

EMBARK ON YOUR JOURNEY

# MIRAVAL

..... *Austin* .....



Q4





SHERI  
MORGAN MUSKIN  
*General Manager*

Welcome to Miraval Austin. We are so excited for you to join us in Texas Hill Country this fall. The changing seasons bring a sense of anticipation, shifting energy, and growth. In autumn, we enjoy crisp temperatures, warm cups of tea, and vivid colors dotting our landscape. It's a perfect time to slow down, relax, and reflect.

Everyone is on a unique journey at Miraval Austin. Some of you are discovering your purpose and passions and some are contemplating life's encore years. Ours continues to be a journey of learning and love.

Since opening in 2019, we have made many exciting changes, including a new challenge course, a second labyrinth, an expanded organic farm, and new spaces for mindful groups to gather. Each year adds another layer to a solid foundation for wellness. Each guest brings a new perspective to our ever-growing Miraval Austin family.

I invite you to make time in your schedules—in this bustling season of holiday anticipation, school schedules, and deadlines—to try out our new aerial and aquatic spa services, from Sukha to Tidal Flow. They're designed to suspend time and space and let you rest, release daily chaos, and reclaim a sense of peace.

I believe what brings us together is what we have in common: a shared vision for wellness that weaves through each activity, meal, or conversation. Wherever you are in your journey here—on your own or with loved ones—we embrace you in a safe space for reflection, recentering, and joy.

Thank you for joining us to create a life in balance together.

With love and light,



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 Austin.

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 Austin, 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 PAGE 4 - 5**

*A Miraval State of Mind*

The / in Miraval represents the individual. We recognize your intention as a unique individual and an integral part of the greater whole. You are the / 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 - 21**

*Activities & Private Sessions Menu*

**LIFE IN BALANCE SPA PAGES 22 - 27**

*Spa Menu*

**WEEKLY SCHEDULE PAGES 28 - 34**

Just like you, we're always changing. Our daily schedule tells you what is happening while you're here. Please note that all classes require advance sign-up with Guest Services.

**MINDFUL REMINDERS PAGE 35**

*Mindful Reminders*

*Restaurant & Boutique Hours*

*Our Commitment to Your Wellbeing*

**MIRAVAL RESORT MAPS BACK COVER**



PROUD WINNER:  
*Texas's Best Resort Spa*



DISCOVER MIRAVAL RESORTS

@miravalresorts @miravalaustrin



# OUR SPECIALISTS

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

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



**LORI MULADY BURDICK, MA**  
*Wellness Counselor*

Lori brings 30+ years of experience in the counseling profession, wellness, and spirituality. She integrates this wealth of knowledge and experience in helping our guests navigate their lives and realign

perspectives. Her gentle ease and caring support will guide our guests through life transitions, loss, boundary setting for success, walking meditation, and mindful relationships.

**LECTURES:** Living a Life in Balance • Life, Loss & Letting Go • Walking the Labyrinth • Bringing Miraval Home

**WORKSHOP:** Boundary Setting for Success

**PRIVATE SESSIONS:** Living in Balance Consult • Life Beyond Loss • Mindful Parenting • Boundary Setting for Success • Mindful Relationships • Walking for Transformation



**STEVEN ROSS**  
*Intuitive Medium & Psychic*

Steven brings wisdom and meaning to life as an intuitive medium, ordained minister, and gifted facilitator. Through a 20-year study of sacred traditions, energetic healing, and spiritual guidance, he meets

you where you are in life and provides guidance for the path ahead. His enthusiasm, genuine compassion, and service bring real change to people's lives.

**LECTURES:** Your Spiritual Connection • Shanti Pranam • Stress Solutions

**WORKSHOPS:** Pillars of Peace • The Astral Body: Clearing a Path to Happiness • New Habits for a New You

**PRIVATE SESSION:** Intuitive Wisdom



**LYNN CARROLL-RIVERA**  
*Astrologer & Tarot Reader*

Lynn is a spiritual guidance counselor specializing in astrology and tarot readings. She began her journey with the metaphysical arts over 40 years ago. Using various astrological techniques—including

Shamanic Astrology, Evolutionary Astrology, and the new cosmic paradigm, Diamond Astrology—Lynn shares insights into your life's purpose.

