



EMBARK ON YOUR JOURNEY

MIRAVAL

..... *Arizona*

NOVEMBER



MARK STEBBINGS

General Manager

Welcome to Miraval Arizona, where the beauty of the Sonoran Desert meets the serenity of a world-class wellness retreat. I am delighted to have you here and eager to share our vision for wellness through mindfulness, social connection, and balance.

In today's fast-paced world, our attention spans and focus are constantly challenged by screens, apps, smartphones, and social media. It becomes increasingly difficult to remain centered and truly present in the moment. At Miraval Arizona, we understand this struggle and offer you a unique opportunity to cultivate digital mindfulness and find equilibrium, reducing stress and enhancing your overall wellbeing.

I invite and challenge you to fully embrace this experience, releasing the distractions and

demands of daily life. Immerse yourself in our diverse range of activities, programs, and services carefully designed to help you disconnect from technology and reconnect with yourself and with nature. Whether you choose to indulge in a rejuvenating spa treatment, embark on a soul-soothing exploration of the picturesque trails in the Santa Catalina Mountains, or engage in a mindful meditation class, our aim is for you to discover profound peace and rejuvenation that will endure long after your visit.

Thank you for choosing Miraval Arizona as your destination for rest, relaxation, and renewal. Together, let us embark on a journey of wellbeing, finding solace amidst the overwhelming digital distractions of the modern world. We hope those around you and closest to you will also honor your opportunity to unplug and be present.



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.

WELCOME

A Miraval State of Mind **PAGES 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 **PAGES 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 **PAGE 39**

Restaurant & Boutique Hours

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



season exclusive

HARVEST GARDEN DINNER

SATURDAY, NOVEMBER 11
6:00 - 8:00PM

Join Miraval's culinary leaders for an intimate moonlit dinner at Chef's Garden. Delight in true farm-to-table culinary creations with this six-course tasting menu made from fresh and flavorful ingredients sourced directly from local Tucson farms. Savor seasonal produce and herbs designed to delight your senses. All dishes are inspired by our Life in Balance philosophy and mindfully paired with wine and spirits. \$

*Limited availability.
Please visit Guest Services to add
this event to your itinerary.*



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.*



*Preferred Vehicle of
Miraval Resorts & Spas*

SEASON OF TRANSFORMATION

Embrace the harvest season with thoughtfully curated experiences designed to help you reflect on personal growth, reconnect with yourself and your communities, and appreciate the abundance of the natural world around us.

NEW SPA SERVICES

Energy & Eastern

ENERGY OF THE WOLVES In an ongoing battle between two wolves, one represents hope, love, and joy, the other anger and fear. Ask yourself which one you will feed in this ceremony of drumming, song, and sacred indigenous energy work. \$

Body Renewal Ritual

SONORAN MONSOON Recreate the calm after a storm with this anti-inflammatory, restorative experience inspired by local monsoon rains. Enjoy a full-body detoxifying mud mask and warm linen wrap, then shower before reenergizing and refreshing skin with hydrating mountain arnica. \$

Skincare

CARA DORADA Spanish for Face of Gold, this facial combines the Reiki energy infused into the Knesko Nano Gold face, neck, and décolleté mask with cold-pressed, organic, vitamin C-rich Maya Chia skin care to impart a golden glow. \$

To learn more or add these experiences to your itinerary, please visit Guest Services.



holiday event

JUST COOK FOR ME

THURSDAY, NOVEMBER 23 | 6:00 - 8:00PM

Indulge in an exclusive festive dinner experience in the heart of Miraval Arizona's Life in Balance Kitchen. Savor the culinary creations of our talented chefs that honor the season. Celebrate the holiday with a freshly prepared 5-course dinner menu paired with hand-selected wine. This offering is for the adventurous foodie. We are glad to accommodate any dietary preferences with advanced notice. \$

To add this experience to your itinerary, please visit Guest Services.

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 PISIK *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 Specialist & Program 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 • Equine Oracle Cards

PRIVATE SESSIONS: Unbound • Equine Experience • Common Ground • Purple Sage Equine Meditation • Relationship Based Horsemanship • Equine Oracle Cards



ALEXANDRA NICOL

World-Renowned Psychic Medium

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

channeling and using oracle cards. 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

Healing Arts, Mystic & Intuitive Medium

Born in Glasgow, Scotland, Rae Jessie has traveled the world empowering others on their journey. With her unique vision for growth and healing, she shares wisdom and love through personal readings and workshops that create profound and transformational experiences for her guests.

WORKSHOPS: Elements of Healing • Past Life Regression • Journeys of Renewal • Mystic Passages to Personal Power

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



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 • Dream Discovery Duet



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: Find & Follow Your Life Purpose • Emergence of Soul • Ascension Sound Passage: Awaken Your Divine Feminine

PRIVATE SESSIONS: Dharma & Destiny • Emergence of Soul • The Art of Manifesting • Ascension Sound Passage: Awaken Your Divine Feminine



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

Lyndi skillfully blends 20+ years of social work experience in trauma and nervous system regulation with a long-time yoga and meditation

teaching 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 • Pleasure: Women, Sex & Desire • Intuitive Vision Board • Soulful Sensuality

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



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.

LECTURES: 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 repair the relationship with self and others.

LECTURE: Gifts of Gratitude

WORKSHOPS: The Power of Self-Compassion

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



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 • Stress Management Techniques: Restore your Nervous System • Journaling Jumpstart

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



MAKENNA BAUM

Registered Dietitian, MS

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 • Hacks to Halt Cravings

WORKSHOPS: Healthy Gut, Healthy You • Tame the Flame: Curb Inflammation • Trust Your Gut: Your Intuitive Path to Health • Eat Well, Live Well • Food For Thought

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



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



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.

WORKSHOPS: Lunar Rituals • Celestial Campfire • Wine & Your Sign

PRIVATE SESSIONS: Astrology Reading • Tarot Reading

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.



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

WELLBEING

WELLNESS COUNSELING

Activities

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

Lucinda Vette shares equine stories illustrating the evolving horse and human bond, offering a framework for accessing inner wisdom. In this lecture, learn how horses can guide people to connect and flow in the present. At work, play, home, or the world, horses inspire us to release ideals of perfection and live authentically.

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. 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*

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*

NEW
JOURNALING JUMPSTART Join Michelle Fraley to make your journaling journey attainable, purposeful, and fun. Learn how journaling can maximize emotional wellbeing through a regular and consistent practice. Explore six unique journaling styles to bring into your everyday life. \$

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.

PELVIC FLOOR WISDOM An estimated 32% 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.

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).*

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 repair destructive patterns of self-judgment and expand your overall wellbeing. \$

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.

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.

NEW
STRESS MANAGEMENT TECHNIQUES:
Restore Your Nervous System Michelle Fraley offers an in-depth discussion about nervous system dysregulation and chronic stress. Michelle's holistic view reveals how chronic stress can affect us mentally, emotionally, physically, spiritually, and relationally. Leave with tangible and practical mind-body strategies for recognizing and managing chronic stress in your life. \$

NEW
SOULFUL SENSUALITY Sensuality—engaging in pleasure through mindful awareness of the senses—can allow us to feel more alive, playful, and connected to sexual desire and enjoyment. Practice mindfulness activities with Lyndi Rivers in this experiential workshop to connect the senses and physicality for a more embodied experience of pleasure in daily life. \$

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. \$

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. \$

NEW
SOULFUL SENSUALITY Description in Wellness Counseling activities menu on page 11. \$

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

WELLBEING

SPirit & SOUL Activities

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

NEW
ASCENSION SOUND PASSAGE:
Awaken Your Divine Feminine Join Jess Holzworth in a multisensory sound journey to awaken the divine feminine within. Bathe in a nurturing ocean of sound with vibrational frequencies from ceremonial instruments, including the gong, frame drum, Tibetan, and crystal bowls. By embracing the divine feminine, we can restore balance in our lives to create a more harmonious way of being. \$

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

NEW
CELESTIAL CAMPFIRE Journey through the cosmos with the warm glow of a fire, and indulge in the sweet combination of s'mores and stars, as you uncover hidden astrological meanings that shape our universe and our place within it. Ashley Leal will lead you in a fireside gathering, unveiling her captivating cosmic theory of unity and individual destiny. \$

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.* \$

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:

Find & Follow Your Life Purpose Integrate ancient wisdom with modern living by exploring the concept of Dharma (life purpose), learning about the Five Pearls of Dharma, and 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.

NEW

DREAM ALCHEMY Transform your dreams into inspiration for your life. Use this workshop to connect with your authentic calling or intention and find tools for aligning energy to manifest your best life. Learn how to gain access to higher levels of consciousness to empower yourself and release the limitations that hold you back. \$

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.

