awareness, feelings, and physical sensations into the present moment and draw you closer to your authentic self. Create your mantra to help manifest your intentions and develop or deepen your meditation practice at home.

#### **NEW**

#### **MANIFESTATION:**

##### *Become a Conscious Creator of Your Life*

Join Jess Holzworth for an introduction to the art of manifestation. Manifestation is a powerful tool for creating a reality that aligns with your dreams and heart's deepest desires. This lecture will teach you about universal principles, the five-step manifestation ascension process, and additional practices that are key to manifestation.

#### **MASTER YOUR MIND HEAL YOUR**

**BODY™** Join Brent Baum for an introductory lecture about Holographic Memory Resolution™, a method he developed for understanding the body's potential to heal and release stored trauma.

#### **ONCE UPON A TIME:**

##### *Finding Meaning & Mystery on Life's Journey*

Using the folkloric archetype of the Beloved, explore universal myths and stories to connect to the sacred energy that calls to us to be our highest and most complete selves. In a mix of visualization and dialogue, participants are given space to reimagine their own process of becoming the Beloved through mythic themes. \$

#### **PAST LIFE REGRESSION:**

##### *Who We May Be*

In this group intensive, Rae Jessie guides you through a past life regression, beginning with a unique obsidian meditation. Explore your inner processes and reveal aspects of who you are in a soothing and empowering atmosphere that helps you experience a past life and see new reflections of your personality and purpose. \$

#### **POWER OF A PENDULUM**

A pendulum is a symmetrical, weighted object that hangs from a single chain or cord. In this experiential lecture with Carolyn Fike, learn more about this sacred tool and ways to use it. Using a pendulum and visual meditation, witness your subconscious mind's power to manifest your highest intention.

#### **PSYCHIC PROTECTION**

Do you feel tired or stressed but unsure why? We often internalize other people's energy and emotions without realizing it. It can distract and drain us, blurring boundaries and bewildering perception. Learn tools and techniques in this session with Janet Rae Orth that can protect you from other people's unwelcome energy and make space for joy and vitality. \$

## QUANTUM CONSCIOUSNESS

Ayurveda expert Clinton Horner examines consciousness, soul, and spirit as the fundamental source of all thought, action, and physical manifestation. Explore consciousness' connection with quantum physics and discuss the value of mantra meditation. You can develop and use these powerful techniques to enhance creativity, health, and fulfillment.

**SPIRITUAL DRUMMING** A powerful aspect of spiritual drumming is its ability to alter consciousness. The body and spirit can energize and transform through rhythmic repetition and sound for extended periods. When used as a therapeutic tool, it can change the tenor of your inner narrative and create a sense of oneness and a profound connection with your divine self. \$

**UNDERSTANDING CRYSTALS** Lindsey Banis introduces you to crystal energy, care, and programming. Understand how to connect and work with crystals to enhance your life on mental, emotional, physical, and spiritual levels. Go home with simple techniques to balance and rejuvenate your energy with crystals wherever you go.

**UNLEASH THE POWER OF YOUR SOUL:**  
*Commit to Vibrant Living* Become vibrant physically, emotionally, mentally, and spiritually as Tejpal introduces healing tools from ancient spiritual traditions.



## SPIRIT & SOUL

### Private Sessions

#### NEW

**THE ART OF MANIFESTING** During this session, you will be supported in examining limiting beliefs and patterns that block you from manifesting your heart's deepest desires—gain tools to reprogram the subconscious mind, learn to shift your mindset, and create clear intentions. Emerge with clarity and confidence to initiate your manifestation journey. \$

**ASTROLOGY READING** Using the date, time, and place of your birth, a Miraval Astrologer creates a profile that targets your specific talents and skills, plus future possibilities. Receive a recording of your session and printout of your star chart. \$

**BRENNAN ENERGY HEALING™** Join Tejpal for a hands-on energy healing session that reveals insights at the spiritual, mental, heart, emotional, and physical levels. \$

**CHORUS OF CRYSTALS** Description in Spirit & Soul activities menu on page 12. \$

**CLAIRVOYANT READING** Receive a unique clairvoyant reading with Janet Rae Orth and gain insight into decisions and changes you wish to make. This aura reading is an illuminating way to discover more about yourself, what may be limiting you, and how to move forward with greater self-knowledge, validation, and enthusiasm for your life path. \$

**CRYSTAL SOUND IMMERSION** Lindsey Banis takes you on a restorative journey with a soothing, transformative, and intuitive crystal sound bath. Float in relaxation as harmonic tones wash over you, vibrating from clear quartz singing bowls. Enter a deep meditative state surrounded by gemstones that harmonize mind, body, and spirit and awaken feeling balanced and buoyant. \$

**CRYSTAL WALK** Description in Spirit & Soul activities menu on page 13. \$

**DHARMA & DESTINY** Find your true calling by learning to navigate your destiny and reaffirm that the world is your oyster. We all have a unique purpose in life—this is your Dharma. This session will guide you through a process that invokes your curiosity and imagination. Awaken to your true nature to remember your radiance, power, and highest potential. \$

**DREAM DISCOVERY** Take a deep dive into your dreamscape with Leah Bolen as your guide. This session is ideal for exploring a single dream, series of dreams, or a reoccurring dream theme. Practice effective techniques for bringing meaning to the surface. Unwrap the gift your dream bears, then explore how you can honor its transformational potential. \$

**ELEMENTS OF HEALING** Description in Spirit & Soul activities menu on page 13. \$

#### EMERGENCE:

*A Ritual of Remembrance* Description in Spirit & Soul activities menu on page 13. \$

**FLOWER ESSENCE CEREMONY** Create a flower essence mist that is uniquely yours—one that can empower you to make positive changes in your life. Pam Lancaster helps you gain greater clarity by working with you to match your intentions to the perfect blend of corresponding flower essences. \$

#### HOLOGRAPHIC MEMORY

**RESOLUTION®** By addressing memories that induce emotional and physical blockages, it is possible to examine the source of disease, depression, compulsivity, pain, migraines, and anxiety. This therapy, created by Brent Baum, teaches trauma survivors tools to access their memory and help resolve emotions that are often associated with traumatic events. \$

#### GUEST FAVORITE

##### PAST LIFE REGRESSION:

*Who We May Be* Description in Spirit & Soul activities on page 13. \$

**POWER OF A PENDULUM** Description in Spirit & Soul activities menu on page 13. \$

**PSYCHIC PROTECTION** Description in Spirit & Soul activities menu on page 13. \$

**PSYCHIC READING** Through the powerful combination of joy, laughter, and aura reading, Alexandra Nicol embraces your soul and shares insight to transform your life in a loving and meaningful way. This nurturing experience helps you understand how to find clarity and connect with the spirits protecting you. Leave this experience feeling renewed and uplifted. \$

**SEEDS OF WISDOM** Utilizing totem cards, Pam Lancaster will help you embrace the art of being, which allows you to move into a place of graceful action. \$





# WELLBEING

## MEDITATION Activities

**BREATHWORK** Deeply connect with yourself, your body, and your breath. This class offers useful tools to calm your mind and utilize your breath to benefit your health and wellbeing.

**CHAKRA MEDITATION** Connect to your seven energy centers through this guided meditation. Explore the meaning of the chakras and how each relates to various aspects of yourself. *Periodically offered*

### MIRAVAL EXCLUSIVE

**FLOATING MEDITATION** Experience the calming benefits of induced meditation while you are gently elevated above the floor in a silk hammock and rocked to the soothing vibrations of crystal bowls. Release your mind's stress, tension, or worry while you "float" weightlessly in the air. *Please wear Yoga attire. \$*

**FORGIVENESS MEDITATION** This meditation opens the heart and invites you to let go of negative thoughts while increasing your patience and compassion. By practicing mindful forgiveness, you can give light to a more vibrant and liberated self. *Periodically offered*

**GRATITUDE MEDITATION** This guided form of meditation cultivates contentment by engaging the mind in appreciative thoughts.

**LABYRINTH JOURNEY** The labyrinth is a metaphor for our sacred inward journey, a voyage to the Divine within each of us. Learn the three stages of awareness that unfold as you walk this revered path. *Periodically offered*

**LOVING KINDNESS MEDITATION** Be kind to yourself and discover an ancient practice that uses mantras to increase appreciation towards yourself and others.

**MINDFUL STRESS MASTERY** Learn how to change your relationship with stress and break through into a new way of living. Take home tools to begin an openhearted relationship with yourself, your life, and the world around you.

**MINDFULNESS AT MIRAVAL** Practice fully living your life with simple tools designed to keep you engaged in the present moment.

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

### SHUNIYA SOUND CEREMONY

Discover the ancient healing practices and tools of Tibetan singing bowls, gong baths, and tuning forks combined with Kundalini yoga, traditional Thai massage, Chi Nei Tsang, and Shiatsu in this full-body healing session with Pam Lancaster. **\$**

**SOUL GUIDANCE** This session focuses on specific situations in your life in which greater insight can release old blocks and old pain or create more joy. Tejpal uses her intuitive talents, coaching skills, energy healing abilities, and spiritual knowledge to help you make the shifts you seek. **\$**

**SOUL JOURNEY** Through music and channeling, explore various aspects of your lineage and past lives that may prevent you from creating a vibrant life with Tejpal. Receive insights shared by your spiritual guides that will support you to fulfill your soul's longings. **\$**

**SPIRITUAL JOURNEY TO YOUR HIGHER POWER** Embrace the natural world's healing energy to nourish your higher self. Stroll and sit in the Sonoran Desert's beauty as Kristin Reece helps you align and receive clarity. Receive messages through Kristin's intuitive and channeling abilities on this journey of spiritual self-discovery and inherent, everyday magic. *Indoor sessions available. \$*

### TIBETAN CHAKRA BALANCING

Pam Lancaster surrounds you with healing sounds and vibrations of Tibetan bowls and the cleansing power of symphonic gongs. Learn to live with profound wisdom and reconnect with your true nature. **\$**

**UNDERSTANDING CRYSTALS** Description in Spirit & Soul activities on page 14. **\$**

### VEDANTA MANTRA MEDITATION

This powerful Ayurvedic practice can access the deepest levels of awareness and expand mindfulness throughout the day. Receive a unique mantra from the Vedic tradition selected to correspond with your birthday. Learn how to pronounce and use your mantra correctly and incorporate this custom into your daily practice. **\$ Limited availability**

### NEW

**VIBRATIONAL SOUND PASSAGE** Join Jess Holzworth in an immersive, multisensory sound experience to relax your mind and body on a cellular level. Bathe in an ocean of sound with vibrational frequencies from Koshi chimes, drums, gongs, Tibetan and crystal bowls, allowing you to experience your true, limitless nature. Balance is restored, bringing the mind, body, and spirit back into harmony. **\$**



# WELLBEING

## CREATIVE EXPRESSION

### Activities

**ART WALK** Enjoy this casual stroll with a member of our team and learn about the art and sculpture that organically graces the Miraval property. Explore a curated selection of artists, as well as their techniques and origins, with a guided tour of our open-air museum. *Periodically offered*

**ARTFUL PHOTOGRAPHY – WITH YOUR CAMERA PHONE** Learn how to use your camera phone's many functions and hidden tricks. See how these functions work to improve light, focus, filters, and panoramic shots. We will also cover the basics of editing right on the phone. This class takes place indoors.

**ARTISTIC EXPRESSION UNDER GLASS** Create a unique piece of art with professional, contemporary and abstract artist Bonnie Pisik. Utilizing the technique of reverse-painting under glass, learn how to unleash your inner artist and create an original, abstract, and truly spectacular piece of art.

**NEW**  
**CAPTURE YOUR MIRAVAL JOURNEY** Support your journey by being creative with your camera or camera phone. Capture special spots around Miraval Arizona that will remind you of a mindful moment or personal revelation from your stay. \$

**CHAKRA CREATIONS** Join Carolyn Fike in this hands-on workshop and create a custom bracelet with gemstones that match the chakras you wish to represent. Learn about the seven major chakras, their characteristics, corresponding gemstones, and significance for you in the present moment. We supply all materials, instructions, and a velvet pouch for safekeeping. \$

**CONNECT & CREATE WITH CRYSTALS** Using the basic tenets of numerology, you will discover your Life Path Number and the crystal that connects to it. Select a larger crystal from that number or category that speaks to you. After a brief meditation with it, you will learn to create a bracelet with beads of that same type of crystal. \$ *\*Please provide the day, month, and year of birth upon booking.*

**CONNECTING ART TO YOUR LIFE** By identifying and exploring the elements and principles of design, this interactive art talk demystifies and enhances the understanding of art. Join the conversation and learn how art can enrich your everyday life.

### OUTDOOR FLOATING MEDITATION

Triple your meditation benefit by taking it outdoors and up in the air. Compounding the benefits of being outside in nature, float above the earth on a silk hammock and rock into a guided meditation with the soothing vibrations of crystal bowls. Release your mind's stress, tension, or worry while you "float" weightlessly in the air. *May cause motion sickness. Please wear Yoga attire.* \$

### POSITIVE VISUALIZATIONS

**MEDITATION** This guided form of meditation engages the mind and harnesses the power of positive imagery to create states of wellbeing and pathways for mind-body balance. *Periodically offered*

### PRANAYAMA MUDRA MEDITATION

Discover pranayama (yogic practice of breath control), combined with mudras (gestures) of the hands, as a way to strengthen a steady mind focus. *Periodically offered*

### PURPLE SAGE EQUINE MEDITATION

Description featured in Equine activities on page 25. \$

### GUEST FAVORITE

**TRANSCENDENCE** Using aromatherapy, breath, guided chakra meditation, and Yoga Nidra, this shared experience brings deep relaxation and helps you connect to yourself and others through reflection and contemplation. These guided relaxation experiences incorporate journaling, essential oils, crystals, and singing bowls. \$

**YOGA NIDRA MEDITATION** BBe guided into a state of deep, meditative relaxation while staying awake and expanding your conscious awareness.

## MEDITATION

### Private Sessions

**CUSTOM MEDITATION** Meditation is a powerful tool for stress reduction, concentration, and the deepening of wisdom. Develop or strengthen your practice. Any meditation experience on the daily schedule may be booked as a private session. \$

### MIRAVAL EXCLUSIVE

**FLOATING MEDITATION** Description in Meditation activities menu to the left. \$

**MINDFUL LIVING** Learn the formal techniques of Mindfulness Meditation, discuss how these techniques translate to your daily life, and create an action plan for living in the moment with ease, happiness, and energy. \$

### PRANAYAMA MUDRA MEDITATION

Description in Meditation activities menu to the left. \$

**REMEMBRANCE CEREMONY** Embrace grief and transition with comfort and courage in a walking meditation through the labyrinth. As you move through its paths, reflect on your memories and set an intention that honors their place in your heart. After a brief meditation, you may write about your experience. The ceremony closes with a blessing to release your written thoughts. \$

**STRESS REDUCTION** Learn how to identify what factors contribute to stress in your life and customize mindfulness practices that could benefit you and invite a sense of calm. \$



### CREATIVE PHOTOGRAPHY STROLL

Join Nancy Schroeder for a stroll around the resort walkways. Bring any style camera: iPhone, Android, DSLR, or point-and-shoot. Work on creating images vs. snapping. Gain awareness of available natural light and compositional elements to create a stronger, more interesting image.