**LECTURES:** Introduction to Tarot Cards • Astro Forecast • Your Lunar Energy

**WORKSHOPS:** Venus & Mars: Love & the Stars • Tarot Card Workshop • Wine & Your Sign

**PRIVATE SESSIONS:** Astrology Reading • Tarot Reading



**PRISCILLA VICTORIA TUFT**  
*Intuitive Soul Guide & Oracle*

Priscilla brings 15+ years of expertise in the fields of Reiki mastery, sacred body mapping, pranic healing, weight loss, relationship, and spiritual counseling. As a compassionate and

skilled intuitive, she guides individuals on spiritual journeys while offering divine messages. This results in a renewed sense of joy, pivotal transformation, and release of obstacles.

**LECTURE:** Guided Meditation • Unlocking Your Chakra Gateway • Energy Anatomy

**PRIVATE SESSION:** Intuitive Soul Guidance



**JAYNE WICK**  
*Multimedia Artist*

Jayne is a multimedia artist from Austin who loves sharing the joy of creating art through projects anyone can make. Art is a powerful tool for practicing mindfulness, and Jayne teaches how

we can use it to slow down and be present. She encourages guests to experiment freely and guides her classes with laughter and love.

**WORKSHOPS:** The Beauty of Imperfection • Cyanotype Stroll • The Art of Letting Go

**PRIVATE SESSIONS:** All Workshops are available as private sessions



**BEN BAKER**  
*Executive Chef*

Chef Ben's creativity is rooted in a family tradition of cooking and sharing food. His career took from his California roots, where he learned to utilize edible flowers and herbs, to Maui, where he

trained with Roy Yamaguchi's top pastry chef, and finally, Texas. He offers healthy, organic, sustainably sourced food that is both nourishing and delicious.



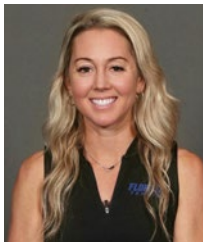
**PAULA BASDEN, BS**  
*Certified Equine Specialist*

Paula specializes in equine-assisted learning to help people become more connected to themselves and others. Her 20+ years of work are based on an innovative, ethical practice that builds on the human/horse connection, guiding

guests to learn about themselves and make positive changes. Her lifelong love of horses and passion for helping others guides her work.

**WORKSHOPS:** An Unforgettable Canvas • Common Ground • Rhythmic Riding • Miraval Equine Experience

**PRIVATE SESSIONS:** Miraval Equine Experience • Common Ground • Rhythmic Riding • An Unforgettable Canvas • Private Arena Lesson



**LAUREN EMBREE**  
*Exercise Physiologist & Nutritionist*

Lauren is a retired professional tennis player, two-time college national champion, and former university assistant tennis coach. She brings over a decade of experience, a love of fitness, and a passion for helping others become their best

selves. Lauren is AFPA and NASM certified and designs personal nutrition meal plans and workout programs for all individuals.

**LECTURES:** Optimal Metabolism • 5 Tips for More Energy • Let's Talk Sleep • Mindful Grocery Shopping • Lunch with the Nutritionist • Refresh Your Workouts

**WORKSHOPS:** Solutions for Stress Eating • Healthy Gut, Healthy You • Aligned Nutrition

**PRIVATE SESSIONS:** Comprehensive Fitness Assessment • Optimal Health Assessment



**JEN VU**  
*Sound, Energy & Crystal Specialist*

Jen is a lifelong musician who discovered the healing arts to support her recovery after a car accident. She has shared her balancing tools as a certified sound healer, Reiki master, crystal practitioner, and yoga and meditation teacher

for 15+ years. With curiosity and kindness, she guides others to integrate self-care into their lives authentically.

**WORKSHOPS:** Floating Sound Bath • Creating Crystal Grids for Manifestation • Decoding Desires

**PRIVATE SESSIONS:** All Workshops are available as private sessions





**RYAN EHRLICHMAN**  
*Beverage Specialist*

Ryan is a hospitality professional with over 20 years of experience developing custom cocktail creations and unique bar experiences. He has worked and managed nationally recognized bar programs and won several awards in cocktail competitions.

**LECTURES:** Quick Sip • Aperitifs, Digestives & Me

**WORKSHOPS:** Art of the Cocktail • Beyond the Pale • Cocktails in the Life in Balance Culinary Kitchen • Conscious Mixology • In the Spirit of Grapes: Tour of Texas • World of Wine • Spirit of the Agave • Spirit of Texas Grains • Sparkling Spirits

**PRIVATE SESSIONS:** All Beverage Programming • Private Wine Tasting Experiences



**SAM BLUMENTHAL, RDN, LDN**  
*Culinary Specialist*

Sam strives to create safe and nourishing spaces that spark culinary creativity and evolution inside and outside the kitchen. With compassion and vibrant energy, she

helps guests reconnect with food to enhance the mind-body relationship. Sam builds community through culinary journeys to teach the difference between feeling full and being fulfilled.