Periodically offered

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 OF SOUL Join Jess Holzworth in a transformative embodiment ceremony to reclaim your personal power and celebrate the joyous return to yourself. Journey beyond the surface, entering the inner world's mystical landscape through breath, movement, sensation, and imagination. Emerge reconnected to your soul essence. \$

NEW

EQUINE ORACLE CARDS The equine world can help us hone intuition, expand consciousness, and discover a path of heightened awareness, peace of mind, and self-connection. Learn to use "The Way of the Horse" oracle cards to channel your wisdom, navigate blocks, and gain insights into life's questions and challenges.

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. \$

NEW

LUNAR RITUALS Learn to harness the power of lunar cycles by using intention-based rituals to create the life you desire. Let the eight phases of the moon guide your path and illuminate when you can take action, pause and observe, or reflect and integrate your experiences. \$

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.

NEW

MYTHIC PASSAGES TO PERSONAL POWER Rae Jessie weaves traditional folk wisdom with timeless spiritual techniques to offer a new encounter with personal landscapes and dynamics. The insights of mythic tales and legends guides us as we seek authenticity and truth. Discover tools to enhance your unique power and use it to create abundance in your life. \$

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.

NEW

WINE & YOUR SIGN* Experience the mystical wonders of astrology and savor the flavor of fine wine as you unveil the secrets of the universe and discover how the alignment of the planets can guide us towards a deeper understanding of ourselves and the world around us. \$

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. \$

DREAM DISCOVERY DUET

We often dream of our waking-life emotional experiences and concerns. Research shows that sharing these dreams can bring a sense of security and peace and improve empathy and intimacy in relationships. Share, explore, and experience each other's dreamscapes and practice how to bring their meaning and understanding to the surface. \$

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

EMERGENCE OF THE SOUL Description in Spirit & Soul activities menu on page 13. \$

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 14. \$

POWER OF A PENDULUM Description in Spirit & Soul activities menu on page 14. \$

PSYCHIC PROTECTION Description in Spirit & Soul activities menu on page 14. \$

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. \$

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.* \$

NEW

TAROT READING A Tarot or Oracle consultation helps you connect with your intuition for guidance. Readings let you access your inner wisdom for direction and clarity using ancient mystical imagery. Choose from a comprehensive yearly reading, an inner reflection reading connected to your powerful chakra points, or an answer to your unique life questions. \$

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*

WELLBEING

MEDITATION

Activities

BREATHWORK Learn how your breath affects your physical, mental, and emotional health. 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*

NEW

ENERGY YOGA:

Advanced Inspired by Kundalini and Ashtanga Yoga practices, this class incorporates vigorous and repetitive movements and breathing techniques to raise the heart rate and leave you feeling refreshed and invigorated.

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.* \$

NEW

FLOATING YOGA NIDRA MEDITATION

Experience a guided Yoga Nidra practice while resting in the support of silk hammocks.

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.

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. \$

NEW
SEASONS OF YOGA Our bodies, moods, and rituals change and react to the passing seasons whether we are aware of it or not. Learning how to tune into and align ourselves with each season can bring more awareness into our daily lives. Gain tools for embracing and celebrating this seasonal ebb and flow. \$

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 Be 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. \$

WELLBEING

CREATIVE EXPRESSION

Activities

ART WALK Enjoy a casual stroll with Cynthia Miller and learn about the art and sculpture that organically graces the Miraval property. This interactive guided tour will explore a curated selection of artists and their techniques. *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
Art can enrich your everyday life; this interactive art talk and walk demystifies and enhances your enjoyment of art. Join the conversation and identify and explore the elements and principles of design.

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.* \$

GROUND & REJUVENATE WITH CLAY
This workshop gently guides you from the head to the heart of your creative spirit. Explore the practice of non-judgment by using clay as a tactile tool for grounding, creativity, and relaxation. \$

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*

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.*

MAGIC OF MALAS Discover the spiritual connection of a mala, a wearable meditative accessory rooted in ancient traditions. This strand contains 108 beads, a sacred number associated with prayers, mantras, or affirmations in global spiritual practices. Craft your mala and learn how to incorporate it into a meditative and grounding ritual at home. *Bring reading glasses if needed.* \$

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.

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. \$

MAGIC 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. \$



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.

BEES:
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.

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 Explore how cooking can be a path for enhancing joy, connection, and pleasure. Our chefs and dietitians—inspired by the five Blue Zones of the world, where people live into their hundreds—share tips for making cooking a more exciting, delicious, and healthful part of your routine. \$

NEW

FOOD FOR THOUGHT:

Functional Nutrition This dietitian-led workshop shows you how functional foods support mental and emotional wellbeing. Learn how they can manage stress, power brains, enhance sleep, and improve moods. Continue to the kitchen for a taste of how functional foods can be used in everyday recipes.

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.

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 Why do you experience cravings? How can you prevent them while continuing to enjoy the foods you love to eat? Join our dietitian as we dive into the science that answers these questions, and helps you feel confident in your ability to halt cravings.

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. \$

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. \$

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. \$



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 Slacklining is a humbling art involving balance, breath work, and play. Slackliners traverse a two-inch fabric strap strung between trees about 12 inches off the ground. Bare feet are encouraged.

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

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 BASIC RIDE Enjoy the sunshine and saguaros as you cruise along a mild single track through the Sonoran Desert. Learn to navigate sandy landscapes using basic off-road biking skills like braking, shifting, climbing, and balancing. This three-to-four-mile ride is designed for guests with no previous mountain biking experience.

MOUNTAIN BIKING TECHNIQUES CLASS In this skills clinic, learn intermediate mountain biking techniques, including balance, cornering, descending, and navigating rock features on single track. Expect to ride about three to five miles in this physically challenging skills class. Previous mountain biking experience recommended.

MOUNTAIN BIKING ADVANCED RIDE Take mountain biking to the next level and apply your mountain biking routine skills and confidence to this challenging eight-to-twelve-mile single-track adventure on the world-famous 50-Year Trail System. Previous mountain biking experience is required. Guests without significant single-track experience should try Mountain Biking Techniques or private sessions.

BIKING

Private Sessions

MOUNTAIN BIKING BASICS, TECHNIQUES, OR ADVANCED

Descriptions in Biking activities menu above. \$

CHALLENGE COURSE

Private Sessions

DESERT TIGHTROPE Description in Challenge Course activities menu to the left. \$

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 4 participants is required for scheduling as a private.*

SLACKLINING Description in Challenge Course activities menu to the left. \$

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:

Mixed Level This flow practice brings awareness and balance to the energy centers of the body.

CORE YOGA:

Mixed-Level 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".

NEW

RESTORE & REJUVENATE Learn to cultivate conscious relaxation as you practice a series of longer held, supported resting postures. Enjoy the passive, slow release as tension in the body and mind begin to melt away. Essential oils will be introduced throughout the practice to encourage deeper release and tranquility.

RISE & 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 This mixed-level Vinyasa flow practice incorporates creative movement while listening to the inspiring and fun music of The Beatles.

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 page 21. \$

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 page 21. \$

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. \$

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.

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

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.

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

HIIT 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.

GUEST FAVORITE PICKLEBALL:

Beyond the Basics This 90-minute workshop for players familiar with Pickle Ball basics (rules, scoring, serving, and dinking) elevates the game with new strategies and skills. Balls and paddles are provided 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. \$

CARDIO KICKBOXING Punch, jab, and kick in this high-impact martial arts-style class combining cardio, agility, and core work. \$

CORE ADVANCED Description in Fitness activities menu on page 23. \$

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 23. \$

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 on page 23. \$

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 peace and awaken to the interconnectedness of life through a guided journey among our free-roaming herd. This inspirational class draws on the calming effect of horses to help you channel a natural connection to your innate wisdom and a sense of possibility. Includes a drawing or journaling component. \$

COMMON GROUND:

Understanding Barriers to Connection & Communication Observe how non-verbal communication influences your ability to lead yourself and others in this unmounted activity. Practice being assertive and inspire a horse to move ahead of you, using communication, collaboration, and creativity without speech, touch, or a rope. The insights and skills you discover may apply to personal and professional relationships. \$

JOURNEY TO SELF This activity taps into a universal story of challenges, opportunities, and choices we make in life. You will lead your equine partner with a rope through a series of obstacles. By making choices through awareness, you can reframe challenges as opportunities and become the hero of whatever journey you take. \$

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 personalities, 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 what seem to be simple tasks on the ground with horses 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. \$

NEW

SPIRIT OF THE HORSE Explore your inner realms by making art inspired by the different elements of a horse at our ranch. Observe horses interacting around you and enter a meditative state flowing from visual and symbolic connections. By drawing anatomical details of a horse, you can open yourself to a broader creative space while your spirit roams freely with the herd. \$