### CREATE A MIRAVAL MOMENT:

*Resin Art* Capture your "Miraval Moment" in time by gathering natural materials to express yourself artistically. Take a brief, guided, meditative stroll around the property to connect with nature and collect your materials. Return to the studio to assemble each element into a unique work of resin art. *This project takes 24 hours to cure, so plan this experience early in your stay.* \$

**INTUITIVE VISION BOARD** Our intentions for health and balance can inspire us to visually tap into the subconscious mind. Activate the law of attraction by making an intuitive vision board that evokes a deep emotional response to your intentions. Tap into your soul's wisdom and create a tool that supports your clear connection to a vision, goal, or desire. *Periodically offered*

**THE MAKING OF MALAS** Discover the history and assembly of a mala, a meditation tool rooted in ancient traditions. Each Mala consists of a guru bead, a tassel, and a strand of 108 beads, used to track the counting of mantras, prayers, or affirmations during meditation. Craft your mala and learn how to incorporate it into a meditative and grounding ritual at home. *If you wear reading glasses, please bring them with you.* \$

### MANIFESTING JOY & HARMONY

This interactive exercise in self-reflection, breathing, and self-empowerment lets you produce rhythmic sounds that help you focus on presence and self-expression. Tone, as a healing tool, can change the tenor of your inner narrative. Shift the story you tell about yourself and learn how rhythm can release you from rumination and mental blocks. \$

**PAINT THE MUSIC** Join professional artist Bonnie Pisik as she leads this fun and thought-provoking workshop. Immerse yourself in an artistic and interpretive experience while music inspires and guides you through creating an original work of art. Enjoy the freedom, joy, and playfulness of abstract painting, and take home your self-expressive work. *No painting experience necessary.* \$

### PHOTOGRAPHY HIKE:

*Capturing the Miraval Outback* Join photographer Nancy Schroeder on a moderately paced hike with your camera. Work on composing landscapes and the details of cacti, and learn to look for interesting light on the desert scene. Bring any camera: DSLR, camera phone, or point-and-shoot. Technical and creative concepts will be discussed. *Wear walking or hiking shoes and bring water and personal items needed for a 2.5-hour hike.* \$

**PHOTOGRAPHY IN FOCUS** Learn basic digital camera operations on your DSLR or any camera with aperture, shutter speed, and ISO. Begin the class indoors with a camera set-up, then explore the outdoors for aperture and shutter speed lessons. You may reserve a Miraval Canon DSLR with guest relations. Please bring your smartphone for a Wi-Fi transfer lesson.

**SECRETS OF SKINCARE** Kimberly Ryden reveals the secrets of maintaining beautiful skin with minimal clutter. Learn about products, ingredients, and steps that are truly necessary for keeping skin plump and polished for that youthful glow. Discuss how to select products with effective ingredients for a simplified skincare ritual that works for you.

**SPONTANEOUS CREATIVITY** Join Alysa Volpe as she guides you through a joyful meditation that inspires artistic freedom. Give yourself permission to draw and flow creatively to reveal your inner delight and playfulness. All you need is a willingness to focus on fun and let your heart and mind create something new. No art experience required.

### ZEN ART:

*Painting Mystical Mandalas* Join artist Bonnie Pisik in the meditative stillness, beauty, and fun of creating and painting your own mandala painting. Learn the technique of reverse painting under glass while you find balance, calm, and focus through introspection. Unleash your creativity and take home a mystical piece of art that reminds you of your Miraval journey. \$



### CREATIVE EXPRESSION

#### Private Sessions

#### ARTFUL PHOTOGRAPHY - WITH YOUR CAMERA PHONE

Description in Creative Expression activities to the left. \$

**CHAKRA CREATIONS** Description in Creative Expression activities to the left. \$

**CONNECT & CREATE WITH CRYSTALS** Description in Creative Expression activities to the left. \$

**CREATIVE PHOTOGRAPHY STROLL** Description in Creative Expression activities to the left. \$

**THE MAKING OF MALAS** Description in Creative Expression activities to the left. \$

**PHOTOGRAPHY** Nothing requires living in the moment quite like taking a photograph. Work with Nancy Schroeder to design and customize a session that meets your personal photography goals. Miraval cameras are available for use. \$

**PHOTOGRAPHY HIKE** Enjoy the beauty of the Sonoran Desert, guided by Nancy Schroeder. Nancy will work with you on depth of field, light, and composition. Miraval cameras are available for use. \$

**PHOTOGRAPHY IN FOCUS** Take this opportunity to be more present, hone your skills, and learn something new about the concepts of lighting, balance, and photo composition, as well as camera functions. Miraval cameras are available for use. \$

**W.H.Y. (WHAT HOLDS YOU)** Richard Noel helps you identify what holds you in negative states. Release your consciousness and regain agency to move forward with rhythm by clearing mental clutter, emotional blocks, and forces that empower negative thoughts. Breathwork, tonal meditation, and positivity can move you from the static state of "WHY" to the dynamic state of all you can be. \$

# CULINARY & NUTRITION

## CULINARY Activities

*\*Guests must be 21 and over with valid ID to consume alcohol.*

**ALL ABOUT THE EGG** Discover the rich nutrients and flavors offered by eggs and other breakfast or brunch items. Explore techniques used by Miraval's culinary team with an inside look at nutrition, preparation, and service. Conclude with a light meal. \$

**APPRECIATING CHOCOLATE** Uncover secrets and varieties of different chocolates. This interactive experience reveals the process and technique involved in preparing chocolate bars and tempering chocolate. \$

### GUEST FAVORITE

**ARTISANAL TACOS** This hands-on experience teaches you the techniques of tortilla making. You will learn all about generational farming, biodiversity, organic production, community, family, and sustainability from masa to taco. Learn how to create delicious tacos with fresh ingredients and herbs in our demonstration kitchen. \$

### BLEND 'N' BALANCE SMOOTHIE

Learn how to blend a nutrient-rich smoothie while balancing your blood sugar to promote energy levels and reduce risk factors for chronic disease. Leave class with three of our recipes, as well as the techniques and confidence to support making a healthful smoothie. \$

**COCKTAILS IN THE KITCHEN\*** This interactive experience invites you to prepare a creative cocktail and appetizer with our bartender and chef. Sip and snack as you explore our cocktail and cooking philosophy. Bring these techniques to your kitchen and create aperitifs and hors-d'oeuvres with home ingredients to make simple syrups, garnish cocktails, and infuse flavors. \$

**CONSCIOUS COOKING** Immerse yourself in our kitchen as you learn to use excess vegetables, fruits, and meat for cooking creatively and reducing food waste. Recognize the power and importance of being a conscious cook. \$

**EAT WELL, LIVE WELL** Discover why people in the five Blue Zones of the world live longer than average and how you can adopt a similar lifestyle. Join Miraval's chefs and dietitians as they explore the food, wine, and environments of these cultures. Enjoy an exciting dish from one of the five regions as you learn nutritional and culinary techniques. \$

### HONEY:

*A Sensual Journey* Noel Patterson believes that tasting honey is as sensual an experience as tasting wine—and uses all five senses. Like wine, each honey has its own terroir that reflects the environment of its hive of origin. Embark on a journey of the senses as you taste various local types of honey and discuss their notes and flavors. \$

### IN THE SPIRIT OF GRAPES:

*A Biodynamic Wine Experience\** Wines capture a sense of the places they are grown in a uniquely expressive and vibrant way. Learn about the philosophy behind winemaking and the agriculture associated with it. If you try to live mindfully concerning what you put in your body and its impact on our world, this wine tasting is one you will savor. \$

### MIRAVAL EXCLUSIVE

**JUST COOK FOR ME\*** Sample the culinary creations of our talented chefs with our most intimate dining experience in the heart of Miraval's kitchen. Savor selections from our daily menu and freshly formulated, exclusive dishes paired with wine. This offering is for the adventurous foodie. *We are glad to accommodate any dietary preferences with advanced notice.* \$

**THE MODERN ART OF SAUCES\*** This hands-on class shows you how to make nutritious and classic sauces to complement the best foods. Learn knife skills, sautéing and simmering techniques, and how our chefs develop and pair flavors. Sauces rotate and include tapenade, pesto, romesco, and others. Sample your saucy creation with a paired appetizer and glass of wine. \$

**MINDFUL PASTRY** This hands-on experience teaches you innovative techniques for recreating the desserts at our Cactus Flower Restaurant. Learn how to prepare a variety of pastries, including pistachio cookies, avocado brownies, and many more delicious treats.

**PLANT-BASED COOKING** Prepare a dish alongside our chefs and gain tips for entertaining while supporting a healthy, plant-based diet. Our culinary program is built on the idea that plants' phytonutrients offer tremendous antioxidant and anti-inflammatory benefits. Our kitchens serve a variety of freshly farmed food (80% plant-based and 20% protein-based). \$

# CULINARY & NUTRITION

## NUTRITION Activities

### CONSCIOUS GROCERY SHOPPING

Even when we shop carefully, our store-bought selections might not align with our best intentions. Test your knowledge of what is on the shelves and learn insider tips from our registered dietitian nutritionist for making the best food decisions at the market. Discover which processed foods are fine to eat and which to avoid.

**DIETARY SUPPLEMENTS** The overwhelming buzz surrounding the value of dietary supplements can be difficult to decipher. Registered dietitian Nancy Teeter discusses some of the most pervasive dietary supplement myths and evaluates when supplements can help or hurt. Take home her strategy for evaluating supplements and shopping for the best nutrients vital for health.

**EMOTIONAL WELLBEING AT THE END OF YOUR FORK** Food has the potential to promote physical, mental, and emotional health but also intensify cravings, memory loss, and stress. While physical consequences of poor eating patterns can take decades to appear, mental effects can occur in under two hours. Gain a roadmap for curbing cravings, improving mood, and increasing energy and brainpower.

**FOOD COMBINATIONS FOR ULTIMATE HEALTH** Studies show that food synergy (nutritional teamwork) produces profound health benefits. Nancy Teeter, registered dietitian nutritionist, offers a glimpse of whole foods' complex beauty and an appreciation of their role in a healthy lifestyle. She supplies specific examples of food and nutrient synergies to incorporate into your eating routine.

**HACKS TO HALT CRAVINGS** Celebrate the holidays with these healthy hacks to optimize health, regulate weight, and control blood sugar. Learn how to enjoy the holidays without worry by using these hacks to be at peace and at ease.

**HEALTHY GUT, HEALTHY YOU** Digestion interacts with every system, organ, and cell. The health of your gut bacteria directly impacts your immune system, cholesterol, blood sugar, allergies, and even your mood. Join our registered dietitian in this interactive workshop to optimize your digestive health and determine which supplements and foods you should include or avoid. \$



### LOVE YOUR FOOD, LOVE YOURSELF

Loving-kindness and compassion can enhance your relationship with food, especially comfort foods and treats. Within a small group, you will practice gratitude and kindness to yourself and others while enjoying the dynamic taste of chocolate.

**NOURISHING START** Begin your day by intentionally nourishing your body. Join our Registered Dietitian for breakfast and learn that paying attention to how you eat is as important as what you eat. When we eat with intention, we can expand how we feed the whole self, including our minds and hearts.

### RADIANCE FROM THE INSIDE OUT

Skin is the largest organ of the body; our outsides reflect the foods we consume. In this session, our dietitian will explain why it is becoming increasingly clear that your food choices can empower you to increase your vitality and improve skin health with your diet. Take-home tools include a recipe and sample menu.

### STRATEGIES TO BOOST YOUR

**IMMUNE SYSTEM** The immune system is a complex network of cells, organs, and tissues that work in tandem to protect your body and fight invaders. In this lecture, our dietitian provides practical ways to take care of yourself and support your immune system.

### TAME THE FLAME:

*Curb Inflammation with Food* In this workshop, our nutritionist provides practical tips for curbing chronic inflammation to ward off age-related diseases. Take home a comprehensive handout that includes cooking and shopping tips, as well as recipes. Learn the truth about inflammation—what it is, what causes it, and why we want to minimize it. \$

### TIPS TO MASTER YOUR METABOLISM

Your body has inherent intelligence and a huge capacity for change. Learn how metabolism is measured and why it changes. In this session, our registered dietitian will reveal lifestyle factors that influence your metabolism and, perhaps, your weight.

### TRANSITIONING TO PLANT-BASED

**NUTRITION** Nutrient-dense, minimally processed plant foods (including whole grains, legumes, fruits, and vegetables) fuel optimal health. Learn kitchen tips and ingredient substitutions to increase your intake of whole plant foods rich in fiber, phytonutrients, and antioxidants that reduce risk factors for diabetes, heart disease, kidney disease, obesity, inflammation, and high blood pressure. \$

### TRUST YOUR GUT:

*Your Intuitive Path to Health* Let your gut guide you to eat when you are hungry and liberate you from punishing diets or excessive workouts. Groundbreaking scientific discoveries suggest that gut microorganisms strongly influence body weight and overall wellbeing. Rethink your approach to food and leave with goals for intuitive eating, a recipe book, and plan for feeding essential gut microorganisms. \$

**YOUTHFUL YOU** While your chronological age is useful in determining your risk for chronic disease and mortality, it is only one measurement. Another marker is your biological age. In this lecture, you will learn how to slow your biological clock. Nurture your health and invite your youthful self to emerge.

## NUTRITION

### Private Sessions

### PERSONALIZED INTEGRATIVE

**NUTRITION** Use the power of food to transform your life and simplify healthy eating. In your personalized integrative nutrition session, a registered dietitian nutritionist will help you create an eating pattern that can guide and motivate you on your path to achieving your health goals—something you can stick with for the long haul.

Your personalized session may include a Metabolic Rate Analysis to assess body composition and determine how many calories you need to consume to achieve your personal goals. With that in hand, the RDN will partner with you to create a realistic, simple, plant-forward food program designed to optimize your health.

Anyone can call themselves a nutritionist. Only an RDN has completed multiple layers of education and training established by the Accreditation Council for Education in Nutrition and Dietetics to be qualified to recommend Medical Nutrition Therapy for disease management, digestive issues, supplement recommendations, and intuitive eating. \$



## FARM & GARDEN

### FARM & GARDEN

#### Activities

### GUEST FAVORITE

**ALL THE BUZZ** Noel Patterson takes you through a hands-on bee experience and shares his love of apiculture. Don a beekeeper suit, complete with gloves and gaiters, and join Noel at the beehives for this truly unique opportunity to view these insects up close and learn more about how they work and survive in today's world. \$

**ASK THE FARMER** In his ten-gallon hat and overalls, Richard Starkey cultivates our on-property garden and offers weekly garden tours that show you how to create your own. The bulk of Miraval's eggs and produce come from Farmer Starkey, who picks everything at 5 AM and delivers fresh produce straight to Miraval's kitchen from his neighboring 2.5-acre farm.

### BEEES:

*What's the Story?* Join Noel Patterson to discuss everything buzzworthy about bees. What is Colony Collapse Disorder, and what can we do about it? Learn about why bees matter and why it is important to remain optimistic and support those who keep their bees responsibly. Topics will vary each week, but the passion for discussion will always "bee" present.

# OUTDOOR ADVENTURE

## ADVENTURE

### Activities

**WINGS OF THE SOUTHWEST** Grab our binoculars and follow your experienced birdwatching guides to observe and identify the birds of the Southwest. Develop your observational skills, practice stillness, and connect with the earth as you encounter the avian species that flutter on and off the Miraval Arizona grounds.

**THE WAY OF THE ARCHER** Find out how archery can be the quintessential activity for practicing mindfulness. Combine intention, focus, presence, stillness, and breathwork to perfect your aim and center yourself. \$

# OUTDOOR ADVENTURE

## BIKING

### Activities

**MOUNTAIN BIKING BASICS** Learn basic off-road riding skills, including balance, control, navigating sand and hills, and riding single track. This one-to-three-mile class is designed for the guest with no previous mountain biking experience.

**MOUNTAIN BIKING TECHNIQUES** Build on the concepts and skills taught in the Mountain Bike Basics class with this physically challenging, three-to-five-mile offroad adventure. Previous mountain biking experience is recommended.

**MOUNTAIN BIKING ADVANCED RIDE** Take mountain biking to the next level and apply the skills and confidence from your mountain biking routine to this challenging single-track ride. Regular mountain biking experience is required. Guests without significant single-track experience should try Mountain Biking Techniques or private sessions instead.