UNBOUND This unmounted class explores how you connect with yourself and the surrounding world by collaborating with horses. Recognize the default states we enter when facing challenges or stress and learn how to mindfully direct your response. Shifts happen naturally when we tune into ourselves and connect with a horse's flowing energy to find shared sacred space. \$

EQUINE

Private Sessions

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. \$

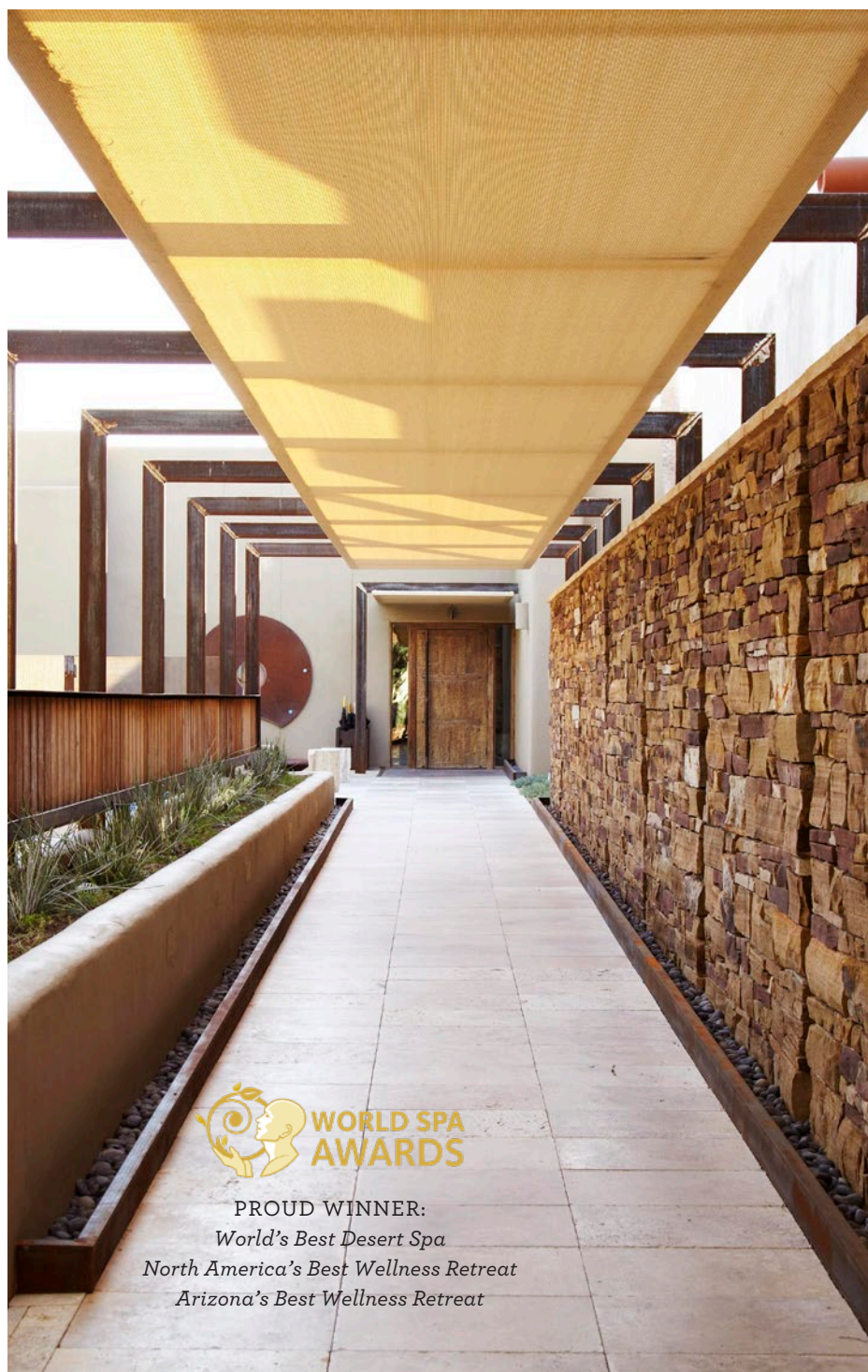
UNBOUND™ Description in Equine activities menu featured to the left. \$

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*

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, guides 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.*

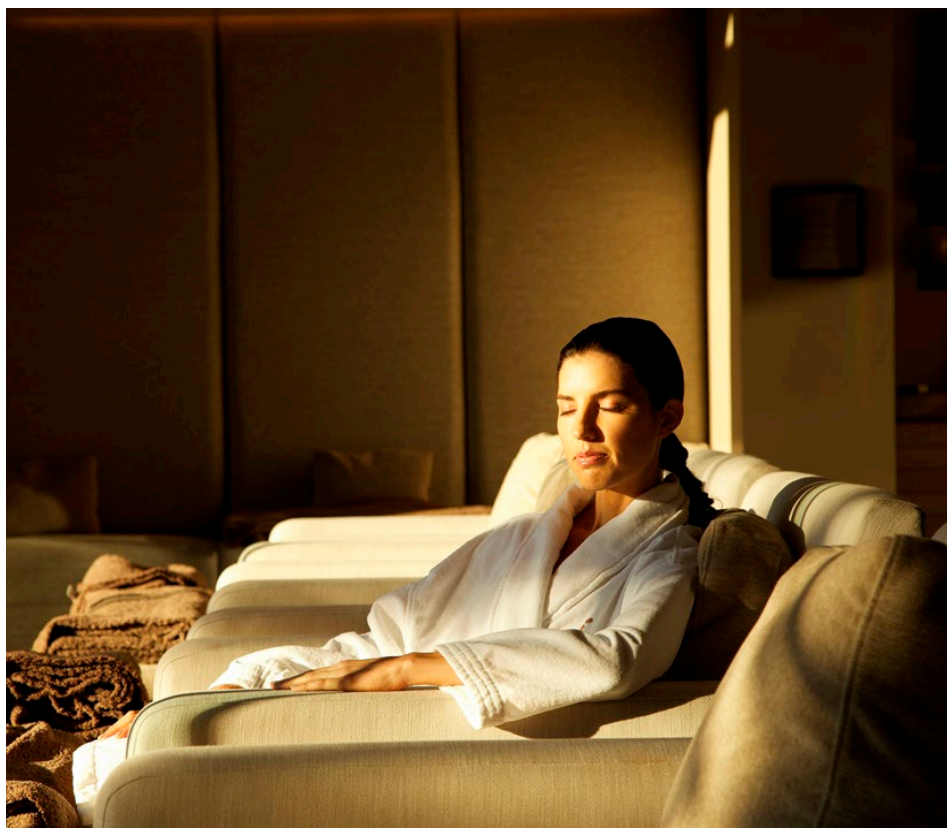
QI AWAKENING Combining the focused, fast strokes of Tui Na with the healing power of acupuncture needling, this experience starts with the opening of the meridians that hold our Qi. Releasing the meridians prior to acupuncture enhances the power of the needling. **\$** *Wear loose comfortable clothing,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

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.*

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

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 a 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-ginger-rosemary oil massage and steaming tension-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 RITUALS

ABUNDANCE This organic full-body ritual includes a lime sugar scrub followed by a green mint body clay and linen wrap. Rinse with an energizing kombucha body wash and conclude with a nourishing blend of oils to promote luxuriously silky skin. \$ *Outdoor Treatment Room*

NEW

SONORAN MONSOON Recreate the calm after a storm with this anti-inflammatory, restorative experience inspired by local monsoon rains. Enjoy a full-body detoxifying mud mask and warm linen wrap, then shower before reenergizing and refreshing skin with hydrating mountain arnica. \$

DESERT SAGE BODY POLISH 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. \$

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. \$

LEMONGRASS ESCAPE This journey uses a lemongrass-infused walnut scrub to gently polish dull skin. After a rinse, a relaxing massage with tangerine, sandalwood, and clove oils warms the skin and relaxes the mind. A hand and foot massage ground the experience. \$

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. \$

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.*

NEW

ENERGY OF THE WOLVES In an ongoing battle between two wolves, one represents hope, love, and joy, the other anger and fear. Ask yourself which one you will feed in this ceremony of drumming, song, and sacred indigenous energy work. **\$** *Wear loose, comfortable clothing. Limited availability.*

MOTHER'S BLESSINGS:

Spiritual Energy 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 loose, comfortable clothing. 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, using warm stones and a Thai acupressure tool, powerfully affect muscles and fascia, supporting circulation and mobility. **\$** *Wear yoga or exercise attire.*

THAI MASSAGE 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.*

MASSAGE

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 MASSAGE 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 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. **\$**

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

NEUROMUSCULAR MASSAGE 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 and relaxing aromatherapy experience 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 MASSAGE Description in Prenatal menu on page 31. **\$**

SACRED SOUNDS MASSAGE 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. \$

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 is choreographed 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.