## BIKING

### Private Sessions

**MOUNTAIN BIKING BASICS, TECHNIQUES, OR ADVANCED**  
Descriptions in Biking activities menu above. \$



# OUTDOOR ADVENTURE

## CLIMBING

### Activities

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

## CLIMBING

### Private Sessions

**CLIMBING WALL** Description in Climbing activities menu above.

# OUTDOOR ADVENTURE

## CHALLENGE COURSE

### Activities

**DESERT SKY ZIPLINE EXPERIENCE** Celebrate the freedom of letting go and stepping toward new beginnings as you soar from a height of 45-feet above the desert floor. \$

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

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

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

**OUT ON A LIMB** Integrate calm and confidence as you cross a log suspended 25 feet in the desert sky.

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

**QUANTUM LEAP II™** Take a giant step high above the ground and discover new levity as you leap from the top of a 35-foot pole with a partner.

## NEW

**SKY ISLAND TRAVERSE** Discover our new custom-designed course featuring 10 elements, from zip lines to ropes, suspended 35-45 feet above the Sonoran Desert. Reach new heights and break through perceived limits by challenging yourself physically, mentally, and emotionally. Reflect on your journey of self-discovery as you conclude by gliding into the grounding embrace of the desert floor. \$

**SLACKLINING** While slacklining is inherently challenging, tangible progression can be experienced in a one-hour session. Leave with a greater understanding of how to summon balance and focus while having fun.

**SWING AND A PRAYER** Face your doubt, insecurity, and fear as you swing from a cable 35 feet above the desert floor. *May cause motion sickness.*



## DRIVE YOUR WAY TO WELLNESS

*in partnership with Lexus*

Take in the scenic views as you drive from the Sonoran Desert landscape to the summit of Mount Lemmon (elevation of 9,000 feet) in your complimentary Lexus LX for an exhilarating hike and chef-prepared picnic lunch. This all-day excursion begins with an intention-setting ceremony with a Miraval Guide.

Relax during your drive as you traverse through the diverse biomes of the Santa Catalinas: from Desert Grassland through Oak-Woodland and Chaparral to the Pine Forest and back again. **\$ 6 - 8hrs**

## CHALLENGE COURSE

*Private Sessions*

**GIANT'S LADDER** Description in Challenge Course activities menu to the left.

**\$** Minimum of 2 participants is required for scheduling as a private.

**OUT ON A LIMB** Description in Challenge Course activities menu to the left. **\$**

**QUANTUM LEAP™** Description in Challenge Course activities menu to the left. **\$**

**QUANTUM LEAP II™** Description in Challenge Course activities menu to the left.

**\$** Minimum of 6 participants is required for scheduling as a private.

**SLACKLINING** Description in Challenge Course activities menu to the left. **\$** Minimum of 4 participants is required for scheduling as a private.

**SWING AND A PRAYER** Description in Challenge Course activities menu to the left.

**\$** Minimum of 4 participants is required for scheduling as a private.

## OUTDOOR ADVENTURE

### HIKING

*Activities*

**MIRAVAL OFF-PROPERTY HIKES** Some of the best hiking trails in the country are found within a 30-minute drive from Miraval. Seasonal variety. Hiking boots are recommended but not essential. 24-hour cancellation required. **\$**

- **Intermediate** Designed for the moderately fit and enthusiastic hiker, these hikes explore different facets of the Catalina Mountains. Steep, rocky trails are often part of the route. Gain 800 - 1,600 feet of elevation with distances of four to six miles.
- **Advanced** Designed for those in top physical condition or those looking for a physical challenge, these hikes explore longer, more strenuous, Stair Master-like terrain. Steep, rocky trails are the majority of the route. Gain 1,600 - 3,000 feet of elevation with distances of six to ten miles.

**MIRAVAL OUTBACK HIKE** Start the day with a two-hour hike. Explore rolling hills with occasional brief, steeper sections and an overall elevation gain of 200 to 300 feet with distances of three to four miles. These hikes are a great introduction to the local Sonoran Desert environment.

**TRAIL RUN** Enjoy a trail run through the beautiful desert landscape. This group trail run is suited for either beginners or experienced runners; we will manage the group to stay together during the activity.

**TRAIL RUN WITH THE DIRECTOR OF PROGRAMS** This all-level trail run with Neil McLeod is a great way to learn about trail running as well as the flora, fauna, and artifacts of the Sonoran Desert.

**YOGA HIKE** Enjoy the benefits of hiking in the beautiful foothills behind Miraval, combined with a yoga practice and silent meditative hike back to the property. **\$**

### HIKING

*Private Sessions*

**HIKING** Enjoy a private hike customized to your fitness level and interests. **\$**

**TRAIL RUNNING** Trail running is suitable for all levels as our guides introduce first-time trail runners to the activity or challenge those with prior trail running experience. **\$**

## YOGA & FITNESS

### YOGA

*Activities*

**ADVANCED FLOW YOGA** A vigorous and fluid Vinyasa practice connecting breath and movement builds a detoxifying heat in the body and a steady focus in the mind.

#### AERIAL YOGA:

**Mixed Level** Breathe, flow, and fly in this exciting new yoga practice that improves overall health and physical agility, lengthens muscles, and releases tension throughout your entire body. *Note: Participants should have a regular yoga practice for at least the past six months or have participated in a private Aerial Yoga session at Miraval. If you have glaucoma, are beyond your first trimester of pregnancy, or have had Botox injections within 24 hours, you should not participate in this class.* **\$**

#### GUEST FAVORITE

**AROMA ESSENCE YOGA** Compound the benefits of yoga and aromatherapy by experiencing them together. Have your chakras balanced as specially selected essential oils are applied and diffused in tandem with corresponding yoga poses. Feel deeply relaxed from root to crown as your physical, spiritual, and mental states unite harmoniously through sense and movement.

**AROMA FLOW YOGA** Create balance through an aromatherapy flow class that uses essential oils to uplift and energize your spirit. These oils can also enhance physical strength and concentration. Feel fortified, focused, and inspired with this blend of sensory infusion and fluid motion.

**BEGINNER YOGA** Introduces the essential Hatha Yoga practices to enhance breathing, balance, and flexibility.

#### CHAKRA VINAYASA YOGA:

**Advanced** This flow practice brings awareness and balance to the energy centers of the body.

#### CORE YOGA:

**Advanced** Develop your core strength in this powerful practice of balance and stamina.

**DESERT WAVES YOGA** Strengthen your core and increase your ability to balance as you play on the IndoBoard. *No experience required.*

**DREAM YOGA FOR SLEEP** Experience deep relaxation through gentle and restorative yoga poses, breath and aroma therapy to prepare the mind and body for restful sleep.

**GENTLE AERIAL YOGA** All are welcome to join us in this introductory aerial class. Movements will be slow and deliberate with deep stretches. \$ *Periodically offered*

**GENTLE STRETCH** Gently open the body with stretching postures while you calmly connect breath and movement.

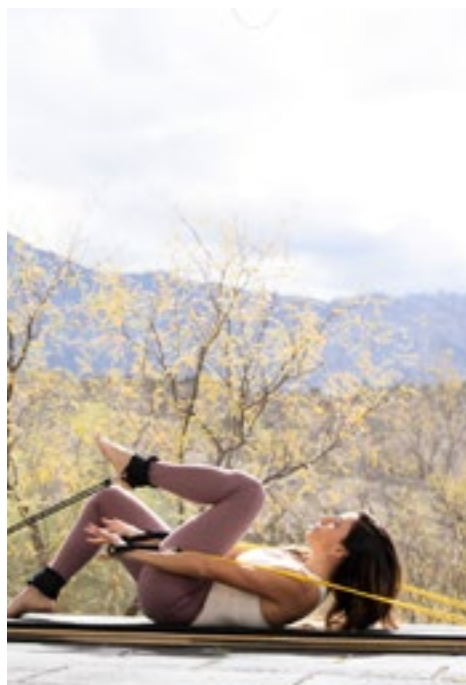
**PEACEFUL PELVIS** This class focuses on the pelvic floor and the muscles that support and attach to the pelvic bowl. Learn to breathe into your pelvic bowl and visualize the movement of the pelvic floor with your breath. Yoga poses and movements begin with a focus on stretching and lengthening pelvic floor and pelvis-supporting muscles, then shift to strengthening exercises that go beyond traditional Kegels. *Periodically offered*

**ROLL INTO RELAXATION** Reset and ease areas of discomfort and tension using therapy balls. This class will help detect troublesome areas in your body and offer techniques to create lasting relief.

**RESTORATIVE YOGA** Learn to rest deep in your yoga postures in this practice known as "Active Relaxation".

**RISE AND SHINE YOGA** Start your day with an inspiring yoga practice to prepare your body and mind for awareness in all that you do.

**SLOW FLOW YOGA** Escape the fast-paced hustle and take a moment to flow slowly and intentionally using deep, steady breath, held postures, and smooth transitions.



**TRUST LOVE COMPASSION (TLC) YOGA** Explore your vital energy centers, known as chakras, as you focus on the dynamic qualities of the third solar plexus, fourth heart, and fifth throat chakras by opening yourself up to self-trust, love, and compassion using movement and breath.

**YIN YOGA** In this quiet practice, focus on stretching deeply into the fascia of the hips and lower back. Soften and surrender into your postures for minutes at a time.

**YIN/YANG YOGA** Create balance with a unique combination of Yin Yoga (supported seated stretches held for 1-5 minutes) and challenging vinyasa flow sequences.

**YOGA GROOVE** A lively flow practice with fun and funky tunes.

**YOGA WHEEL** Use a versatile, round yoga prop to help release tension in your chest, shoulders, and hips. This class includes backbends, which can support a healthy spine. *Note: Participants should have a regular yoga practice. If you have back or neck injuries or are beyond your first trimester of pregnancy, you should not participate in this class. Periodically offered*

## YOGA

### Private Sessions

**AERIAL YOGA** Full description Yoga activities menu on the left. \$

**CUSTOM YOGA** During this private consultation, the holistic benefits of yoga will be tailored to meet your current needs or help you set up an ongoing yoga routine. \$

**DESERT WAVES YOGA** Description in Yoga activities menu on the left. \$

**DREAM SILKS** This restful and deeply opening practice uses aerial silks to support the body in both Yin and Restorative yoga postures. \$

**PARTNER YOGA** Bring any relationship to a whole new level of trust, intimacy, and awareness. Yoga instructors work with each couple's needs to find the appropriate partner poses and begin a united effort to stretch, breathe, and balance techniques. \$

**YIN AERIAL YOGA** Description in Yoga activities menu on the left. \$

**YOGA WHEEL** Description in Yoga activities menu above. \$

# YOGA & FITNESS

## FITNESS Activities

**ABS & GLUTES** Join us for a nonstop core-conditioning class with exercises targeted to strengthen and tone your abs, glutes, hips, and legs.

**AFTERNOON STRETCH** Unwind during this 45-minute, head-to-toe stretch series that encourages you to hold stretches longer and focus on breath.

**ATHLETIC WALK** Get out in nature (without committing to our longer, two-hour hikes) with self-guided trails on mostly flat desert terrain with slight inclines and declines. Discover our beautiful 400 acres and walk among desert flora and fauna on either the one-mile Red loop, one-and-a-half-mile Blue loop, or a combination of the two, covering nearly two miles. *Wear comfortable, athletic shoes that can get dusty.*

**BALANCE** Improve, challenge, and stimulate your balance system using foam rollers, resistance tubing, or a balance disk.

**BARRE** This class combines ballet barre, resistance training with bands, balls, and a core component.

**BODYWEIGHT HIIT** Experience the challenge of HiiT (High-Intensity Interval Training). Strengthen your core and sculpt your muscles as you use only your bodyweight to develop agility and strength.

**BOGALATES** Challenge your balance and core in this engaging floating workout that fuses Pilates and Yoga utilizing our Boga Fit Mat at the BMC pool. *Please wear Yoga attire. You will get wet. Seasonally offered*

**BOGA FIT BOOTCAMP** Heat up and cool down simultaneously as you experience the challenge of a fast-paced circuit class on the surface of the water. This class incorporates low and high-intensity exercises using Boga Boards and the BMC Pool as our gym. *Please wear Yoga attire. You will get wet. Seasonally offered*

**CARDIO & STRENGTH MACHINES** Join a fun and energizing workout that fuses strength, cardio, and core. This class is held in the weight room, allowing you the opportunity to explore our Techno Gym cardio and Hoist Roc-It Series strength equipment.



**CARDIO DANCE FUSION** This high-energy cardio class fuses styles such as Latin, country line-dance, jazz, Zumba, and the 80's dance styles for high-energy cardio fun.

#### **GUEST FAVORITE**

**CARDIO DRUMMING** Join us for this high-energy cardio workout that combines traditional aerobic movements with the powerful beat and rhythm of the drums.

**CARDIO KICKBOXING** Punch, jab, and kick in this high-impact Martial Arts-style class that combines cardio, agility, and core work.

**CORE ADVANCED** Miraval leads the way to wellness with this all-new, total-body fitness experience. Using your body weight and a freeFORM board, build strength and become reacquainted with muscles that have been lying dormant.

**DAVINCI BODY BOARDS** This is a full-body resistance band workout based on the HiiT format. The boards allow for a variety of movements that engage often-overlooked muscle groups. The opposing tension creates an unbeatable core focus.

#### **FLIPPING THE SWITCH:**

*Cognitive Strategies for Creating and Sustaining an Active Lifestyle* Despite knowing exercise's significantly impact on life expectancy and health, most people do not meet the minimum cardio and strength requirements. Catherine Raymond's lecture helps you understand genetic and contemporary obstacles that impact exercise sustainability. Explore cognitive strategies to help you stay motivated and committed to leading an active lifestyle.

**FOAM ROLLING** Using a full foam roller, you can give yourself a deep-tissue massage and improve your flexibility.

**FREE WEIGHT ESSENTIALS** Are you curious about strength training? Unsure where to begin? Join a Miraval personal trainer in the BMC Weight room to learn the fundamentals of strength training with free weights. We will show you six basic strength exercises to improve your daily activities. This class is for beginners.

**GLUTE STRENGTH** Put an end to dormant butt syndrome (tight hip flexors and underdeveloped gluteal muscles caused by sitting or sleeping in certain positions). Train your trunk to prevent hamstring injuries, back and hip pain, and severe knee damage. Learn to use a Step bench, free weights, medicine balls, or resistance tubing to strengthen your backside.

#### **GUEST FAVORITE**

**HAPPY HIPS** Using self-myofascial release techniques, along with Pilates hip joint opening exercises and a series of yoga-based hip stretches, we will improve your flexibility and mobility and send you home with happy hips.

**HIIIT WITH PROPS** This high-intensity interval training exercise incorporates a combination of steps, BoSu, resistance tubing, ropes, and TRX Suspension Trainers.

**HIIIT WITH TRX** Utilizing the TRX Suspension Trainer, this class emphasizes muscular endurance and aerobic conditioning, plus two-minute explosive cardiovascular intervals between sets.

**MINDFUL JOURNEY TO OPTIMAL HEALTH** Learn how you can reframe the route of fitness into a mindful journey of body positivity. Discover how your exercise tendencies align with the tenets of mindfulness and determine the type of motivation you need to keep you moving. This informative, fun, and interactive lecture offers tools and tips to set you up for success. \$

**MINI DAVINCI BODY BOARDS** This smaller, portable board version of our full-body resistance band HiiT workout can easily be setup in just about any space. The boards allow for a variety of movements that engage often-overlooked muscle groups. The opposing tension creates an unbeatable core focus.

**MORNING STRETCH** Start your day with a head-to-toe stretch class designed to prepare you for a full day of Miraval activities.

#### **OUTDOOR BOOTCAMP:**

*Advanced* Experience the challenge of a high-intensity cardio and strength class using the natural landscape around Miraval as our gym.