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 Life in Balance 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*

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. \$

NEW
KNESKO FACE, EYE, & LIP MASK ENHANCEMENT Elevate your facial experience with Knesko masks. Choose from eye, lip, or full-face to restore hydration to the skin with these rich-in-collagen masks. \$



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. \$

MIRAVALE 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. \$

NEW
CARA DORADA Spanish for Face of Gold, this facial combines the Reiki energy infused into the Knesko Nano Gold face, neck, and décolleté mask with cold-pressed, organic, vitamin C-rich Maya Chia skin care to impart a golden glow. \$

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. \$

MIRAVALE X LAUREL EXCLUSIVE
ESSENCE OF MIRAVALE 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. \$

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. \$

PRENATAL 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.*

PRENATAL 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

PRENATAL 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. \$

PRENATAL NECK & SCALP MASSAGE

Walk away from this 20-minute scalp, neck, and shoulder massage feeling soothed and revitalized. \$

GUEST FAVORITE

PRENATAL 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. \$

PRENATAL 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.*



PRENATAL 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:

PRENATAL 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.*

PRENATAL 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. \$

PRENATAL 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.*

PRENATAL 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*

PRENATAL 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. \$

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

PRENATAL 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

PRENATAL 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 NOVEMBER

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

7:00-9:00	Miraval Outback Hike (Coyote Moon Patio) pg. 21	1:00-1:45	Appreciating Chocolate (Cactus Flower West Restaurant) \$ pg. 18
7:30-10:00	Giant's Ladder (Coyote Moon Patio) pg. 20	1:00-1:45	Nov 6, 20 & 27 Crystal Oil Infusion with Lindsey Banis (Activity Rooms) \$ pg. 13
7:00-7:45	Morning Stretch (Gecko/BMC) pg. 23	1:00-1:45	Balance (Gecko/BMC) pg. 22
8:00-8:45	Cardio Kickboxing (Roadrunner/BMC) pg. 23	1:00-1:45	Breathwork (Agave) pg. 15
8:00-8:45	Morning Meditation (Agave) pg. 15	1:00-1:45	Connecting Art to Your Life (Activity Rooms) pg. 16
9:00-9:45	Rise & Shine Yoga (Agave) pg. 21	2:00-2:45	Radiance from the Inside Out (Activity Rooms) pg. 19
9:00-9:45	Power Cycle (Gecko/BMC) pg. 23	2:00-2:45	Glute Strength (Roadrunner/BMC) pg. 22
9:00-9:45	Foam Rolling (Gecko/BMC) pg. 23	2:00-2:45	Water Fitness (BMC Pool) pg. 23
9:00-11:00	Common Ground: Self Leadership for Effective Communication (Palm Court) \$ pg. 25	2:00-2:45	Outdoor Floating Meditation (Meet at the Gong) \$ pg. 22
9:30-10:45	A Return to Sleep (Activity Rooms) \$ pg. 10	2:00-2:45	Desert Waves Yoga (Agave) pg. 21
10:00-10:45	Core Yoga: Advanced (Agave) pg. 21	2:00-3:00	Art Walk (Activity Rooms) pg. 16
10:00-10:45	Cardio Dance/Zumba (Roadrunner/BMC) pg. 22	2:00-3:00	Nov 6 Artful Photography with Your Camera Phone with Nancy Schroeder (Activity Rooms) pg. 16
10:00-11:30	Nov 6 & 13 The Power of Self-Compassion (Activity Rooms) \$ pg. 11	2:30-3:15	Nov 6, 20 & 27 Crystal Alchemy Sound Journey with Lindsey Banis (Activity Rooms) \$ pg. 12
10:00-11:45	Mindful Stress Mastery (Yurt) pg. 15	3:00-3:45	Nov 6, 13 & 20 Crystal Walk with Carolyn Fike (Courtyard Fountain) pg. 14
10:00-12:00	Mountain Biking Basics (Dining Room Patio) pg. 20	3:00-3:45	NEW Cardio & Strength Machines (Meet at BMC Weight Room Floor) pg. 22
10:30-1:00	Sky Island Traverse (Coyote Moon Patio) \$ pg. 19	3:00-3:45	Women's Wellness with Weights (Roadrunner/BMC) pg. 23
11:00-11:45	Emotional Wellbeing at the End of Your Fork (Activity Rooms) pg. 18	3:00-4:15	NEW Seasons of Yoga (Agave) \$ pg. 15
11:00-11:45	Pilates Fusion (Roadrunner/BMC) pg. 24	3:00-4:30	Trust Your Gut: Your Intuitive Path to Health (Activity Rooms) \$ pg. 19
11:00-11:45	Gentle Stretch (Yoga Deck) pg. 22	3:15-4:30	Past Life Regression: Who We May Be (Yurt) \$ pg. 14
11:00-11:45	Aerial Yoga (Agave) \$ pg. 21	3:30-5:30	Nov 6 Capturing the Miraval Outback - Photography Hike with Nancy Schroeder (Palm Court) \$ pg. 16
11:00-11:45	NEW Mini DaVinci Body Boards (Gecko/BMC) pg. 23	4:00-4:45	Afternoon Stretch (Gecko/BMC) pg. 22
11:00-12:15	Awakening the Dream (Activity Rooms) \$ pg. 13	4:00-4:45	Remembrance Ceremony (Meet at the Gong) pg. 15
11:00-12:30	Pickleball: Beyond the Basics, Intermediate (Meet at Pickleball Courts) \$ pg. 23	4:30-5:45	Nov 6, 13 & 20 Chakra Creations with Carolyn Fike (Activity Rooms) \$ pg. 16
12:00-12:45	Slow Flow Yoga (Agave) pg. 21	5:00-5:45	Dream Yoga for Sleep (Agave) pg. 21
12:00-12:45	Lunch & Learn with our Dietitian (Cactus Flower Restaurant)	5:15-6:45	Elements of Healing with Rae Jessie Gordon (Yurt) \$ pg. 13
12:00-12:45	Nov 6 & 13 The Gift of Gratitude (Activity Rooms) pg. 11	6:15-7:00	Nov 6, 13 & 20 Power of a Pendulum (Activity Rooms) pg. 13
12:00-1:30	Purple Sage Equine Meditation (Palm Court) \$ pg. 25		
12:00-1:30	Nov 20 & 27 Create a Miraval Moment: Resin Art (Activity Rooms) \$ pg. 17		
12:30-1:30	Secrets of Skincare (Activity Rooms) pg. 17		
1:00-1:45	Pickle Ball Introduction (Meet at Pickle Ball Courts) pg. 23		