**PICKLEBALL ADVANCED** Join the Miraval team for an invigorating game of pickleball. Start with a quick warm-up, drills, and game strategy. Miraval provides the balls and the paddles for this fun on-the-court class. \$

#### **GUEST FAVORITE**

##### **PICKLEBALL:**

*Beyond the Basics* This class is designed for players who are familiar with the basics of the game. In this 90-minute workshop, the instructor will guide the group through warm-ups, drills, and game strategies. Miraval provides the balls and the paddles for this fun on-the-court class. *Wear court-appropriate shoes and attire.* \$

**PICKLEBALL INTRODUCTION** Let us teach you about the fastest-growing sport in the nation. Join us on the court and learn pickleball basics, including dinking, serving, volleying, and scoring: a fun and energizing workout for all levels.

**POWER CYCLE** Cycle indoors in this high-intensity cardio class.

**RIDE & RELEASE** This class allows for a full 30-minute indoor cycling workout followed by a 15-minute myofascial release using full foam rollers.

**SAFE BACK EXTENSIONS** Experience Pilates movements with a focus on strengthening and aligning your back. Learn to engage your powerhouse core, safely extend your spine, and improve your posture to keep you standing tall for years to come.

**SHOULDERS SET FREE** Similar to the format of our highly popular Happy Hips class, this class increases the mobility and stability of the entire shoulder girdle, using either a foam roller or a green stretch-out strap.

**STEP IT UP** More than just a workout, this fun, energetic, and uplifting class can adapt to all skill levels and individual needs. Step into your own joyful journey and positively shape how you feel, look, think, and live.

**WATER FITNESS** Jump in the water with this powerful and fun class designed to burn calories and build muscle, strength, coordination & flexibility in the BMC pool.

#### **WOMEN'S WELLNESS WITH WEIGHTS**

Who said weight training had to be boring? Maximize bone strength with a toning and strength-training class that shows you how to use weights and lift with music in a fun group setting. Learn how to use resistance training in your day-to-day activities and regular workout regimens. *Low-intensity, introductory level class. Open to all, with a focus on those who identify as women.*

**ZUMBA DANCE** We take the "work" out of the workout. Combine all fitness elements – cardio, muscle conditioning, balance, and flexibility – in this calorie-burning dance party!

## FITNESS

### Private Sessions

#### BONE HEALTH STRENGTH TRAINING

This one-on-one session teaches you how to load your skeleton in ways that can optimize bone density. We create a personalized strength and flexibility program with detailed instructions so you can continue to support bone health. \$

**CORE ADVANCED** Description in Fitness activities menu on page 22. \$

**FITNESS PROGRAM DESIGN** Meet with a trainer to design an individualized workout to meet your personal goals. \$

**HAPPY HIPS** Description in Fitness activities menu on page 22. \$

**IDEAL POSTURE ASSESSMENT** Your postural imbalances (muscle tightness, weakness, range of motion) can lead to misalignments such as forward head, rounded shoulders, and tilted pelvis. Pinpoint postural imbalances and take home a series of corrective exercises. \$

**PERSONAL TRAINING** Meet with a personal trainer and continue your fitness regimen while at Miraval. This consult is for guests who are working with a trainer at home. \$

**SHOULDERS SET FREE** Description in Fitness activities menu to the left. \$

**SWIM LESSONS** Swim lessons are available for beginner to advanced-level swimmers to overcome fear of the water, learn basic skills, or improve existing skills and techniques. Work with an instructor on basic swim techniques to advanced refinement of any stroke. Improve timing, technique, and breathing to achieve more ease, efficiency, power, and endurance in the water. \$

**TENNIS LESSON** Coaches work with beginners and experienced tennis players alike to teach basics or hone existing skills. Tennis equipment provided. \$

**TRX SUSPENSION TRAINING** This private session will teach you how to safely utilize the TRX in your training program. Great for beginners. \$



## YOGA & FITNESS

### PILATES

#### Activities

**PILATES FUSION** Build a strong, long, lean body and add grace and balance with a fusion of yoga and pilates.

**PILATES MAT WORK** Engage every muscle in the body as you perform the 12 basic Pilates exercises. This class develops core strength and lengthens the spine for muscle definition and better posture.

**PILATES WITH PROPS** Joseph Pilates believed you are only as old as your spine is both strong and flexible. Challenge your whole body with a focus on spinal flexion, extension, and rotation by using BOSU, stretch straps, or Slo-Mo Fusion balls.

## PILATES

### Private Sessions

**PILATES APPARATUS** Meet with a Pilates instructor to take your workout to the next level. Get the benefits of working with various Pilates apparatus (Reformer, Cadillac Combo Chair, Spine Corrector, and Ped-a-pul) in a private setting. Appropriate for beginners. \$

**PILATES FOR CYCLISTS** Pilates can help with many common complaints cyclists have, such as lower back pain, hip, or knee pain. This session will focus on core strength and stability as well as hip flexibility and power. \$

**PILATES FOR EQUESTRIANS** A strong core, along with increased flexibility, allows you to hold your jumping form better, avoid collapsing or bouncing in the saddle, and better absorb your horse's movement. \$

**PILATES FOR GOLF OR TENNIS** Learn a series of Pilates exercises to strengthen your core, improve hip rotation, increase the range of motion in your shoulders, and create more stability in your back. \$

**PILATES FOR RUNNERS** Pilates exercises can create a stronger, more flexible spine and core, along with a more efficient movement pattern that reduces your chances of injury. \$

**PILATES MAT WORK** Description in Pilates Activities menu to the left. \$

**PILATES FOR SWIMMING** Work with the water and not against it as you activate your inner support system to achieve maximum balance and alignment. This session does not take place in the pool. *Please wear workout gear.* \$

## YOGA & FITNESS

### EXERCISE PHYSIOLOGY

#### Private Sessions

#### EXERCISE PHYSIOLOGY CONSULTATION

Get a detailed picture of your current fitness with assessments that include body composition, aerobic ability, and other exercise-related tests. Leave with an exercise plan that honors where you are while charting a path to future health. Suitable for all abilities, from beginners to veteran athletes. \$





# EQUINE

## EQUINE Activities

### NEW

**THE ART OF BEING** Enter a realm of inner wisdom and an interconnected universe through a guided journey. This inspirational class draws on ancient wisdom and modern research regarding the calming effect of horses to create a natural, flowing connection to your innate wisdom.

### COMMON GROUND:

*Self-Leadership for Effective Communication*

Experience the power of non-verbal communication and how it influences your ability to lead yourself and others. Move with a horse around the pen in this unmounted activity, using communication, collaboration, and creativity without speaking or touching. The insights and skills you discover may apply to personal and professional relationships. \$

### NEW

### CONNECTION OVER PERFECTION

Lucinda Vette shares our horses' stories that illustrate the evolving horse and human bond and offer a framework for accessing inner wisdom. Learn how horses can guide people to connect and flow in the present moment. At work, play, home, or out in the world, horses inspire us to release our human ideals of perfection and live more authentically.

**JOURNEY TO SELF** The journey to self is an archetypal story of an adventurous hero's trials, temptation, crisis, and transformation. Guided by trained equine specialists, you will lead a horse through a series of obstacles representing challenges and triumphs from your own life. This exercise lets you reframe your experience as the hero of your journey. \$

**MEET THE HERD** Are you curious about our Equine Program? Join us for a behind-the-scenes experience with the horses and humans at Purple Sage Ranch. This fun, relaxed, and unstructured experience lets you interact with the horses, learn their stories and personality quirks, ask questions, and see what it's like to be part of the herd.

### MIRAVAL EQUINE EXPERIENCE™

Practice living life in the moment as you work with horses from the Miraval herd and our expert facilitators. Perform equestrian ground skills and get a chance to notice personal patterns that may be holding you back from the life you want to live. \$

### PURPLE SAGE EQUINE MEDITATION

Tap into the power of presence with the Purple Sage herd. With horses as models of mindful, embodied presence, greet each moment through awakening to your senses. This is a unique departure from traditional formal meditation practices and explores alternative ways to bring mindfulness into our daily lives. \$

**UNBOUND** This unmounted class explores how you connect with yourself and the surrounding world by collaborating with horses. Build pathways of perception between the body and brain to foster curiosity, creativity, and compassion when faced with challenges. In this expansive state, we can create space for self-connection and encourage others to do the same. \$

## EQUINE

### Private Sessions

**AN UNFORGETTABLE CANVAS** Tap into your creative spirit by using the side of a horse (that's right, a horse!) as your canvas. We use a living canvas to remind us to stay present and grounded in our storytelling. Wear sturdy, closed-toe shoes, and bring a hat, sunscreen, and water bottle. Note that this can be a messy experience. \$ *Seasonally offered*

**CADENCED CONNECTION** Discover the synchrony of moving rhythmically forward while mounted on a horse. This exploration can create a deeper sense of trust and connection between horse and human and promote fluid and authentic communication. \$

### COMMON GROUND:

*Self-Leadership for Effective Communication*

Description in Equine activities menu featured to the left. \$

### INTRODUCTION TO RELATIONSHIP-BASED HORSEMANSHIP

This unmounted experience elevates the bond between horse and human by focusing on mutual respect. Learn horsemanship basics that may include approaching a horse, haltering, and grooming. This experience focuses on the technical skills and personal presence required to develop trust and willingness with an equine partner. \$

### MIRAVAL EQUINE EXPERIENCE™

Description in Equine activities menu featured to the left. \$

### PURPLE SAGE EQUINE MEDITATION

Description in Equine activities menu to the left. \$

**UNBOUND™** Description in Equine activities menu featured to the left. \$

# LIFE IN BALANCE SPA MENU

## LIFE, ENHANCED.

Miraval's signature spa sanctuary invites you to pursue personal transitions in a soulful, natural setting with soothing and invigorating treatments from expert therapists.



PROUD WINNER:

World's Best Desert Spa

North America's Best Wellness Retreat

Arizona's Best Wellness Retreat

## ACUPUNCTURE

**ACUPUNCTURE** Skilled licensed acupuncturists educate and immerse you into this traditional Chinese medicine modality. A consultation, including tongue and pulse diagnoses and palpation, guide fine-needle insertions into meridian points to release energy blockages and balance energy flow.

**\$** *Wear loose comfortable clothing, allowing access to knees and below and elbows.*

### Enhancement to Acupuncture Treatments

**EAR SEEDING** Chinese medicine theorizes that the ears contain a map of the body and relate to the nervous system. Intentionally placed tiny seeds on acupressure points can stimulate relaxation, reduce stress, and address chronic pain. **\$** *Seeds last 3-5 days and dislodge naturally or can be gently removed.*

**JIN SHOU-TUI NA** Based on the Yin Yang theory of balance, this service fuses the vigorous, focused strokes of Tui Na massage with the subtle energy work of CranioSacral to move energy, release restrictions, and restore free-flowing energy in the pathways. **\$** *Wear yoga or exercise attire.*

### NEW

**QI AWAKENING** Combining the focused, fast strokes of Tui Na with the healing power of acupuncture needling, this experience starts with the opening of the meridians that hold our Qi. Releasing the meridians prior to acupuncture enhances the power of the needling. **\$** *Wear loose comfortable clothing, allowing access to knees and below and elbows.*

### NEW

**QI FACIAL REJUVENATION** Facial acupuncture, combined with gua sha, light cupping, and Tui na, reduces puffiness and stimulates collagen and elastin production to address tension lines. Includes distal body points to ground and support the movement and flow of Qi. **\$** *Wear loose comfortable clothing, allowing access to knees and below and elbows.*

**QI GROUNDING** This treatment regulates harmony using traditional Chinese medicine, acupuncture, and energy therapies to clear meridians and physical restrictions. Experience the calming effects of Qi life force and feel more grounded and centered. **\$** *Wear yoga or exercise attire.*

**QI JOURNEY** Balance your being with a fusion of energy therapies. Thai massage gently opens the body and joints to release tension and stimulate meridians, acupuncture needles address energetic imbalances, and CranioSacral releases remaining energy restrictions. **\$** *Wear yoga or exercise attire.*

### NEW

**SYNER-QI** Description in Massage on page 29. **\$**





## AYURVEDA

**ABHYANGA** Restore balance with this ancient massage that uses friction strokes and warm, herb-infused oils to benefit the nervous system, reduce muscle tension, address joint pain, and eliminate impurities. \$

### BRAHMI CHARAN

*Traditional* This Ayurvedic lower leg and foot massage combines foot reflexology, ghee, and warm Brahmi herbal poultices to relieve foot tension and stimulate energy channel clearing. Conclude with balancing neck, shoulder, and scalp massage. \$ *Limited availability*

### NEW

**BRAHMI SWEDNA** This Ayurvedic full-body treatment uses warm Brahmi oil, steamed Brahmi poultices, ghee foot massage, and an aromatic linen wrap. Brahmi herb nourishes skin, calms the mind, and lifts spirits to higher consciousness. \$ *Limited availability*

### PRADHANA VEDA:

*The Ultimate Ayurvedic Treatment* Ayurvedic elements combine for a restorative fusion: circulation-increasing Abhyanga (warm herbal oil massage), energy-balancing marma point therapy, tension-melting Shirodhara (warm oil gently poured over your forehead), an aromatic wrap, and scalp massage. \$

**RASAYANA RENEWAL RITUAL** Sanskrit for path of essence, this Ayurvedic treatment's dosha-revealing assessment influences the oil used in the full-body firm-pressure massage with steamed herbal poultices, a hibiscus body-buffing grain, and ghee foot massage. \$ *Limited availability*

**RASAYANA SHIRODHARA** Learn your dosha type and receive a full-body and steamed herbal poultice massage using a dosha-complementing warm oil, followed by Shirodhara (warm oil gently poured over your forehead), a warm wrap, and hibiscus buffing grain. \$ *Limited availability*

**SHAMANA-KARMA** This spirit-boosting service begins with herbal coconut-geranium-rosemary oil massage and steaming tension- and toxin-releasing poultices of lemongrass, mint, nutmeg, and clove. Conclude with a restorative aromatic wrap and hibiscus-powder dusting. \$

**VEDANTA MANTRA MEDITATION** This Ayurvedic meditation practice can access profound awareness and expand mindfulness. Receive a unique Vedic mantra that corresponds with your birthday. Learn how to correctly pronounce and incorporate it into your daily practice. \$ *Limited availability*

## BODY RENEWAL

*As indicated, Body Renewal Rituals may take place outdoors. Weather dependent for your comfort and safety.*

**ABUNDANCE** This organic "farm to treatment table" ritual includes a Hawaiian noni and lime sugar scrub followed by a spirulina body clay. Rinse with an energizing kombucha body wash and conclude with a nourishing blend of oils to promote luxuriously silky skin. \$ *Outdoor Treatment Room*

**DESERT SAGE BODY POLISH** Great for sensitive skin, this mineral-rich salt scrub incorporates aloe vera juice and essential oils of lavender, rosemary, and wild sage. Begin with a full-body scrub and end with a hydrating body butter application. \$

**DETOX & FIRM** This specialized service uses dry brushing, iced mitts, and a detoxifying clay wrap to stimulate circulation and remove impurities. Full body lymphatic drainage massage techniques and seaweed-derived detoxifying gel and firming serum lock in moisture. \$ *Outdoor Treatment Room*

**GINGER HEALER** This restorative journey begins with a ginger-oil-infused deep tissue massage and powerful energy-restoring facial marma point therapy. A ginger sea salt scrub and shower complete the service and leave you refreshed and rejuvenated. \$ *Outdoor Treatment Room*

**LEMONGRASS ESCAPE** Stimulate your senses with uplifting lemongrass and a finely ground bamboo and walnut shell exfoliation. A full-body relaxation massage soothes muscles and eases tension. Energizing ginger and clove-infused orange oil brings relief and restorative bliss. \$ *Outdoor Treatment Room*

**NATURE'S APOTHECARY** Reawaken fatigued skin in this apothecary style treatment with a choice of body scrub to soften, smooth, and hydrate. Your skin is replenished with a mineral-rich seaweed treatment and a nourishing sea fennel massage to restore a healthy balance to your skin. \$

**PRICKLY PEAR SUGAR SCRUB** This full-body exfoliation uses pure cane-sugar-rich oils, prickly pear, and calendula extract. A hydrating body butter application completes the experience and leaves you with a full-body glow. \$

**VERBENA ALOE RITUAL** Treat yourself from temples to toes with rich hydration and a sensory serenade of lemon verbena, chamomile, and neroli blossoms. Gently reveal radiant skin with exfoliating jojoba wax beads and calming aloe vera. \$

## ENERGY & EASTERN

**AQUA ZEN** Stress and strain melt away in this nurturing experience. A practitioner cradles your body as you float in serene warm waters. Body and spirit relax into this safe space with subtle stretches and guided movements. \$ *Wear a swimsuit. Weather dependent.*

**CHI NEI TSANG** This ancient Taoist modality helps you access a broader awareness of your abdomen. Gentle massage techniques encourage proper digestive motion for internal organ rejuvenation and overall holistic effects for the entire body. \$ *Wear yoga or exercise attire. Do not eat or consume alcohol two hours before service.*



**CRANIOSACRAL THERAPY** This gentle, light-touch therapy optimizes the energy flow that nourishes and protects us by shifting mind and body into a mode of rest and recovery to explore the healing potential of quiet and stillness. **\$** *Wear yoga or exercise attire.*

**INTUITIVE MESSAGE** Description in Massage menu on page 29. **\$**

#### MOTHER'S BLESSINGS:

*Spiritual Prayer Work* Madre Emilia is a faith guide, minister, and Reiki practitioner who uses laying on of hands therapeutically and tailors each session to you. Her blessings, spiritual gifts, wisdom, and energy profoundly affect guests. **\$** *Wear yoga or exercise attire. Limited availability.*

#### MIRAVAL EXCLUSIVE

**NĀGA™** Thai techniques combine with hanging silks to deliver deep massage and assisted floor mat stretches. Encourage healthy blood circulation, ease energy blockage, and relieve tension while improving flexibility and postural alignment in this exclusive service. **\$** *Wear loose, comfortable clothing.*

**PATH OF THE JAGUAR** This energy-based ritual restores harmony through ceremony. Discover the Jaguar's transformative path to empowerment by appealing to the spirits with energy work, hands-on bodywork, and breathwork to strengthen self-connection and leave Hucha (heavy energy) behind. **\$** *Wear loose, comfortable clothing. Limited availability*

**REFLEXOLOGY** Also called zone therapy, foot reflexology is based on the theory that your sole contains a map of your internal organs and structure. Your skilled provider stimulates the reflexology zone to provide a full-body release. **\$**

**REIKI** This Japanese stress-reduction practice frees emotional blocks and leaves you with a sense of peace. Your practitioner applies light touch to enhance universal energy flowing through you and connect you with your higher self. **\$** *Wear loose comfortable clothing.*

**THAI FOOT & LEG** Treat your legs and feet with Thai massage stretches, compressions, and acupressure. A stimulating foot massage, warm stones, and a Thai acupressure tool powerfully affect the foot's muscles by "spooning" fascia, which supports circulation and mobility. **\$** *Wear yoga or exercise attire.*

**THAI MESSAGE** Relax as your practitioner rhythmically stretches and flexes your body, opening and relieving weary muscles. Thai massage renews the body's energy flow while reducing tension and stress with pressure-point stimulation and targeted stretching. **\$** *Wear loose comfortable clothing.*

**VASUDHARA** This transformative service eases muscles with Thai stretches, bodywork, and a gravity-defying warm water float. Eye shields block all light as a therapist cradles your body and bathes your senses in underwater vibrations that rise through you in resonant waves, sending your mind on an inner journey. **\$** *Wear a swimsuit. Weather dependent*

## MESSAGE

#### GUEST FAVORITE

**BODY IN BALANCE** A customized massage balances your musculoskeletal system and addresses chronic tightness and bound-up connective tissue. Your therapist conducts a detailed assessment to guide your treatment with specialized techniques to relax restrictions and restore balance. **\$**

**CALMING HOT STONE** Combining the grounding effects of hot stones with the power of botanicals, this treatment offers mental and muscular relaxation. Antioxidant-packed essential oils calm the mind while the warm stones ease the muscles into deeper relaxation. **\$**

**DEEP RIVER STONE MESSAGE** Heated river rocks and cool marble stones are combined to release muscle tension and toxins, nourishing the skin with a botanical oil blend that invites a deep state of relaxation. **\$**

**FOCUS MESSAGE** Ease tense, aching areas with this targeted 20-minute treatment. Your therapist will skillfully select the most suitable massage techniques and oils where needed. **\$**

#### GUEST FAVORITE

**INTUITIVE MESSAGE** Inspired by Indigenous spirituality, your practitioner fuses bodywork with spiritual wisdom and palo santo. The massage is guided intuitively by your specialist to address underlying emotional and mental barriers to restoring health. **\$** *Limited availability*

#### GUEST FAVORITE

**JUNIPER LEG & FOOT** This deep tissue leg and foot massage treats sore muscles and achy joints with juniper berry oil in a tension-easing sweet birch rub. Birchbark and magnesium alleviate aches, natural menthols energize, while arnica supports recovery. **\$**

**MIRAVAL DEEP MESSAGE** This therapeutic massage with arnica oil uses advanced techniques to relieve symptoms of muscle soreness and stiff joints while energizing the senses. Excellent for tight, tired, and sore muscles. **\$**

**MIRAVAL GROUNDING** Massaging hands, feet, and scalp brings about a state of total relaxation. This spa-trio technique is infused with essential oils to soften the skin, while a grounding emulsion promotes a feeling of peace and calm. **\$**

**MIRAVAL RELAXATION MESSAGE** This customizable Swedish-style massage surrounds you in calming, fragrant aromas. The soothing power of long fluid relaxing massage techniques eases fatigue and soothes the senses. **\$**

**NECK & SCALP MESSAGE** Walk away from this 20-minute scalp, neck, and shoulder massage feeling soothed and revitalized. **\$**

**NEUROMUSCULAR MESSAGE** This specialized treatment releases trigger points to promote musculoskeletal and nervous system harmony. Specialized techniques focus on root causes to address pain, numbness, and weakness caused by nerve entrapment, postural distortion, and ischemia. **\$** *More than one treatment is recommended.*

**PEACEFUL SLEEP** This full-body soothing relaxation aromatherapy massage uses special facial tapping techniques to help quiet the mind. A calming weighted blanket envelops you as warm sweet-birch-infused towels wrap your feet to relax tired muscles. **\$**

**PRENATAL MESSAGE** Description in Prenatal menu on page 31. **\$**

#### SACRED SOUNDS MESSAGE

This meditative service combines aromatherapy, breathwork, and vibrational sound therapy with a full-body relaxation massage. The resonance of a thoughtfully placed Himalayan sound bowl promotes balance and restoration, calming the spirit and soul. **\$**

**SWEET SLUMBER** Prepare for a peaceful night with aromatherapy, tapping, and acupressure. A neck-and-shoulder massage shifts to rhythmic rocking and a relaxing lavender-oil massage. Warm magnesium-steeped towels embrace your legs and arms while activated acupressure points invite restful slumber. **\$**

## NEW

**SYNER-QI** This results-oriented customized treatment blends neuro-reset, neuromuscular massage, and neuro-acupuncture for a synergistic embodiment of heart, mind, and spirit through inner Qiexploration for anyone seeking balance, dealing with chronic pain, or recent injury. **\$** *Multiple treatments recommended. Wear loose comfortable clothing, allowing access to knees and below and elbows. Limited availability.*

**TAVASYA** Sanskrit for strength, Tavyasya's grounding holistic service starts at your toes to rebuild depleted energy. An intentional balancing aromatherapy moment, sea-salt foot cleanse, acupressure stimulation, Himalayan salt stones, and a full-body massage replenish your natural reserves. **\$**

## MIRAVAL EXCLUSIVE

**TULA** Sanskrit for balance, Tula restores vitality to open energy channels, stimulates circulation, and relaxes muscles. A practitioner glides gua sha stones over meridians, massages you with essential oils, then wraps you in warm desert-herbed towels. **\$**

# SALON

## HAIR & NAIL SALON

*Top off your Miraval experience with one of our salon services. Choose from cuts, color, styling, scalp treatments, and more. Keep natural nails healthy with our custom manicures and pedicures, including exclusive Deborah Lippmann treatments.*

## HAIR

**BANG TRIM** Update your look with a quick bang trim. **\$**

**BEARD/MUSTACHE TRIM** Grooming for your beard or mustache. **\$**

**COLOR** Enhance your look with permanent or semi-permanent hair color to lighten, darken, or cover gray. Styling treatment or shampoo, cut, and style should be scheduled for a completed look. **\$**

**HIGHLIGHTING** Our hair care specialist will custom-formulate the perfect shade to complement your style. Styling treatment or shampoo, cut, and style should be scheduled for a completed look. **\$**



## MINDFUL HAIR & SCALP RENEWAL

Pamper your hair and rejuvenate your scalp with this personalized conditioning service. Consult your stylist while enjoying a relaxing scalp and hand massage and personalized hair treatment. A blow-dry and style complete your look. **\$**

**SHAMPOO, CUT & STYLE** Do you need to refresh your style or transform it completely? Work with our talented stylists to explore the possibilities. Above-shoulder and below-shoulder options available. **\$**

**STYLING TREATMENTS** Whether you are looking to add volume, enhance your curls, or smooth those luxurious locks, our Davines styling line will cater to your individual needs with this luxurious shampoo and blow-dry service. **\$**

**TRADITIONAL CLIPPER CUT** This cut is for super-short hair that requires the use of clippers. Does not include shampoo or blow-dry. **\$**

# SALON

## MANICURE & PEDICURE

*The Deborah Lippmann Salon treats natural nails only and cannot accommodate overlays or nail extensions. All nail services can be enjoyed at all stages of pregnancy.*

**COLD STONE & CLAY MANICURE & PEDICURE** This invigorating manicure experience incorporates citrus and coconut. Ease tension with a cold stone and clay hand or foot massage, followed by an exfoliation and body butter. **\$** *Natural nails only*

## MIRAVAL EXCLUSIVE

**DEBORAH LIPPMANN SIGNATURE MANICURE** This manicure sets a new standard for healthy nail care. Let your senses escape to the tropics as your hands and arms enjoy a soothing scrub and nourishing blended-oil massage. A rich SPF hand cream moisturizes and protects you from UV rays. **\$** *Natural nails only*

## MIRAVAL EXCLUSIVE

**DEBORAH LIPPMANN SIGNATURE PEDICURE** Enjoy a relaxing foot soak, and therapeutic self-heating grapefruit sea-salt scrub. A warm oil leg treatment gives extra love to tired legs and feet. Complete the experience with a luxurious kokum butter and aloe vera massage. **\$**

**EXPRESS MANICURE** Maintain your weekly manicure and refresh your nails with this enhanced polish change service focusing on essential nail maintenance. **\$** *Natural nails only*

**EXPRESS PEDICURE** Refresh your weekly pedicure by maintaining a sandal-ready look. This service addresses essential nail maintenance, including a light buffing of the foot. **\$**

**FRENCH POLISH** Available in addition to any nail service. **\$**

**MANUKA HONEY MANICURE** Let your skin and senses luxuriate in a moisturizing Manuka honey cleanse with decadent citrus notes and soothing florals. A gentle scrub polishes and exfoliates, and an intense wild lime and gotu kola repair balm smooths and softens arms and hands. **\$** *Natural nails only*

**MANUKA HONEY PEDICURE** Let your skin and senses luxuriate in a moisturizing Manuka honey cleanse with decadent citrus notes and soothing florals. A gentle scrub polishes and exfoliates, and an intense wild lime and gotu kola repair balm smooths and softens legs and feet. **\$**

**SHELLAC REMOVAL** \$ *Available in addition to any nail service.*

**SWEET BIRCH & STONES MANICURE**  
Rooted in traditional herbal remedies, this manicure begins with a softening aromatic compress, followed by an uplifting scrub and an awakening birch liniment applied to the hands and arms in preparation for a hot stone massage. \$ *Natural nails only*

**SWEET BIRCH & STONES PEDICURE**  
Anti-inflammatory birch infuses every step of this foot-refreshing treatment. After a stimulating dry brush, soak in a birch and magnesium bath and exfoliating scrub. An energizing birch enhances a hot stone leg and foot massage. \$

## SKINCARE

**ALPHA BETA PROFESSIONAL FACE OR DECOLLETE PEEL ENHANCEMENT**  
Restore radiance to the skin without downtime with this patented peel of alpha and beta hydroxy acids that address the skin's texture and firmness while promoting collagen growth. \$ *Guests may experience sun sensitivity and should apply sunscreen following treatment.*

**DERMAFLASH ENHANCEMENT** A results-driven tool that removes dead skin cells, improves skin texture and removes pesky peach fuzz. Use of Dermaflash Tool allows the product to penetrate deeper into the skin. \$

**ANTIOXIDANT VIBRANCY FACIAL**  
This facial uses Gua Sha techniques and 100% whole organic plants to deliver radiance and restore vibrancy with slow-farmed, hand-harvested, herbal superfoods like nettle leaf, aronia berry, frankincense resin, and jasmine and calendula flowers. \$

**MIRAVAL EXCLUSIVE**  
**CARA VIDA** This facial, inspired by Arizona's Native peoples' connection to mesquite (tree of life), leaves your face revitalized. Cold-pressed, organic, vitamin-C-rich chia seeds exfoliate skin and a mask of organic local Arizona honey compliment the facial massage. \$

**DERMAFLASH EXPRESS FACIAL** This results-oriented express facial instantly removes dead skin cells, improves skin texture, and removes pesky peach fuzz. An alpha-beta peel pad application and gentle serum, moisturizer, and sunscreen leave your skin glowing with radiance. \$

**MIRAVAL X LAUREL EXCLUSIVE**  
**ESSENCE OF MIRAVAL FACIAL** This bespoke organic facial uses whole plants harvested exclusively for Miraval, facial tapping, and herbal poultices. Take a sensory tour through Austin's brightening Petal Pecan Mask, Arizona's nourishing Honeysuckle Sage Elixir, and Berkshire's soothing Tulsi Rose Balm for a sumptuous skin-nurturing journey. \$

**EXPRESS GLOW FACIAL** Awaken your skin's natural glow with this enzyme-rich facial. Manuka honey and aloe gently cleanse and prepare skin for a custom peel. A gemstone roller invites lymphatic stimulation while plant stem cells promote radiance. \$

**HYDRAFACIAL** This gentle treatment's lymphatic massage reveals a clearer complexion and reduced puffiness. The four-in-one HydraFacial follows, delivering a vortex of cleansing, exfoliation, extraction, and hydration through serums, peptides, and hyaluronic acid. \$

**HYDRAFACIAL EXPRESS** This service gives you the benefits of a longer HydraFacial deep cleansing treatment. The four-in-one vortex system offers deep cleansing, exfoliation, and extraction. \$

**NIRAMAYA** Sanskrit for tranquility, this curated facial clarifies and rejuvenates. Reignite your skin's luminosity with a complexion-smoothing and brightening sweet cherry enzyme peel. An argan and peptide-rich cream blissfully restores your skin's natural balance. \$

**GUEST FAVORITE**  
**ORGANIC FACIAL** Refine your skin with this active, 100-percent natural, paraben-free, and results-oriented facial. Antioxidant-rich plant and marine spirulina extracts and kombucha balance skin while goji berry, white and green teas, and aloe hydrate. \$

**PROBIOTIC FACIAL** Support your skin's natural beauty with this cooling facial. A hibiscus enzyme peel follows a Manuka honey and aloe cleanse, allowing the skin to absorb the benefits of chilled probiotics to restore a healthy glow. \$

**PURIFYING BACK FACIAL** Restore balance with this relaxing treatment geared to clarify and repair those harder-to-reach areas of the back and shoulders. Carefully selected products purify and hydrate, leaving you with a restored glow. \$

**QUANTUM ENERGY FACE TREATMENT** This product-light facial treatment delivers visible results and relaxation. A facial reflexology detector stimulates internal organs & structures, giving you the feeling of an overall body release. Treatment includes manual lymphatic drainage. \$

**RENEW & RESTORE FACIAL** This detoxifying and hydrating facial and peel, created by renowned Manhattan dermatologist Dr. Dennis Gross, exfoliates and delivers potent anti-aging ingredients with gentle massage and a marine hyaluronic mask for intense hydration without recovery time. \$

**SUN GODDESS FACIAL** This facial is for sensitive skin conditions, including rosacea or excessive sun exposure. This completely customized service provides deep nourishment and intense hydration. \$

**VITAMIN C FACIAL** This intensive treatment brightens and stimulates the skin. We combine vitamin C and fruit acids for a powerful facial that is great for those with hyper-pigmentation or anyone looking for a refreshed glow. \$

### THE MIRAVAL COLLECTION BY LAUREL

Miraval and Laurel celebrate a seed-to-bottle experience like nothing before. Inspired by the native plants and agriculture surrounding each Miraval destination, Laurel utilizes biodynamic practices and works with small family farms to create nourishing products that go well beyond skincare.