TUESDAY NOVEMBER

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

7:00-9:00	Miraval Outback Hike (Coyote Moon Patio) pg. 21	1:00-1:45	Gratitude Meditation (Agave) pg. 15
7:00-9:00	Trail Run with Neil McLeod, Director of Programs (Dining Room Patio) pg. 20	1:00-1:45	NEW Cardio & Strength Machines (Meet at BMC Weight Room Floor) pg. 22
7:00-7:45	Morning Stretch (Gecko/BMC) pg. 23	1:00-1:45	Athletic Walk (Outdoors at the BMC) pg. 22
7:30-9:30	Quantum Leap (Coyote Moon Patio) pg. 19	1:00-2:30	Tame the Flame: Curb Inflammation with Food (Activity Rooms) \$ pg. 18
8:00-8:45	Morning Meditation (Agave) pg. 15	1:15-2:30	Nov 14, 21 & 28 Past Life Regression: Who We May Be (Yurt) \$ pg. 13
8:00-8:45	Barre (Roadrunner/BMC) pg. 22	1:30-2:30	Honey: A Sensual Journey (Cactus Flower Restaurant) \$ pg. 17
8:00-8:50	Ask the Farmer (Departure Center) pg. 20	2:00-2:45	Water Fitness (BMC Pool) pg. 23
9:00-9:45	Tips to Master Metabolism (Activity Rooms) pg. 18	2:00-2:45	Gratitude Labyrinth (Meet at the Gong)
9:00-9:45	Happy Hips (Gecko/BMC) pg. 23	2:00-2:45	Restorative Yoga (Agave) pg. 22
9:00-9:45	Women's Wellness with Weights (Roadrunner/BMC) pg. 23	2:00-3:00	Nov 14, 21 & 28 Artful Photography with Your Camera Phone with Nancy Schroeder (Activity Rooms) pg. 16
9:00-9:45	Rise & Shine Yoga (Agave) pg. 22	2:00-3:15	Nov 14, 21 & 28 NEW Stress Management Techniques: Restore Your Nervous System (Activity Rooms) \$ pg. 11
9:00-11:00	Spirit of the Horse (Palm Court) pg.	2:00-3:30	Pickleball: Beyond the Basics, Intermediate (Meet at Pickleball Courts) \$ pg. 23
9:45-11:45	All the Buzz with Noel Patterson (Palm Court) \$ pg. 20	3:00-3:45	Nov 21 Crystal Alchemy Sound Journey with Lindsey Banis (Activity Rooms) \$ pg. 12
10:00-10:45	NEW Mini DaVinci Body Boards (Gecko/BMC) pg. 23	3:00-3:45	Shoulders Set Free (Roadrunner/BMC) pg. 23
10:00-10:45	Cardio Drumming (Roadrunner/BMC) pg. 23	3:00-3:45	NEW Mini DaVinci Body Boards (Gecko/BMC) pg. 23
10:00-10:45	Aroma Flow Yoga (Agave) pg. 21	3:00-3:45	Cocktails in the Life in Balance Kitchen (Cactus Flower Restaurant) \$ pg. 17
10:00-11:30	Zen Art: Painting Mystical Mandalas (Activity Rooms) \$ pg. 16	3:00-3:45	Gentle Aerial Yoga (Agave) \$ pg. 22
10:00-11:30	Discover Your Dosha with Clinton Horner (Activity Rooms) \$ pg. 13	3:15-4:45	Nov 14, 21 & 28 Elements of Healing with Rae Jessie Gordon (Yurt) \$ pg. 13
10:00-11:45	Mindful Stress Mastery (Yurt) pg. 15	3:30-5:30	Nov 14, 21 & 28 Capturing the Miraval Outback - Photography Hike with Nancy Schroeder (Palm Court) \$ pg. 16
10:00-12:00	NEW The Way of the Archer (Coyote Moon Patio) \$ pg. 20	3:30-4:45	Nov 14, 21 & 28 The Web of Life: Balance & Empowerment (Activity Rooms) \$ pg. 11
10:00-12:00	Mountain Bike Riding Techniques (Dining Room Patio) pg. 20	3:45-4:30	Pickle Ball Introduction (Meet at Pickle Ball Courts) pg. 23
10:30-12:30	Desert Sky Zipline Experience (Coyote Moon Patio) \$ pg. 20	4:00-4:45	Beginner Yoga (Agave) pg. 21
11:00-11:45	Pilates Fusion (Gecko Room/BMC) pg. 22	4:00-4:45	Afternoon Stretch (Gecko/BMC) pg. 22
11:00-11:45	HiIT with TRX (Roadrunner/BMC) pg. 22	4:30-5:30	In the Spirit of Grapes with Noel Patterson (Cactus Flower Restaurant) \$ pg. 18
11:00-11:45	Nov 7, 21 & 28 Food Combinations for Ultimate Health (Activity Rooms) pg. 18	5:00-5:45	Nov 28 Intuitive Living: Discover Three Principles That Will Change Your Life with Tejpal <i>No alcoholic beverages permitted please</i> pg. 13
11:00-11:45	Beginner Yoga (Agave) pg. 21	5:00-6:00	Gentle Stretch (Agave) pg. 22
12:00-12:45	Outdoor Floating Meditation (Meet at Gong) \$ pg. 22	5:30-6:45	Nov 14, 21 & 28 Journeys of Renewal (Yurt) \$ pg. 13
12:00-12:45	Mindfulness at Miraval (Activity Rooms) pg. 15	6:00-6:45	Quantum Consciousness (Activity Rooms) pg. 13
12:00-12:50	Just Let It Go: Improv Games, Fun & Laughter (Activity Rooms) pg. 11	6:00-8:00	Just Cook for Me (Cactus Flower Restaurant) \$ pg. 18
12:00-1:30	Nov 21 & 28 Ground and Rejuvenate with Clay (Activity Rooms) \$ pg. 16	7:00-7:50	Spiritual Drumming with Richard Noel (Kiva) \$ pg. 14
12:00-2:00	Unbound (Palm Court) \$ pg. 25		
1:00-2:15	Nov 7 Spontaneous Creativity (Activity Rooms) pg. 17		
1:00-1:45	Nov 14, 21 & 28 Living a True Life in Balance (Activity Rooms) pg. 11		
1:00-1:45	Artisanal Tacos (Cactus Flower Restaurant) \$ pg. 17		

WEDNESDAY

NOVEMBER

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

7:00-9:00	Miraval Outback Hike (Coyote Moon Patio) pg. 21	12:00-2:00	Common Ground: Self Leadership for Effective Communication (Palm Court) \$ pg. 25
7:00-12:30	Miraval Off-Property Hike: Intermediate - Pima Canyon (Meet in Palm Court) \$ pg. 21	12:30-1:15	NEW Manifestation: Become a Conscious Creator of Your Life (Activity Rooms) pg. 13
7:00-9:00	NEW Wings of the Southwest (Coyote Moon Patio) pg. 20	1:00-1:45	Balance (Gecko/BMC) pg. 22
7:30-9:30	Swing and a Prayer (Coyote Moon Patio) pg. 20	1:00-1:45	Yin Yoga (Agave) pg. 21
7:00-7:45	Morning Stretch (Gecko/BMC) pg. 23	1:00-2:00	Nov 15, 22 & 29 Artful Photography with Your Camera Phone with Nancy Schroeder (Activity Rooms) pg. 16
7:00-8:30	Pickleball: Beyond the Basics, Intermediate (Meet at Pickleball Courts) \$ pg. 23	1:00-2:15	Plant Based Cooking in the Life and Balance Culinary Kitchen (Cactus Flower Restaurant) \$ pg. 18
8:00-8:45	Morning Meditation (Agave) pg. 15	1:00-2:30	Nov 1, 8 & 15 Creating Your Sacred Space with Kristin Reece (Activity Rooms) \$ pg. 16
8:00-8:45	Cardio Dance/Zumba (Roadrunner/BMC) pg. 22	1:30-3:00	Nov 1, 8, 15 & 29 NEW Lunar Rituals (Activity Rooms) \$ pg. 13
8:45-9:30	Pickle Ball Introduction (Meet at Pickle Ball Courts) pg. 23	2:00-3:15	NEW Ascension Sound Passage: Awaken Your Divine Feminine (Yurt) \$ pg.
9:00-9:45	Glute Strength (Roadrunner/BMC) pg. 22	2:00-2:45	Aerial Yoga (Agave) \$ pg. 21
9:00-9:45	Foam Rolling (Gecko/BMC) pg. 23	2:00-2:45	Outdoor Floating Meditation (Meet at Gong) \$ pg. 22
9:00-9:45	Gratitude Labyrinth (Meet at the Gong)	2:00-2:45	Water Fitness (BMC Pool) pg. 23
9:00-9:45	Rise & Shine Yoga (Agave) pg. 22	2:00-3:30	Healthy Gut, Healthy You (Activity Rooms) \$ pg. 18
9:00-11:00	Miraval Equine Experience (Palm Court) \$ pg. 25	2:30-3:30	Nov 15, 22 & 29 Photography in Focus with Nancy Schroeder (Activity Rooms) pg. 16
10:00-11:00	Slackline 101 (Coyote Moon Patio) pg. 19	3:00-3:45	Floating Meditation (Agave) \$ pg. 15
10:00-10:45	Cardio Drumming (Roadrunner/BMC) pg. 22	3:00-3:45	HiiT with TRX (Roadrunner/BMC) pg. 22
10:00-10:45	NEW Mini DaVinci Body Boards (Gecko/BMC) pg. 23	3:00-3:45	Cocktails in the Life in Balance Kitchen (Cactus Flower Restaurant) \$ pg. 17
10:00-11:30	Nov 29 The Power of Self-Compassion (Activity Rooms) \$ pg. 11	3:30-4:15	Nov 1, 8, 22 & 29 Crystal Alchemy Sound Journey with Lindsey Banis (Activity Rooms) \$ pg. 12
10:00-11:30	Pleasure: Women, Sex & Desire with Lyndi Rivers (Activity Rooms) \$ pg. 11	3:30-5:30	The Beauty of Imperfection (Activity Rooms) \$ pg. 10
10:00-10:45	Aroma Essence Yoga (Agave) pg. 22	4:00-4:45	Hacks to Halt Cravings (Activity Rooms) pg. 18
10:00-11:30	Dharma: Create a Life with Meaning and Purpose (Activity Rooms) \$ pg. 13	4:00-4:45	Afternoon Stretch (Gecko/BMC) pg. 22
10:00-12:00	Mountain Biking Advanced Ride (Dining Room Patio) pg. 20	4:00-4:45	Breathwork (Agave) pg. 15
10:30-12:30	Face to Face (Coyote Moon Patio) pg. 19	4:00-5:00	Nov 15, 22 & 29 Creative Photography Stroll with Nancy Schroeder (Activity Rooms) pg. 16
11:00-11:45	Slow Flow Yoga (Agave) pg. 21	5:00-5:45	Restore & Rejuvenate Yoga (Agave)
11:00-12:30	Transcendence (Yurt) \$ Page16	6:00-8:00	Just Cook for Me (Cactus Flower Restaurant) \$ pg. 18
11:00-11:45	Pilates Fusion (Roadrunner/BMC) pg. 24		
11:00-11:45	Abs & Glutes (Roadrunner/BMC) pg. 22		
12:00-12:45	Qigong (Agave)		
12:00-12:45	Mindfulness at Miraval (Activity Rooms) pg. 15		