LAUREL  
made exclusively for  
MIRAVAL

*The complete Miraval  
Skin Collection by Laurel Skin  
is available for purchase  
in Spa retail.*



# PRENATAL

*The following treatments are enjoyed specifically for any trimester of pregnancy:*

**ANY MANICURE & PEDICURE** Descriptions in Manicure & Pedicure Salon menu on page 29 - 30. \$

**AQUA ZEN** Stress and strain melt away in this nurturing experience. A practitioner cradles your body as you float in serene warm waters. Body and spirit relax into this safe space with subtle stretches and guided movements. \$ *Wear a swimsuit. Weather dependent.*

**CRANIOSACRAL THERAPY** This gentle, light-touch therapy optimizes the energy flow that nourishes and protects us by shifting mind and body into a mode of rest and recovery to explore the healing potential of quiet and stillness. \$ *Wear yoga or exercise attire.*

## MIRAVAL X LAUREL EXCLUSIVE

**ESSENCE OF MIRAVAL FACIAL** This bespoke organic facial uses whole plants harvested exclusively for Miraval, facial tapping, and herbal poultices. Take a sensory tour through Austin's brightening Petal Pecan Mask, Arizona's nourishing Honeysuckle Sage Elixir, and Berkshire's soothing Tulsi Rose Balm for a sumptuous skin-nurturing journey. \$

**NECK & SCALP MASSAGE** Walk away from this 20-minute scalp, neck, and shoulder massage feeling soothed and revitalized. \$

## GUEST FAVORITE

**ORGANIC FACIAL** Refine your skin with this active, 100-percent natural, paraben-free, and results-oriented facial. Antioxidant-rich plant and marine spirulina extracts and kombucha balance skin while goji berry, white and green teas, and aloe hydrate. \$

**REIKI** This Japanese stress-reduction practice frees emotional blocks and leaves you with a sense of peace. Your practitioner applies light touch to enhance universal energy flowing through you and connect you with your higher self. \$ *Wear loose comfortable clothing.*



**PATH OF THE JAGUAR** This energy-based ritual restores harmony through ceremony. Discover the Jaguar's transformative path to empowerment by appealing to the spirits with energy work, hands-on bodywork, and breathwork to strengthen self-connection and leave Hucha (heavy energy) behind. \$ *Wear loose, comfortable clothing. Limited availability*

*The following treatments are enjoyed specifically for the second or third trimesters of pregnancy:*

**ACUPUNCTURE** Skilled licensed acupuncturists educate and immerse you into this traditional Chinese medicine modality. A consultation, including tongue and pulse diagnoses and palpation, guide fine-needle insertions into meridian points to release energy blockages and balance energy flow. \$ *Wear loose comfortable clothing, allowing access to knees and below and elbows.*

**FOCUS MASSAGE** Ease tense, aching areas with this targeted 20-minute treatment. Your therapist will skillfully select the most suitable massage techniques and oils where needed. \$

## NEW

**QI FACIAL REJUVENATION** Facial acupuncture, combined with gua sha, light cupping, and Tui na, reduces puffiness and stimulates collagen and elastin production to address tension lines. Includes distal body points to ground and support the movement and flow of Qi. \$ *Wear loose comfortable clothing, allowing access to knees and below and elbows.*

**LEMONGRASS ESCAPE** Stimulate your senses with uplifting lemongrass and a finely ground bamboo and walnut shell exfoliation. A full-body relaxation massage soothes muscles and eases tension. Energizing ginger and clove-infused orange oil brings relief and restorative bliss. \$ *Outdoor Treatment Room*

## MIRAVAL GROUNDING MASSAGE

Massaging hands, feet, and scalp brings about a state of total relaxation. This spa-trio technique is infused with essential oils to soften the skin, while a grounding emulsion promotes a feeling of peace and calm. \$

**NATURE'S APOTHECARY** Reawaken fatigued skin in this apothecary style treatment with a choice of body scrub to soften, smooth, and hydrate. Your skin is replenished with a mineral-rich seaweed treatment and a nourishing sea fennel massage to restore a healthy balance to your skin. \$

**PRENATAL MASSAGE** This soothing Swedish massage is designed for moms-to-be to help improve sleep, reduce stress, and soothe muscle fatigue. \$

**PRICKLY PEAR SUGAR SCRUB** This full-body exfoliation uses pure cane-sugar-rich oils, prickly pear, and calendula extract. A hydrating body butter application completes the experience and leaves you with a full-body glow. \$

## MIRAVAL EXCLUSIVE

**TULA** Sanskrit for balance, Tula restores vitality to open energy channels, stimulates circulation, and relaxes muscles. A practitioner glides gua sha stones over meridians, massages you with essential oils, then wraps you in warm desert-herbed towels. \$

# MONDAY JANUARY

All experiences require advanced sign-up.  
To schedule your activities or cancel please dial ext. 4512.  
**NEW** experiences this month.

7:00-7:45	Morning Stretch (Gecko/BMC) Pg. 23
8:00-8:45	Morning Meditation (Agave) Pg. 15
8:00-8:45	Power Cycle (Gecko/BMC) Pg. 23
8:00-10:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21
8:30-11:00	Giant's Ladder (Coyote Moon Patio) Pg. 20
9:00-9:45	Happy Hips (Gecko/BMC) Pg. 23
9:00-9:45	Rise & Shine Yoga (Agave) Pg. 22
9:00-9:45	Shoulders Set Free (Roadrunner/BMC) Pg. 23
9:00-10:30	Meet the Herd (Courtyard Fountain) Pg. 25
9:15-10:30	A Return to Sleep (Activity Rooms) \$ Pg. 10
10:00-10:45	Cardio Dance/Zumba (Roadrunner/BMC) Pg. 23
10:00-10:45	Labyrinth Journey (Meet at the Gong) Pg. 15
10:00-10:45	Aerial Yoga (Agave) \$ Pg. 21
10:00-11:30	<b>Jan 16, 23 &amp; 30</b>   Make a Miraval Moment: Resin Art (Activity Rooms) \$ Pg. 17
10:00-11:30	<b>Jan 9, 23 &amp; 30</b>   The Power of Self-Compassion (Activity Rooms) \$ Pg. 12
10:45-12:00	<b>NEW</b> Dream Alchemy (Activity Rooms) \$ Pg. 13
11:00-11:45	Emotional Wellbeing at the End of Your Fork (Activity Rooms) Pg. 18
11:00-11:45	Davinci Body Boards (Gecko/BMC) Pg. 23
11:00-11:45	Core Advanced (Roadrunner/BMC) Pg. 23
11:00-11:45	Mindfulness at Miraval (Activity Rooms) Pg. 15
11:00-12:00	Slackline 101 (Coyote Moon Patio) Pg. 20
11:00-12:45	Mindful Stress Mastery (Yurt) Pg. 15
11:00-1:00	Mountain Biking Basics (Arrival Center Drive) Pg. 20
11:30-1:30	<b>NEW</b> Sky Island Traverse (Coyote Moon Patio) \$ Pg. 20
12:00-12:45	Lunch & Learn with our Dietitian (Cactus Flower Restaurant)
12:00-12:45	Yoga Wheel (Agave) Pg. 22
12:00-1:30	Purple Sage Equine Meditation (Courtyard Fountain) \$ Pg. 25

1:00-1:45	Understanding Crystals with Lindsey Banis (Activity Rooms) Pg. 14
1:00-1:45	Balance (Roadrunner/BMC) Pg. 22
1:00-1:45	Aroma Essence Yoga (Agave) Pg. 21
1:00-1:45	Connecting Art to Your Life with Cynthia Miller (Activity Rooms) Pg. 16
1:30-2:30	<b>Jan 2 &amp; 23</b>   Artful Photography with Your Camera Phone with Nancy Schroeder (Activity Rooms) Pg. 16
2:00-2:45	Radiance from the Inside Out (Activity Rooms) Pg. 19
2:00-2:45	Water Fitness (BMC Pool) Pg. 23
2:00-3:00	Art Walk (Activity Rooms) Pg. 16
2:30-4:30	Out on a Limb (Coyote Moon Patio) Pg. 20
3:00-3:45	Crystal Walk (Courtyard Fountain) Pg. 13
3:00-3:45	Crystal Oil Infusions with Lindsey Banis (Activity Rooms) \$ Pg. 13
3:00-3:45	Roll Into Relaxation (Agave) Pg. 22
3:00-3:45	Pilates Fusion (Gecko Room/BMC) Pg. 24
3:00-4:15	Past Life Regression: Who We May Be (Activity Rooms) \$ Pg. 13
3:00-4:30	Trust Your Gut: Your Intuitive Path to Health (Activity Rooms) \$ Pg. 19
3:00-5:30	<b>Jan 2 &amp; 23</b>   Photography Hike: Capturing the Miraval Outback with Nancy Schroeder (Palm Court) \$ Pg. 17
4:00-4:45	Afternoon Stretch (Gecko/BMC) Pg. 22
4:30-5:45	Chakra Creations with Carolyn Fike (Activity Rooms) \$ Pg. 16
5:00-5:45	Floating Meditation (Agave) \$ Pg. 15
5:30-7:00	Elements of Healing with Rae Jessie Gordon (Yurt) \$ Pg. 13
6:15-7:00	Malas, Mantras, and Mindfulness with Carolyn Fike (Activity Rooms) Pg. 13
6:30-8:00	Cosmos and Cocoa (Meet at the Kiva) \$ Pg. 12

## DIGITAL MINDFULNESS MIRAVAL MODE

- Remember our motto: "Unplug and be Present."
- Enjoy the natural beauty and contemplative spaces surrounding you without digital distractions.
- Fully engage with all that your Miraval experience has to offer.
- This might be a new practice. Don't worry, you can use your digital devices in designated areas. *Check the back of your guide.*



# TUESDAY JANUARY

All experiences require advanced sign-up.  
To schedule your activities or cancel please dial ext. 4512.  
**NEW** experiences this month.

7:00-7:45	Morning Stretch (Gecko/BMC) Pg. 23
8:00-8:45	Morning Meditation (Agave) Pg. 15
8:00-8:45	Barre (Roadrunner/BMC) Pg. 22
8:00-8:50	Ask the Farmer (Departure Center) Pg. 19
8:00-9:00	Trail Run with Neil McLeod, Director of Programs (Dining Room Patio) Pg. 21
8:00-10:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21
8:30-10:30	Swing and a Prayer (Coyote Moon Patio) Pg. 20
9:00-9:45	Foam Rolling (Gecko/BMC) Pg. 23
9:00-9:45	Rise & Shine Yoga (Agave) Pg. 22
9:00-11:00	Journey to Self (Courtyard Fountain) \$ Pg. 25
9:45-11:45	All the Buzz with Noel Patterson (Palm Court) \$ Pg. 19
10:00-10:45	Outdoor Floating Meditation (Meet at the Gong) \$ Pg. 15
10:00-10:45	Mindfulness at Miraval (Activity Rooms) Pg. 15
10:00-10:45	Cardio Drumming (Roadrunner/BMC) Pg. 23
10:00-11:30	Discover Your Dosha with Clinton Horner (Activity Rooms) \$ Pg. 13
10:00-11:30	Zen Art: Painting Mystical Mandalas (Activity Rooms) \$ Pg. 17
11:00-11:45	HiiT with TRX (Roadrunner/BMC) Pg. 23
11:00-11:45	DaVinci Body Boards (Gecko/BMC) Pg. 23
11:00-11:45	Trust Love Compassion Yoga (Agave) Pg. 22
11:00-11:45	Living a True Life in Balance (Activity Rooms) Pg. 12
11:00-12:30	Transcendence (Yurt) \$ Pg. 16
11:00-1:00	Mountain Bike Riding Techniques (Arrival Center Drive) Pg. 20
11:00-1:00	<b>NEW</b> The Way of the Archer (Coyote Moon Patio) \$ Pg. 20
11:30-1:30	Out on a Limb (Coyote Moon Patio) Pg. 20
12:00-12:45	Breathwork (Agave) Pg. 15
12:00-12:45	Journaling for Self-Discovery (Activity Rooms) Pg. 11
12:00-1:00	Just Let It Go: Improv Games, Fun & Laughter (Activity Rooms) Pg. 11

12:00-2:00	Unbound (Courtyard Fountain) \$ Pg. 25
1:00-1:45	Artisanal Tacos (Cactus Flower Restaurant) \$ Pg. 18
1:00-1:45	Athletic Walk (Outdoors at the BMC) Pg. 22
1:00-2:15	Spontaneous Creativity (Activity Rooms) Pg. 17
1:00-2:15	Past Life Regression: Who We May Be (Activity Rooms) \$ Pg. 13
1:00-2:30	Positive Thinking (Activity Rooms) \$ Pg. 12
1:30-2:30	<b>Jan 3, 17, 24 &amp; 31</b>   Artful Photography with Your Camera Phone with Nancy Schroeder (Activity Rooms) Pg. 16
1:30-2:30	Honey: A Sensual Journey (Cactus Flower Restaurant) \$ Pg. 18
2:00-2:45	Water Fitness (BMC Pool) Pg. 23
2:00-2:45	Abs & Glutes (Roadrunner/BMC) Pg. 22
2:00-2:45	Labyrinth Journey (Meet at the Gong) Pg. 15
2:00-2:45	Yin/Yang Yoga (Agave) Pg. 22
2:00-3:00	Slackline 101 (Coyote Moon Patio) Pg. 20
3:00-3:45	Gentle Stretch (Agave) Pg. 22
3:00-3:45	Cocktails in the Life in Balance Kitchen (Cactus Flower Restaurant) \$ Pg. 18
3:00-4:30	Elements of Healing with Rae Jessie Gordon (Yurt) \$ Pg. 13
3:00-5:00	<b>Jan 3, 17, 24 &amp; 31</b>   <b>NEW</b> Capture Your Miraval Journey (Palm Court) \$ Pg. 16
4:00-4:45	Afternoon Stretch (Gecko/BMC) Pg. 22
4:00-4:45	Yin Yoga (Agave) Pg. 22
4:00-4:45	Connection Over Perfection (Activity Rooms) Pg. 25
4:00-5:30	The Making of Malas with Carolyn Fike (Activity Rooms) \$ Pg. 17
4:00-6:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21
4:30-5:30	In the Spirit of Grapes with Noel Patterson (Cactus Flower Restaurant) \$ Pg. 18
5:00-5:45	<b>Jan 17, 24 &amp; 31</b>   Intuitive Living: Discover Three Principles that will Change Your Life with Tejpal (Activity Rooms) <i>No alcoholic beverages permitted please.</i> Pg. 13
5:00-5:45	Yin Aerial Yoga (Agave) \$ Pg. 21
5:30-6:45	Journeys of Renewal (Yurt) \$ Pg. 13
6:00-6:45	Quantum Consciousness (Activity Rooms) Pg. 14
6:00-8:00	Just Cook for Me (Cactus Flower Restaurant) \$ Pg. 18
7:00-7:50	Spiritual Drumming with Richard Noel (Kiva) \$ Pg. 14

## #LIVENOWPOSTLATER

We're not asking you to abandon your digital life. You can balance it with your real-life connections. Experience each in-person moment now and share it on the screen later with @miraval.arizona.