THURSDAY

NOVEMBER

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

7:00-12:30	Miraval Off-Property Hike: Intermediate - Romero Canyon (Meet in Palm Court) \$ pg. 20	12:30-1:15	Manifestation: Become a Conscious Creator of Your Life (Activity Rooms) pg. 13
7:00-9:00	Miraval Outback Hike (Coyote Moon Patio) pg. 21	12:30-1:30	Honey: A Sensual Journey (Cactus Flower Restaurant) \$ pg. 17
7:00-9:30	Yoga Hike (Coyote Moon Patio) \$ pg. 21	1:00-1:45	Athletic Walk (Outdoors at the BMC) pg. 22
7:00-7:45	Morning Stretch (Gecko/BMC) pg. 23	1:00-1:45	NEW Cardio & Strength Machines (Meet at BMC Weight Room Floor) pg. 22
7:00-8:30	Pickleball: Beyond the Basics, Intermediate (Meet at Pickleball Courts) \$ pg. 23	1:00-1:45	Connecting Art to Your Life (Activity Rooms) pg. 16
7:30-9:30	Out on a Limb (Coyote Moon Patio) pg. 20	1:00-2:15	Nov 2, 9, 16 & 30 Chakra Creations with Carolyn Fike (Activity Rooms) \$ pg. 16
8:00-8:45	Nov 2, 9, 16 & 30 Inner Nature (Meet at the BMC) pg. 11	1:00-1:45	Yoga Wheel (Agave) pg. 22
8:00-8:45	Morning Meditation (Agave) pg. 15	1:00-3:00	Desert Sky Zipline Experience (Coyote Moon Patio) \$ pg. 20
8:00-8:45	Barre (Roadrunner/BMC) pg. 22	1:30-2:15	Crystal Alchemy Sound Journey (Activity Rooms) \$ pg. 12
8:45-9:30	Pickle Ball Introduction (Meet at Pickle Ball Courts) pg. 23	1:30-2:30	Honey: A Sensual Journey (Cactus Flower Restaurant) \$ pg. 17
9:00-9:45	Women's Wellness with Weights (Roadrunner/BMC) pg. 23	2:00-2:45	Nov 2 & 30 Unleash the Power of Your Soul: Commit to Vibrant Living with Tejpal (Activity Rooms) pg. 14
9:00-9:45	Happy Hips (Gecko/BMC) pg. 23	2:00-2:45	Yoga Nidra Meditation (Agave) pg. 15
9:00-9:45	Rise & Shine Yoga (Agave) pg. 21	2:00-2:45	Water Fitness (BMC Pool) pg. 23
9:00-11:00	Unbound (Palm Court) \$ pg. 25	2:00-3:00	Art Walk (Activity Rooms) pg. 16
9:45-11:45	All the Buzz with Noel Patterson (Palm Court) \$ pg. 20	2:00-3:30	Nov 23 Food Combinations for Ultimate Health (Activity Rooms) pg. 18
10:00-10:30	Nov 2, 9 & 16 Blend 'N' Balance Smoothies (Cactus Flower Restaurant) \$ pg. 17	2:00-3:15	Emergence, A Ritual of Remembrance (Yurt) \$ pg. 13
10:00-12:00	NEW The Way of the Archer (Coyote Moon Patio) \$ pg. 20	2:30-3:30	Nov 2 Artful Photography with Your Camera Phone with Nancy Schroeder (Activity Rooms) pg. 16
10:30-12:30	Desert Sky Zipline Experience (Coyote Moon Patio) \$ pg. 20	3:00-3:45	Cocktails in the Life in Balance Kitchen (Cactus Flower Restaurant) \$ pg. 17
10:00-10:45	Nov 2, 9, 16 & 30 Enhance Your Mental Potential with Lyndi Rivers (Activity Rooms) pg. 10	3:00-3:45	Loving Kindness Meditation (Agave) pg. 15
10:00-10:45	Cardio Drumming (Roadrunner/BMC) pg. 22	3:00-3:45	NEW Mini DaVinci Body Boards (Gecko/BMC) pg. 23
10:00-10:45	NEW Mini DaVinci Body Boards (Gecko/BMC) pg. 23	3:00-3:45	Abs & Glutes (Roadrunner/BMC) pg. 22
10:00-10:45	Breathwork (Agave) pg. 15	3:00-4:30	Tame the Flame: Curb Inflammation with Food (Activity Rooms) \$ pg. 18
10:00-12:00	Mountain Biking Basics (Dining Room Patio) pg. 20	4:00-4:45	Afternoon Stretch (Gecko/BMC) pg. 22
10:30-12:00	Dharma: Create a Life with Meaning and Purpose (Activity Rooms) \$ pg. 13	4:00-4:45	Trust Love Compassion (TLC) Yoga (Agave) pg. 22
11:00-11:45	Nov 2, 9, 16 & 30 Power of a Pendulum with Carolyn Fike (Activity Rooms) Page13	4:00-5:15	Nov 2, 9, 16 & 30 Wine & Your Sign (Cactus Flower Restaurant) \$ pg. 14
11:00-11:45	Nov 2, 9, 16 & 30 The Gift of Gratitude (Activity Rooms) pg. 11	4:00-5:30	Nov 9, 16 & 30 Paint the Music with Bonnie Pisik (Activity Rooms) \$ pg. 16
11:00-11:45	Foam Rolling (Gecko/BMC) pg. 23	4:00-5:00	Nov 2 Creative Photography Stroll with Nancy Schroeder (Activity Rooms) pg. 16
11:00-11:45	Aroma Essence Yoga (Agave) pg. 21	4:00-6:00	Miraval Outback Hike (Coyote Moon Patio) pg. 21
11:00-11:45	Gentle Stretch (Yoga Deck) pg. 22	5:00-6:00	Manifesting Joy & Harmony with Richard Noel (Activity Rooms) \$ pg. 16
11:00-12:30	Transcendence (Yurt) \$ Page16	5:00-5:45	Dream Yoga for Sleep (Agave) pg. 21
12:00-12:45	Nov 23 Strategies to Boost Your Immune System (Activity Rooms) pg. 19	6:00-6:50	Nov 9, 16 & 30 Just Let It Go: Improv Games, Fun & Laughter (Activity Rooms) pg. 11
12:00-12:45	Aerial Yoga (Agave) \$ pg. 21	6:00-8:00	Just Cook for Me (Cactus Flower Restaurant) \$ pg. 18
12:00-12:45	Nov 2, 9, 16 & 30 NEW Menopause Lunch & Learn with our Specialist, Lyndi Rivers (Cactus Flower Restaurant) pg. 19	6:00-7:30	Nov 2, 9, 16 & 30 NEW Celestial Campfire (Kiva) \$ pg. 12
12:00-12:45	Mindfulness at Miraval (Activity Rooms) pg. 15		
12:00-1:30	Purple Sage Equine Meditation (Palm Court) \$ pg. 25		
12:00-1:30	Nov 2, 9, 16 & 30 Eat Well Live Well (Cactus Flower Restaurant) \$ pg. 17		