# WEDNESDAY

## JANUARY

All experiences require advanced sign-up.  
To schedule your activities or cancel please dial ext. 4512.  
**NEW** experiences this month.

7:00-7:45	Morning Stretch (Gecko/BMC) Pg. 23
8:00-8:45	Morning Meditation (Agave) Pg. 15
8:00-8:45	Cardio Dance/Zumba (Roadrunner/BMC) Pg. 23
8:00-10:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21
8:00-10:00	<b>NEW</b> Wings of the Southwest (Coyote Moon Patio) Pg. 20
8:00-1:30	Miraval Off-Property Hike: Intermediate - Pima Canyon (Meet in Palm Court) \$ Pg. 21
8:30-10:30	Face to Face (Coyote Moon Patio) Pg. 20
9:00-9:45	Happy Hips (Gecko/BMC) Pg. 23
9:00-9:45	Rise & Shine Yoga (Agave) Pg. 22
9:00-9:45	Glute Strength (Roadrunner/BMC) Pg. 22
9:00-11:00	Common Ground: Self Leadership for Effective Communication (Courtyard Fountain) \$ Pg. 25
10:00-10:45	Enhance Your Mental Potential with Lyndi Rivers (Activity Rooms) Pg. 10
10:00-10:45	Cardio Drumming (Roadrunner/BMC) Pg. 23
10:00-10:45	Aroma Essence Yoga (Agave) Pg. 21
10:00-10:45	Outdoor Floating Meditation (Meet at the Gong) \$ Pg. 15
10:00-10:45	Tips to Master Your Metabolism (Activity Rooms) Pg. 19
10:00-10:45	Mindfulness at Miraval (Activity Rooms) Pg. 15
11:00-11:45	Women's Wellness with Weights (Roadrunner/BMC) Pg. 23
11:00-11:45	Yin Yoga (Agave) Pg. 22
11:00-12:30	Dharma: Create a Life with Meaning and Purpose (Activity Rooms) \$ Pg. 13
11:00-12:45	Mindful Stress Mastery (Yurt) Pg. 15
11:00-1:00	Mountain Biking Advanced Ride (Arrival Center Drive) Pg. 20
11:00-1:00	Climbing Wall (Coyote Moon Patio) Pg. 20
11:30-1:30	Quantum Leap II (Coyote Moon Patio) Pg. 20
12:00-12:45	Outdoor Beginner Yoga (Agave Yoga Deck) Pg. 21
12:00-12:45	Aroma Flow Yoga (Agave) Pg. 21
12:00-12:45	Lunch & Learn with our Dietitian (Cactus Flower Restaurant)
12:00-2:00	Miraval Equine Experience (Courtyard Fountain) \$ Pg. 25

1:00-1:45	Pilates Fusion/POP Pilates (Roadrunner/BMC) Pg. 24
1:00-1:45	Sleep Well   Rituals for Better Rest (Activity Rooms) Pg. 11
1:00-1:45	Gentle Stretch (Agave) Pg. 22
1:00-1:45	Outdoor Floating Meditation (Meet at the Gong) \$ Pg. 15
1:00-1:45	Conscious Grocery Shopping (Activity Rooms) Pg. 18
1:00-2:15	Plant-Based Cooking in the Life and Balance Culinary Kitchen (Cactus Flower Restaurant) \$ Pg. 18
1:00-2:30	<b>Jan 11, 18 &amp; 25</b>   Creating Your Sacred Space with Kristin Reece (Activity Rooms) \$ Pg. 12
1:30-2:15	<b>NEW</b> Manifestation: Become a Conscious Creator of Your Life (Activity Rooms) Pg. 13
2:00-2:45	Aerial Yoga (Agave) \$ Pg. 21
2:00-2:45	Water Fitness (BMC Pool) Pg. 23
2:00-3:15	Awakening the Dream with Leah Bolen (Activity Rooms) \$ Pg. 12
2:00-3:30	Tame the Flame: Curb Inflammation with Food (Activity Rooms) \$ Pg. 19
3:00-3:45	Breathwork (Agave) Pg. 15
3:00-3:45	Core Advanced (Roadrunner/BMC) Pg. 23
3:00-3:45	Cocktails in the Life in Balance Kitchen (Cactus Flower Restaurant) \$ Pg. 18
3:00-4:00	<b>Jan 4, 18 &amp; 25</b>   Artful Photography with Your Camera Phone with Nancy Schroeder (Activity Rooms) Pg. 16
3:30-5:30	The Beauty of Imperfection (Activity Rooms) \$ Pg. 10
4:00-4:45	Afternoon Stretch (Gecko/BMC) Pg. 22
4:00-4:45	Crystal Alchemy Sound Journey (Activity Rooms) \$ Pg. 12
4:00-4:45	Labyrinth Journey (Meet at the Gong) Pg. 15
4:00-5:00	<b>Jan 4, 18 &amp; 25</b>   Creative Photography Stroll with Nancy Schroeder (Activity Rooms) Pg. 16
4:00-6:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21
4:30-5:15	Desert Waves Yoga (Agave) Pg. 21
5:00-6:30	Emergence, A Ritual of Remembrance (Yurt) \$ Pg. 13
6:00-7:30	Chorus of Crystals: Sound Meditation with Lindsey Banis (Activity Rooms) \$ Pg. 12
6:00-8:00	Just Cook for Me (Cactus Flower Restaurant) \$ Pg. 18

# THURSDAY

## JANUARY

All experiences require advanced sign-up.  
To schedule your activities or cancel please dial ext. 4512.  
**NEW** experiences this month.

7:00-7:45	Morning Stretch (Gecko/BMC) Pg. 23
8:00-8:45	Power Cycle (Gecko/BMC) Pg. 23
8:00-8:45	Barre (Roadrunner/BMC) Pg. 22
8:00-8:45	Morning Meditation (Agave) Pg. 15
8:00-10:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21
8:00-10:30	Yoga Hike (Coyote Moon Patio) \$ Pg. 21
8:00-1:30	Miraval Off-Property Hike: Intermediate - Romero Canyon (Meet in Palm Court) \$ Pg. 21
8:30-10:30	Out on a Limb (Coyote Moon Patio) Pg. 20
9:00-9:30	Blend 'N' Balance Smoothies (Cactus Flower Restaurant) \$ Pg. 18
9:00-9:45	Foam Rolling (Gecko/BMC) Pg. 23
9:00-9:45	Shoulders Set Free (Roadrunner/BMC) Pg. 23
9:00-9:45	Rise & Shine Yoga (Agave) Pg. 22
9:00-11:00	Unbound (Courtyard Fountain) \$ Pg. 25
9:45-11:45	All the Buzz with Noel Patterson (Palm Court) \$ Pg. 19
10:00-10:45	Beginner Yoga (Agave) Pg. 23
10:00-10:45	Cardio Drumming (Roadrunner/BMC) Pg. 23
10:00-11:30	Mindfulness & Pleasure: Women, Sex & Desire (Activity Rooms) \$ Pg. 11
10:30-12:00	Dharma: Create a Life with Meaning and Purpose (Activity Rooms) \$ Pg. 13
11:00-11:45	DaVinci Body Boards (Gecko/BMC) Pg. 23
11:00-11:45	HiiT with TRX (Roadrunner/BMC) Pg. 23
11:00-11:45	Outdoor Floating Meditation (Meet at the Gong) \$ Pg. 15
11:00-11:45	Mindfulness at Miraval (Activity Rooms) Pg. 15
11:00-12:00	Slackline 101 (Coyote Moon Patio) Pg. 20
11:00-12:30	Transcendence (Yurt) \$ Pg. 16
11:00-12:30	Eat Well Live Well (Cactus Flower Restaurant) \$ Pg. 18
11:00-1:00	Mountain Biking Basics (Arrival Center Drive) Pg. 20
11:00-1:00	Climbing Wall (Coyote Moon Patio) Pg. 20
11:00-1:00	<b>NEW</b> The Way of the Archer (Coyote Moon Patio) \$ Pg. 20
11:30-1:30	Desert Sky Zipline Experience (Coyote Moon Patio) \$ Pg. 20
12:00-12:45	Loving Kindness Meditation (Agave) Pg. 15
12:00-1:15	<b>Jan 12, 19 &amp; 26</b>   Psychic Protection (Activity Rooms) \$ Pg. 13

12:00-2:00	Journey to Self (Courtyard Fountain) \$ Pg. 25
1:00-1:45	Pilates Fusion/POP Pilates (Gecko Room/BMC) Pg. 24
1:00-1:45	Aroma Flow Yoga (Agave) Pg. 21
1:00-1:45	Connecting Art to Your Life with Cynthia Miller (Activity Rooms) Pg. 16
1:00-1:45	<b>NEW</b> Manifestation: Become a Conscious Creator of Your Life (Activity Rooms) Pg. 13
1:00-2:30	Intuitive Vision Board (Activity Rooms) Pg. 17
1:30-2:30	Honey: A Sensual Journey (Cactus Flower Restaurant) \$ Pg. 18
2:00-2:45	<b>Jan 12, 19 &amp; 26</b>   Unleash the Power of Your Soul with Tejpal (Activity Rooms) Pg. 14
2:00-2:45	Water Fitness (BMC Pool) Pg. 23
2:00-2:45	Abs & Glutes (Roadrunner/BMC) Pg. 22
2:00-2:45	Gentle Stretch (Agave) Pg. 22
2:00-2:45	Labyrinth Journey (Meet at the Gong) Pg. 15
2:00-3:00	Art Walk (Activity Rooms) Pg. 16
2:00-3:30	Healthy Gut, Healthy You (Activity Rooms) \$ Pg. 18
2:30-4:30	<b>NEW</b> Sky Island Traverse (Coyote Moon Patio) \$ Pg. 20
3:00-3:45	Crystal Alchemy Sound Journey (Activity Rooms) \$ Pg. 12
3:00-3:45	Cocktails in the Life in Balance Kitchen (Cactus Flower Restaurant) \$ Pg. 18
3:00-3:45	Core Advanced (Roadrunner/BMC) Pg. 23
3:00-3:45	Trust Love Compassion Yoga (Agave) Pg. 22
4:00-4:45	Afternoon Stretch (Gecko/BMC) Pg. 22
4:00-4:45	<b>Jan 5, 12 &amp; 19</b>   Yin Yoga (Agave) Pg. 22
4:00-4:45	Connection Over Perfection (Activity Rooms) Pg. 25
4:30-5:45	Love and Libation (Cactus Flower Restaurant) \$ Pg. 13
5:00-5:45	<b>Jan 5, 12 &amp; 19</b>   Floating Meditation (Agave) \$ Pg. 15
5:00-6:30	Manifesting Joy & Harmony with Richard Noel (Activity Rooms) \$ Pg. 17
5:00-6:30	Paint the Music with Bonnie Pisik (Activity Rooms) \$ Pg. 17
6:00-8:00	Just Cook for Me (Cactus Flower Restaurant) \$ Pg. 18
6:30-8:00	Cosmos and Cocoa (Meet at the Kiva) \$ Pg. 12
7:00-8:00	Just Let It Go: Improv Games, Fun & Laughter (Activity Rooms) Pg. 11

# FRIDAY JANUARY

All experiences require advanced sign-up.  
To schedule your activities or cancel please dial ext. 4512.  
**NEW** experiences this month.

7:00-7:45	Morning Stretch (Gecko/BMC) Pg. 23
8:00-8:45	Inner Nature (Meet at the BMC) Pg. 11
8:00-8:45	Morning Meditation (Agave) Pg. 15
8:00-8:45	Outdoor Bootcamp (BMC) Pg. 23
8:00-8:45	Barre (Roadrunner/BMC) Pg. 22
8:00-10:00	<b>NEW</b> Wings of the Southwest (Coyote Moon Patio) Pg. 20
8:00-10:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21
8:00-1:30	Miraval Off-Property Hike: Intermediate - Finger Rock (Meet in Palm Court) \$ Pg. 21
8:30-10:30	Quantum Leap (Coyote Moon Patio) Pg. 20
9:00-9:45	Foam Rolling (Gecko/BMC) Pg. 23
9:00-9:45	Rise & Shine Yoga (Agave) Pg. 22
9:00-9:45	Nourishing Start: Breakfast with Intention (Cactus Flower Restaurant) Pg. 19
9:00-11:00	<b>Jan 6, 13 &amp; 20</b>   Common Ground: Self Leadership for Effective Communication (Courtyard Fountain) \$ Pg. 25
10:00-10:45	Mindfulness at Miraval (Activity Rooms) Pg. 15
10:00-10:45	Pelvic Floor Wisdom (Activity Rooms) Pg. 11
10:00-10:45	Cardio Drumming (Roadrunner/BMC) Pg. 23
10:00-10:45	Bodyweight HiiT (Gecko/BMC) Pg. 22
10:00-11:30	Discover Your Dosha with Clinton Horner (Activity Rooms) \$ Pg. 13
10:00-11:30	Trust Your Gut: Your Intuitive Path to Health (Activity Rooms) \$ Pg. 19
10:00-11:30	<b>Jan 13, 20 &amp; 27</b>   Make a Miraval Moment: Resin Art (Activity Rooms) \$ Pg. 17
10:30-12:00	<b>NEW</b> The Web of Life (Activity Rooms) \$ Pg. 12
11:00-11:45	Core Advanced (Roadrunner/BMC) Pg. 23
11:00-11:45	Aerial Yoga (Agave) \$ Pg. 21
11:00-12:45	Mindful Stress Mastery (Yurt) Pg. 15
11:00-1:00	Mountain Bike Riding Techniques (Arrival Center Drive) Pg. 20
11:00-1:00	Climbing Wall (Coyote Moon Patio) Pg. 20
11:00-1:00	<b>NEW</b> The Way of the Archer (Coyote Moon Patio) \$ Pg. 20
11:30-12:15	Labyrinth Journey (Meet at the Gong) Pg. 15
11:30-1:30	<b>NEW</b> Sky Island Traverse (Coyote Moon Patio) \$ Pg. 20
12:00-12:45	Conscious Grocery Shopping (Activity Rooms) Pg. 18
12:00-2:00	<b>Jan 6, 13 &amp; 20</b>   Unbound (Courtyard Fountain) \$ Pg. 25
12:30-1:15	Crystal Oil Infusions with Lindsey Banis (Activity Rooms) \$ Pg. 13
12:30-2:00	Transitions: Thriving Through Change (Activity Rooms) \$ Pg. 11

1:00-1:45	Athletic Walk (Outdoors at the BMC) Pg. 22
1:00-1:45	Shoulders Set Free (Gecko/BMC) Pg. 23
1:00-1:45	Artisanal Tacos (Cactus Flower Restaurant) \$ Pg. 18
1:00-1:45	Advanced Flow Yoga (Agave) Pg. 21
1:00-1:50	Introduction to Pickleball (Tennis Courts) Pg. 23
2:00-2:45	Breathwork (Agave) Pg. 15
2:00-2:45	Water Fitness (BMC Pool) Pg. 23
2:00-3:00	<b>Jan 6 &amp; 27</b>   Photography in Focus with Nancy Schroeder (Activity Rooms) Pg. 17
2:00-3:00	Slackline 101 (Coyote Moon Patio) Pg. 20
2:00-3:15	Past Life Regression: Who We May Be (Activity Rooms) \$ Pg. 13
2:00-3:30	Pickleball: Beyond the Basics (Tennis Courts) \$ Pg. 23
2:00-4:00	The Beauty of Imperfection (Activity Rooms) \$ Pg. 10
2:30-3:30	Bees: What's the Story with Noel Patterson (Activity Rooms) Pg. 19
2:30-4:30	Desert Sky Zipline Experience (Coyote Moon Patio) \$ Pg. 20
3:00-3:45	Cocktails in the Life in Balance Culinary Kitchen (Cactus Flower Restaurant) \$ Pg. 18
3:00-3:45	Abs & Glutes (Roadrunner/BMC) Pg. 22
3:00-3:45	Gentle Stretch (Agave) Pg. 22
3:00-5:30	<b>Jan 6 &amp; 27</b>   Photography Hike: Capturing the Miraval Outback with Nancy Schroeder (Palm Court) \$ Pg. 17
4:00-4:45	Afternoon Stretch (Gecko/BMC) Pg. 22
4:00-4:45	Floating Meditation (Agave) \$ Pg. 15
4:15-5:30	Awakening the Dream with Leah Bolen (Activity Rooms) \$ Pg. 12
4:00-5:30	Elements of Healing with Rae Jessie Gordon (Yurt) \$ Pg. 13
4:00-6:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21
4:30-5:30	In the Spirit of Grapes with Noel Patterson (Cactus Flower Restaurant) \$ Pg. 18
5:00-5:45	Yoga Nidra Meditation (Agave) Pg. 16
5:00-6:30	Master Your Mind to Heal Your Body with Brent Baum (Activity Rooms) Pg. 13
5:00-6:30	Artistic Expression Under Glass (Activity Rooms) \$
6:00-8:00	<b>Jan 6, 13 &amp; 20</b>   Just Cook for Me (Cactus Flower Restaurant) \$ Pg. 18
6:30-7:45	Journeys of Renewal (Yurt) \$ Pg. 13
6:30-8:00	Cosmos and Cocoa (Meet at the Kiva) \$ Pg. 12
7:00-8:00	Just Let It Go: Improv Games, Fun & Laughter (Activity Rooms) Pg. 11



# SATURDAY JANUARY

All experiences require advanced sign-up.  
To schedule your activities or cancel please dial ext. 4512.  
**NEW** experiences this month.