FRIDAY NOVEMBER

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

7:00-9:00	NEW Wings of the Southwest (Coyote Moon Patio) pg. 20	12:00-2:00	Common Ground: Self Leadership for Effective Communication (Palm Court) \$ pg. 25
7:00-9:00	Miraval Outback Hike (Coyote Moon Patio) pg. 21	1:00-1:45	NEW Cardio & Strength Machines (Meet at BMC Weight Room Floor) pg. 22
7:00-12:30	Miraval Off-Property Hike: Intermediate - Finger (Meet in Palm Court) \$ pg. 20	1:00-1:45	Slow Flow Yoga (Agave) pg. 21
7:00-7:45	Morning Stretch (Gecko/BMC) pg. 23	1:00-1:45	Artisanal Tacos (Cactus Flower Restaurant) \$ pg. 17
7:00-8:30	Pickleball: Beyond the Basics, Intermediate (Meet at Pickleball Courts) \$ pg. 23	1:00-1:45	Conscious Grocery Shopping (Activity Rooms) pg. 18
7:30-9:30	Desert Sky Zipline Experience (Coyote Moon Patio) \$ pg. 19	1:00-1:50	Equine Oracle Cards (Activity Rooms) pg. 13
8:00-8:45	Nov 3, 10, & 17 Inner Nature (Meet at the BMC) pg. 11	1:00-3:00	Face to Face (Coyote Moon Patio) pg. 19
8:00-8:45	Morning Meditation (Agave) pg. 15	1:00-3:00	NEW Pickleball: Advanced (Meet at Tennis Courts) \$
8:45-9:30	Pickle Ball Introduction (Meet at Pickle Ball Courts) pg. 23	1:30-2:45	Sleep Well Rituals for Better Rest
9:00-9:45	Ride and Release (Gecko/BMC) pg. 23	2:00-2:45	Water Fitness (BMC Pool) pg. 23
9:00-9:45	Glute Strength (Roadrunner/BMC) pg. 22	2:00-2:45	Foam Rolling (Gecko/BMC) pg. 22
9:00-9:45	Rise & Shine Yoga (Agave) pg. 22	2:00-2:45	Gratitude Labyrinth (Meet at the Gong)
9:00-11:00	Unbound (Palm Court) \$ pg. 25	2:00-2:45	Nov 3 & 10 Crystal Alchemy Sound Journey with Lindsey Banis (Activity Rooms) \$ pg. 12
10:00-10:45	Nov 3, 10 & 17 Gratitude Journaling (Activity Rooms) pg. 11	2:00-2:45	Floating Meditation (Agave) \$ pg. 15
10:00-11:00	Slackline 101 (Coyote Moon Patio) pg. 19	2:00-2:45	Trust Your Gut: Your Intuitive Path to Health (Activity Rooms) \$ pg. 19
10:00-11:15	Nov 3 The Web of Life: Balance & Empowerment (Activity Rooms) \$ pg. 11	2:00-3:00	Nov 3, 10 & 24 Artful Photography with Your Camera Phone with Nancy Schroeder (Activity Rooms) pg. 16
10:00-12:00	Mountain Bike Riding Techniques (Dining Room Patio) pg. 19	2:00-4:00	Nov 3, 10 & 17 The Beauty of Imperfection (Activity Rooms) \$ pg. 10
10:00-12:00	NEW The Way of the Archer (Coyote Moon Patio) \$ pg. 20	2:15-3:30	Past Life Regression: Who We May Be (Yurt) \$ pg. 13
10:00-10:45	Hiit with Props (Roadrunner/BMC) pg. 23	2:30-3:30	Bees: What's the Story with Noel Patterson (Activity Rooms) pg. 20
10:00-10:45	Aroma Flow Yoga (Agave) pg. 21	3:00-3:45	Cocktails in the Life in Balance Culinary Kitchen (Cactus Flower Restaurant) \$ pg. 17
10:00-11:30	Discover Your Dosha with Clinton Horner (Activity Rooms) \$ pg. 13	3:00-3:45	Beginner Yoga (Yoga Deck) pg. 21
10:00-11:30	Nov 3, 10 & 17 Psychic Protection with Janet Rae Orth (Activity Rooms) \$ pg. 13	3:00-3:45	Yoga Nidra Meditation (Agave) pg. 15
10:00-11:45	Mindful Stress Mastery (Yurt) pg. 15	3:00-3:45	Shoulders Set Free (Roadrunner/BMC) pg. 23
10:30-12:30	NEW Sky Island Traverse (Coyote Moon Patio) \$ pg. 19	3:00-4:15	Dream Alchemy (Activity Rooms) \$ pg. 13
11:00-11:45	Abs & Glutes (Roadrunner/BMC) pg. 22	3:15-4:00	Pickle Ball Introduction (Meet at Pickleball Courts) pg. 23
11:00-11:45	NEW Cardio Kickboxing (Roadrunner/BMC) pg. 23	3:30-5:30	Nov 3, 10 & 24 Capturing the Miraval Outback - Photography Hike with Nancy Schroeder (Palm Court) \$ pg. 16
11:00-11:45	Core Yoga: Advanced (Agave) pg. 21	4:00-4:45	Pranayama Mudra Meditation (Agave)
11:00-11:45	Mindfulness at Miraval (Activity Rooms) pg. 15	4:00-4:45	Afternoon Stretch (Gecko/BMC) pg. 22
11:00-12:45	Emotional Wellbeing at the End of Your Fork (Activity Rooms) pg. 18	4:15-5:45	Elements of Healing with Rae Jessie Gordon (Yurt) \$ pg. 13
11:00-12:15	Nov 10, 17 & 24 Transitions: Thriving Through Change (Activity Rooms) \$ pg. 11	4:30-5:30	In the Spirit of Grapes with Noel Patterson (Cactus Flower Restaurant) \$ pg. 18
11:30-1:00	Nov 3 NEW Journaling Jumpstart (Activity Rooms) \$ pg. 11	5:00-6:30	Nov 3 & 17 Master Your Mind to Heal Your Body with Brent Baum (Activity Rooms) pg. 13
12:00-12:45	Yin/Yang Yoga (Agave) pg. 21	5:00-6:30	Nov 10, 17 & 24 Artistic Expression Under Glass (Activity Rooms) \$ pg. 16
12:00-12:45	Nov 3 & 17 Lunch & Learn with our Astrologer, Ashley Leal (Cactus Flower Restaurant) pg. 19	5:00-5:45	Yin Yoga (Agave) pg. 21
12:30-1:15	Nov 3 & 10 Crystal Oil Infusions with Lindsey Banis (Activity Rooms) \$ pg. 12	6:00-8:00	Just Cook for Me (Cactus Flower Restaurant) \$ pg. 18
12:30-1:45	Nov 10, 17 & 24 NEW Journaling Jumpstart (Activity Rooms) \$ pg. 11	6:30-7:45	Journeys of Renewal (Yurt) \$ pg. 13
		7:00-7:50	Nov 10, 17 & 24 Just Let It Go: Improv Games, Fun & Laughter (Activity Rooms) pg. 11

SATURDAY NOVEMBER

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

7:00-9:00	Miraval Outback Hike (Coyote Moon Patio) pg. 21
7:00-9:00	NEW Wings of the Southwest (Coyote Moon Patio) pg. 20
7:00-12:30	Miraval Off-Property Hike: Intermediate - Ventana (Meet in Palm Court) \$ pg. 20
7:30-9:30	Desert Tightrope (Coyote Moon Patio) pg. 19
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. 20
8:45-11:00	All the Buzz with Noel Patterson (Palm Court) \$ pg. 20
9:00-9:45	Rise and Shine Yoga (Agave) pg. 22
9:00-9:45	Gratitude Labyrinth (Meet at the Gong) pg. 15
9:00-9:45	Happy Hips (Gecko/BMC) pg. 23
9:00-9:45	NEW Mini DaVinci Body Boards (Gecko/BMC) pg. 23
9:00-11:00	Miraval Equine Experience (Palm Court) \$ pg. 25
9:30-11:30	Nov 18 & 25 Spirit of the Horse (Palm Court)
9:45-11:45	All the Buzz with Noel Patterson (Palm Court) \$ pg. 20
10:00-12:00	NEW The Way of the Archer (Coyote Moon Patio) \$ pg. 20
10:00-10:45	Desert Waves Yoga (Agave) pg. 22
10:00-10:45	Cardio Dance Zumba (Roadrunner/BMC) pg. 22
10:00-11:00	Slackline 101 (Coyote Moon Patio) pg. 19
10:00-11:15	Nov 11 NEW Food for Thought (Cactus Flower Restaurant) pg. 18
10:00-11:30	Pleasure: Women, Sex & Desire (Activity Rooms) \$ pg. 11
10:00-12:00	Mountain Biking Advanced Ride (Dining Room Patio) pg. 19
10:30-12:00	Nov 4, 11 & 18 Dharma: Create a Life with Meaning & Purpose (Activity Rooms) \$ pg. 13
10:30-1:00	NEW Sky Island Traverse (Coyote Moon Patio) \$ pg. 19
11:00-11:45	Aroma Flow Yoga (Agave) pg. 21
11:00-11:45	Pilates Fusion (Gecko Room/BMC) pg. 22
11:00-12:30	Transcendence (Yurt) \$ pg. 22
11:00-1:00	Nov 4, 11 & 18 The Magic of Malas with Carolyn Fike (Activity Rooms) \$ pg. 16
12:00-12:45	Loving Kindness Meditation (Agave) pg. 15
12:00-12:45	Lunch & Learn with our Dietitian (Cactus Flower Restaurant)
12:00-1:30	Art of Being (Palm Court) \$ pg. 24
12:30-1:15	Nov 4, 11 & 18 Manifestation: Become a Conscious Creator of Your Life (Activity Rooms) pg. 13
12:30-1:30	Honey: A Sensual Journey (Cactus Flower Restaurant) \$ pg. 17

1:00-1:45	Nov 4 & 18 Connecting Art to Your Life (Activity Rooms) pg. 16
1:00-1:45	Balance (Gecko/BMC) pg. 22
1:00-1:45	Connection Over Perfection (Activity Rooms) pg. 10
1:00-2:15	NEW Soulful Sensuality (Yurt) \$ pg. 11
1:00-3:00	Desert Sky Zipline Experience (Coyote Moon Patio) \$ pg. 20
1:00-3:00	NEW Pickleball: Advanced (Meet at Pickleball Courts) \$
1:30-2:45	A Return to Sleep (Activity Rooms) \$ pg. 10
1:30-2:30	Honey: A Sensual Journey (Cactus Flower Restaurant) \$ pg. 17
2:00-2:45	Water Fitness (BMC Pool) pg. 23
2:00-2:45	Yoga Groove (Agave) pg. 22
2:00-2:45	Outdoor Floating Meditation (Meet at the Gong) \$ pg. 22
2:00-2:45	Nov 4, 11 & 18 Power of a Pendulum with Carolyn Fike (Activity Rooms) pg. 13
2:00-3:00	Nov 4 & 18 Art Walk (Activity Rooms) pg. 16
2:00-3:30	Tame the Flame: Curb Inflammation with Food (Activity Rooms) \$ pg. 18
2:30-3:30	Nov 4 & 25 Artful Photography - with Your Camera Phone With Nancy Schroeder (Activity Rooms) pg. 16
3:00-3:45	Cocktails in the Life in Balance Culinary Kitchen (Cactus Flower Restaurant) \$ pg. 17
3:00-3:45	Gentle Aerial Yoga (Agave) \$ pg. 22
3:00-3:45	Abs & Glutes (Roadrunner/BMC) pg. 22
3:00-4:15	Nov 4, 11 & 18 Emergence, A Ritual of Remembrance (Yurt) \$ pg. 13
3:15-4:00	Pickle Ball Introduction (Meet at Pickleball Courts) pg. 23
3:30-4:30	Manifesting Joy & Harmony with Richard Noel (Activity Rooms) \$ pg. 16
4:00-4:45	Afternoon Stretch (Gecko/BMC) pg. 22
4:00-4:45	Breathwork (Agave) pg. 15
4:00-4:45	Tips to Master Metabolism (Activity Rooms) pg. 18
4:00-5:00	Nov 4 & 25 Creative Photography Stroll with Nancy Schroeder (Activity Rooms) pg. 16
4:00-6:00	Miraval Outback Hike (Coyote Moon Patio) pg. 21
4:30-5:45	Awakening the Dream with Leah Bolen (Activity Rooms) \$ pg. 12
3:30-4:45	Nov 4, 11 & 18 Chakra Creations with Carolyn Fike (Activity Rooms) \$ pg. 19
5:00-6:15	NEW Ascension Sound Passage: Awaken Your Divine Feminine (Yurt) \$ pg.
6:00-8:00	Nov 11, 18 & 25 Just Cook For Me (Cactus Flower Restaurant) \$ pg. 18
7:00-7:50	Spiritual Drumming with Richard Noel (Kiva) \$ pg. 14

SUNDAY NOVEMBER

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

7:00-9:00	Miraval Outback Hike (Coyote Moon Patio) pg. 21	1:00-2:00	Nov 5, 12, & 26 Artful Photography with Your Camera Phone with Nancy Schroeder (Activity Rooms) pg. 16
7:00-9:00	NEW Wings of the Southwest (Coyote Moon Patio) pg. 20	1:00-2:15	Nov 5, 19 & 26 Psychic Protection with Janet Rae Orth (Activity Rooms) \$ pg. 13
7:00-12:30	Miraval Off-Property Hike: Intermediate - Tortolita Exploration (Meet in Palm Court) \$ pg. 20	1:00-2:30	Nov 19 & 26 Ground and Rejuvenate with Clay (Activity Rooms) \$ pg. 16
7:30-9:30	Out on a Limb (Coyote Moon Patio) pg. 20	1:30-2:45	Nov 12 & 16 NEW Food for Thought (Cactus Flower Restaurant) pg. 18
7:00-7:45	Morning Stretch (Gecko/BMC) pg. 23	2:00-2:45	Nov 5, 12 & 26 Floating Meditation (Agave) \$ pg. 15
8:00-8:45	Morning Meditation (Agave) pg. 15	2:00-2:45	Water Fitness (BMC Pool) pg. 23
8:30-9:15	Pickle Ball Introduction (Meet at Pickleball Courts) pg. 23	2:00-3:15	Nov 5, 12 & 19 Connect & Create with Crystals with Carolyn Fike (Activity Rooms) \$ pg. 16
9:00-9:45	Rise & Shine Yoga (Agave) pg. 22	2:00-3:30	Pickleball: Beyond the Basics, Intermediate (Meet at Pickleball Courts) \$ pg. 23
9:00-9:45	HiiT with TRX (Roadrunner/BMC) pg. 22	2:15-3:30	NEW Mythic Passage to Personal Power with Rae Jessie (Yurt) \$ pg. 13
9:00-9:45	Happy Hips (Gecko/BMC) pg. 23	2:30-3:30	Nov 5, 12, & 26 Photography in Focus with Nancy Schroeder (Activity Rooms) pg. 16
9:00-11:00	Miraval Equine Experience (Palm Court) \$ pg. 25	3:00-3:45	Nov 5, 12 & 26 Forgiveness Meditation (Agave)
9:00-9:45	Nov 12 & 16 Nourishing Start: Breakfast with Intention (Cactus Flower Restaurant) pg. 18	3:00-3:45	Shoulders Set Free (Roadrunner/BMC) pg. 23
9:30-10:15	Dream Circle (Activity Rooms) pg. 13	3:45-5:45	NEW Pickleball: Advanced (Meet at Pickleball Courts) \$
10:00-10:45	Gratitude Labyrinth (Meet at the Gong)	4:00-4:45	Aroma Essence Yoga (Agave) pg. 21
10:00-10:45	Roll Into Relaxation (Agave) pg. 22	4:00-4:45	Afternoon Stretch (Gecko/BMC) pg. 22
10:00-10:45	Foam Rolling (Gecko/BMC) pg. 22	4:00-5:00	Nov 5, 12, & 26 Creative Photography Stroll with Nancy Schroeder (Activity Rooms) pg. 16
10:00-10:45	Cardio Drumming (Roadrunner/BMC) pg. 22	4:15-5:45	Elements of Healing with Rae Jessie (Yurt) \$ pg. 13
10:00-11:00	Slackline 101 (Coyote Moon Patio) pg. 19	4:30-5:15	Nov 5, 12 & 19 Malas, Mantras, and Mindfulness with Carolyn Fike (Activity Rooms) pg. 13
10:00-12:00	NEW The Way of the Archer (Coyote Moon Patio) \$ pg. 20	4:30-6:00	Nov 12, 19 & 26 Paint the Music with Bonnie Pisik (Activity Rooms) \$ pg. 17
10:00-12:00	Mountain Bike Riding Techniques (Dining Room Patio) pg. 19	5:00-5:45	Restore & Rejuvenate Yoga (Agave) pg. 22
10:30-12:30	Quantum Leap II (Coyote Moon Patio) pg. 19	6:30-7:20	Nov 12, 19 & 26 Just Let It Go: Improv Games, Fun & Laughter (Activity Rooms) pg. 11
11:00-11:30	Nov 12 & 26 Blend 'N' Balance Smoothies (Cactus Flower Restaurant) \$ pg. 17	6:30-7:45	Past Life Regression: Who We May Be (Yurt) \$ pg. 13
11:00-11:45	Abs & Glutes (Roadrunner/BMC) pg. 22		
10:30-11:45	Dream Alchemy (Activity Rooms) \$ pg. 13		
11:00-11:45	Chakra Vinyasa Yoga (Agave) pg. 21		
11:00-12:30	Transcendence (Yurt) \$ Page 16		
12:00-12:45	Nov 5, 12 & 26 Gentle Aerial Yoga (Agave) \$ pg. 22		
12:30-1:15	Lunch & Learn with our Sleep & Dream Specialist (Cactus Flower Restaurant)		



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.

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Our reminders and property map
(back cover) will help orient
and guide you on your
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journey. Visit Raindance Pass Boutique or
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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