7:00-7:45	Morning Stretch (Gecko/BMC) Pg. 23
8:00-8:45	Morning Meditation (Agave) Pg. 15
8:00-8:45	Power Cycle (Gecko/BMC) Pg. 23
8:00-8:50	Ask the Farmer (Departure Center) Pg. 19
8:00-10:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21
8:00-10:00	<b>NEW</b> Wings of the Southwest (Coyote Moon Patio) Pg. 20
8:30-10:00	Meet the Herd (Courtyard Fountain) Pg. 25
8:30-10:30	Desert Tightrope (Coyote Moon Patio) Pg. 20
9:00-9:45	Rise and Shine Yoga (Agave) Pg. 22
9:00-9:45	Happy Hips (Gecko/BMC) Pg. 23
9:00-9:45	Pilates Fusion/POP Pilates (Roadrunner/BMC) Pg. 24
9:00-11:00	Miraval Equine Experience (Courtyard Fountain) \$ Pg. 25
9:45-11:45	All the Buzz with Noel Patterson (Palm Court) \$ Pg. 19
10:00-10:45	Cardio Dance/Zumba (Roadrunner/BMC) Pg. 23
10:00-10:45	Advanced Flow Yoga (Agave) Pg. 21
10:00-11:30	Mindfulness & Pleasure: Women, Sex & Desire (Activity Rooms) \$ Pg. 11
11:00-11:45	Breathwork (Agave) Pg. 15
11:00-11:45	Women's Wellness with Weights (Roadrunner/BMC) Pg. 23
11:00-11:45	DaVinci Body Boards (Gecko/BMC) Pg. 23
11:00-12:30	Transcendence (Yurt) \$ Pg. 16
11:00-12:30	Dharma: Create a Life with Meaning and Purpose (Activity Rooms) \$ Pg. 13
11:00-1:00	Mountain Biking Advanced Ride (Arrival Center Drive) Pg. 20
11:00-1:00	Climbing Wall (Coyote Moon Patio) Pg. 20
11:00-1:00	<b>NEW</b> The Way of the Archer (Coyote Moon Patio) \$ Pg. 20
11:30-1:30	<b>NEW</b> Sky Island Traverse (Coyote Moon Patio) \$ Pg. 20
12:00-12:45	Desert Waves Yoga (Agave) Pg. 21
12:30-2:00	The Art of Being (Courtyard Fountain) \$ Pg. 25
1:00-1:45	Balance (Roadrunner/BMC) Pg. 22

1:00-1:45	Gentle Stretch (Agave) Pg. 22
1:00-1:50	Introduction to Pickleball (Tennis Courts) Pg. 23
1:30-2:30	Artful Photography with Your Camera Phone with Nancy Schroeder (Activity Rooms) Pg. 16
1:30-2:30	Honey: A Sensual Journey (Cactus Flower Restaurant) \$ Pg. 18
1:30-2:45	Chakra Creations with Carolyn Fike (Activity Rooms) \$ Pg. 16
1:30-2:45	A Return to Sleep (Activity Rooms) \$ Pg. 10
2:00-2:45	Loving Kindness Meditation (Agave) Pg. 15
2:00-2:45	Water Fitness (BMC Pool) Pg. 23
2:00-2:45	Glute Strength (Roadrunner/BMC) Pg. 23
2:00-3:00	Slackline 101 (Coyote Moon Patio) Pg. 20
2:00-3:30	Pickleball: Beyond the Basics (Tennis Courts) \$ Pg. 23
2:30-4:30	Desert Sky Zipline Experience (Coyote Moon Patio) \$ Pg. 20
3:00-3:45	Outdoor Beginner Yoga (Agave Yoga Deck) Pg. 21
3:00-3:45	Yin Aerial Yoga (Agave) \$ Pg. 21
3:00-3:45	Cocktails in the Life in Balance Culinary Kitchen (Cactus Flower Restaurant) \$ Pg. 18
3:00-3:45	Pilates Fusion (Gecko Room/BMC) Pg. 24
3:00-5:00	<b>NEW</b> Capture Your Miraval Journey (Palm Court) \$ Pg. 16
3:30-4:15	Power of the Pendulum (Activity Rooms) Pg. 13
3:30-5:00	Manifesting Joy & Harmony with Richard Noel (Activity Rooms) \$ Pg. 17
4:00-4:45	Afternoon Stretch (Gecko/BMC) Pg. 22
4:00-4:45	Floating Meditation (Agave) \$ Pg. 15
4:00-6:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21
4:30-5:45	<b>NEW</b> Dream Alchemy (Activity Rooms) \$ Pg. 13
5:00-5:45	Yin Yoga (Agave) Pg. 22
5:00-6:30	Emergence, A Ritual of Remembrance (Yurt) \$ Pg. 13
6:00-8:00	<b>Jan 7, 14 &amp; 21</b>   Just Cook For Me (Cactus Flower Restaurant) \$ Pg. 18
7:00-7:50	Spiritual Drumming with Richard Noel (Kiva) \$ Pg. 14

# SUNDAY JANUARY

All experiences require advanced sign-up.  
To schedule your activities or cancel please dial ext. 4512.  
**NEW** experiences this month.

7:00-7:45	Morning Stretch (Gecko/BMC) Pg. 23	12:00-12:45	Power of the Pendulum (Activity Rooms) Pg. 13
8:00-8:45	Outdoor Bootcamp (BMC) Pg. 23	1:00-1:45	Athletic Walk (Outdoors at the BMC) Pg. 22
8:00-8:45	Morning Meditation (Agave) Pg. 15	1:00-1:45	Roll Into Relaxation (Agave) Pg. 22
8:00-10:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21	1:00-1:45	<b>Jan 1, 15 &amp; 29</b>   Connecting Art to Your Life with Cynthia Miller (Activity Rooms) Pg. 16
8:00-10:00	<b>NEW</b> Wings of the Southwest (Coyote Moon Patio) Pg. 20	1:00-2:15	<b>Jan 8, 15, 22 &amp; 29</b>   Psychic Protection (Activity Rooms) \$ Pg. 13
8:00-1:30	Miraval Off-Property Hike: Intermediate - Tortolita Exploration (Meet in Palm Court) \$ Pg. 21	1:30-2:30	<b>Jan 1, 8, 15 &amp; 22</b>   Photography in Focus with Nancy Schroeder (Activity Rooms) Pg. 17
8:30-10:30	Quantum Leap II (Coyote Moon Patio) Pg. 20	2:00-2:45	Water Fitness (BMC Pool) Pg. 23
9:00-9:45	Rise & Shine Yoga (Agave) Pg. 22	2:00-2:45	Balance (Roadrunner/BMC) Pg. 22
9:00-9:45	Foam Rolling (Gecko/BMC) Pg. 23	2:00-3:00	<b>Jan 1, 15 &amp; 29</b>   Art Walk (Activity Rooms) Pg. 16
9:00-9:45	Shoulders Set Free (Roadrunner/BMC) Pg. 23	2:00-3:00	Slackline 101 (Coyote Moon Patio) Pg. 20
9:00-10:30	<b>Jan 22</b>   The Power of Self-Compassion (Activity Rooms) \$ Pg. 12	2:00-3:15	Connect & Create with Crystals (Activity Rooms) \$ Pg. 16
9:00-11:00	Miraval Equine Experience (Courtyard Fountain) \$ Pg. 25	2:00-3:30	<b>NEW</b> Once Upon a Time: Finding Meaning & Mystery on Life's Journey (Yurt) \$ Pg. 13
10:00-10:45	Cardio Drumming (Roadrunner/BMC) Pg. 23	3:00-3:45	Abs & Glutes (Roadrunner/BMC) Pg. 22
10:00-10:45	Bodyweight HiIT (Gecko/BMC) Pg. 22	3:00-3:45	Gentle Stretch (Agave) Pg. 22
10:00-10:45	Outdoor Floating Meditation (Meet at the Gong) \$ Pg. 15	3:00-4:00	<b>Jan 1, 8, 15 &amp; 22</b>   Artful Photography with Your Camera Phone with Nancy Schroeder (Activity Rooms) Pg. 16
10:00-10:45	Chakra Vinyasa Yoga (Agave) Pg. 21	4:00-4:45	Afternoon Stretch (Gecko/BMC) Pg. 22
11:00-11:45	Breathwork (Agave) Pg. 15	4:00-4:45	Yin Yoga (Agave) Pg. 22
11:00-11:45	DaVinci Body Boards (Gecko/BMC) Pg. 23	4:00-5:00	<b>Jan 1, 8, 15 &amp; 22</b>   Creative Photography Stroll with Nancy Schroeder (Activity Rooms) Pg. 16
11:00-11:45	Women's Wellness with Weights (Roadrunner/BMC) Pg. 23	4:00-5:30	Elements of Healing with Rae Jessie (Yurt) \$ Pg. 13
11:00-11:45	<b>Jan 8 &amp; 22</b>   Mindful Journey to Optimal Health (Activity Rooms) Pg. 22	4:00-6:00	Miraval Outback Hike (Coyote Moon Patio) Pg. 21
11:00-12:30	Transcendence (Yurt) \$ Pg. 16	5:00-5:45	Labyrinth Journey (Meet at the Gong) Pg. 15
11:00-1:00	Climbing Wall (Coyote Moon Patio) Pg. 20	5:00-6:30	<b>Jan 8, 15, 22 &amp; 29</b>   Paint the Music with Bonnie Pisk (Activity Rooms) \$ Pg. 17
11:00-1:00	Mountain Bike Riding Techniques (Arrival Center Drive) Pg. 20	5:30-6:15	Restore & Rejuvenate Yoga (Agave)
11:00-1:00	<b>NEW</b> The Way of the Archer (Coyote Moon Patio) \$ Pg. 20	6:30-7:45	Past Life Regression: Who We May Be (Activity Rooms) \$ Pg. 13
11:30-1:30	Desert Tightrope (Coyote Moon Patio) Pg. 20	7:00-8:00	<b>Jan 8, 15, 22 &amp; 29</b>   Just Let It Go: Improv Games, Fun & Laughter (Activity Rooms) Pg. 11
12:00-12:45	Forgiveness Meditation (Agave) Pg. 15		



AVAILABLE FOR PURCHASE

## Miraval Mindful by Design

COFFEE TABLE BOOK

Explore how mindfulness permeates all aspects of the Miraval brand through its architectural structures, human stories, and exterior landscapes. Discover the many journeys guests and colleagues have taken at Miraval Resorts over 25 years.

Visit our boutique or [www.miravalstore.myshopify.com](http://www.miravalstore.myshopify.com) to purchase *Miraval Mindful by Design*.

# MINDFUL REMINDERS

Our reminders and property map (back cover) will help orient and guide you on your Miraval journey.

**BRING MIRAVAL HOME** Sleep like you are at Miraval every night when you bring home our exclusive bedding collection and tools to continue your mindful journey. Visit Raindance Pass Boutique or [www.miravalshop.com](http://www.miravalshop.com) for more details.

**ITINERARY PLANNING** All fee-based experiences must be reserved in advance. Contact Guest Services (x.4512) to reserve your space while you're here, or schedule them prior to your arrival by calling 855.234.1672. Spa Services can be scheduled at the Spa or by calling x.4510.

**USING YOUR RESORT CREDIT** If your package includes a nightly resort credit, you may apply it toward your choice of spa services, fee-based activities, or private sessions. Resort taxes apply to all fee-based activities and private sessions

**IN ROOM DINING MENU & DIRECTORY** To view an in-room dining menu, resort directory and TV Channel Guide, please refer to the channel listing on your guestroom TV. To order in room dining dial ext. 4310.

## TIMING MATTERS

**TO THE SPA:** Please arrive more than 10 minutes prior to your scheduled service. Late arrivals will end at the scheduled time.

**TO A CLASS OR ACTIVITY:** Please be prompt. Opening instruction and information is critical to the class experience. If you are unable to arrive on time, we ask that you consider another offering.

**CANCELLATION, CHANGE & NO-SHOW POLICY** For fee-based activities and spa services, the entire fee will be charged to your bill if you change or cancel within four hours of the start time, unless otherwise noted. If you are a no-show for a reserved spa service, fee-based activity, or private session, the entire fee will be charged to your bill.

## Important Times

### SPA HOURS

8:30am - 9:00pm

### SPA BOUTIQUE

9:00am - 9:00pm

### RAINDANCE PASS BOUTIQUE

8:00am - 5:00pm

### PAINTED SKY BOUTIQUE

9:00am - 4:00pm

### CONTACT-LESS IN-ROOM DINING

Breakfast

7:30am - 10:00am

Lunch & Dinner

11:30am - 9:00pm

(ext. 4310)

### CACTUS FLOWER RESTAURANT

*\*Take out options are available for every meal, please call or make your arrangements at the host stand.*

Breakfast

6:30 - 10:00am

Lunch

11:30am - 2:00pm

Dinner

5:00 - 9:00pm

*(Reservations required and can be made daily)*

### PALM COURT CAFE

6:00am - 5:00pm

### OASIS POOL & BAR

10:00am - 5:00pm

*(weather permitting)*

### COYOTE MOON LOUNGE

2:00 - 9:00pm

## The Story Behind OUR MURAL NURTURE YOUR SPIRIT

Head over to Hidden Creek Deck to view Miraval's first mural! Lucinda Hinojos' hand-painted art piece reflects elements at Miraval that nurture the spirit and remind us of our connection to all living things. A pair of hands cradle the scene from below and represent Mother Earth's embrace. Our relationship with her is reciprocal: we care for her, and she sustains us. A hummingbird — Lucinda's personal symbol and spiritual messenger — hovers above. The hummingbird's divine spirit reminds us that loved ones are near.



Capture a photo in front of the mural now and post it later, using #miravalmural and tag @miravalarizona & @lamorena\_art.





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*The Villas*  
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SANTA CATALINA MOUNTAINS

- TH Trailhead
- W Water Stations
- Digital Device Area
- Mindful Journey Locations

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We support  
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