**LECTURES:** Food Meditation • Aligned Nutrition

**WORKSHOPS:** Blend 'N' Balance Smoothie • Pasta a Mano • Plant-Based Cooking • Restoring Bone Broth • Conquer the Blade • Healthy Sweet Treats • In a Nutshell • Make Peace with Food • Transformative Tortilla Journey

**PRIVATE SESSIONS:** All workshops available as private sessions



**COOPER DAVIS**  
*Culinary Specialist*

Cooper is a certified chef with the American Culinary Federation who has turned to Miraval to balance her passion for food with her love for people. After working as an industry chef for many years, she has taken that knowledge and used it to inspire and teach others.

**WORKSHOPS:** Just Cook for Me • Cocktails in the Kitchen • Peaceful Picnic • Pasta A Mano • All About the Egg • Bubbles & Bites • Entertaining with Ease: Charcuterie Boards • Chef's Table Brunch • Conquer the Blade • Energy Elixirs • Plant-Based Cooking • Restoring Bone Broth • Taste of Texas Salsa • The Prefect Steak • Brunch Essentials: The Bloody Mary

**PRIVATE SESSIONS:** All Workshops available as private sessions



**ED REED**  
*Bee Specialist*

Ed, head beekeeper and apiculturist, is a farmer and practitioner of regenerative agriculture. His philosophy of natural beekeeping prioritizes sustainability, hive health, intuitive communication, and an appreciation for the interconnectedness of all living systems. His enthusiasm for ecological wonder is a cornerstone of Ed's teaching of natural practices.

**WORKSHOPS:** Honey Tasting: The Terroir of Honey • Hive Mind • Honeybees: The Growing World

**PRIVATE SESSIONS:** Becoming a Beekeeper • Honey Tasting: The Terroir of Honey



**KIM HUMPHREY**  
*Sound Healer*

Kim combines her certification in Atma Buti Himalayan sound healing with expertise in speech therapy, yoga (including certification in iRest Yoga Nidra), and meditation to create unique sound healing

and meditation offerings. Kim first visited Miraval Arizona with her family in 2012, where she witnessed the power of sound healing and became inspired to study it.

**WORKSHOPS:** Splendor of Sound • Harmonic Embrace • Yoga Nidra • Harmonic Yin Yoga

**PRIVATE SESSIONS:** Splendor of Sound • Himalayan Heart Clearing Ceremony • Himalayan Relaxation Ceremony • Himalayan Deep Relaxation • Harmonic Embrace Duet • Harmonic Yin Yoga



**CHIARA 'SUNSHINE' BEAUMONT**  
*Indigenous Educator*

Sunshine is from the Karankawa Kadla Hawk Clan and weaves connections between people, their roots, and Mother Earth. Since childhood, Sunshine has been

inspired by Karankawa spirituality and ideology to hold space for others to reconnect to the natural world, undo harmful colonial rhetoric, and find peace.

**LECTURES:** Stories from the People • Reconnection Walk • The Ceremony of Braiding • Talking Stick: Creating Ceremony through Active Listening • Finding Your Way in the Dark

**PRIVATE SESSIONS:** Juniper Smudge



**LESLIE VANDERPOOL, MS**  
*Equine Specialist*

Leslie helps guests connect to their insightful and creative truth and bring deeper satisfaction to their lives. With a horse's gentle and often playful feedback, patterns emerge and offer clarity in personal and professional choices. Leslie and the horses create an accepting and compassionate environment for a fun and transformative experience.

**WORKSHOPS:** Rhythmic Riding • Common Ground • Cypress Creek Equine Meditation • Miraval Equine Experience • An Unforgettable Canvas

**PRIVATE SESSIONS:** Rhythmic Riding • Common Ground • Miraval Equine Experience • Arena Lesson • An Unforgettable Canvas



**JAMES GOSSETT**  
*Spiritual Guide*

James is an initiated spiritual guide and Ritual master within the ancient mystery school tradition. He has spent 20+ years studying spiritual healing modalities and the multidimensional nature of reality. He believes we all have the potential to fully anchor and embody the frequency of divine consciousness through personal and transformative experiences.

**WORKSHOP:** Voice of the Soul

**PRIVATE SESSIONS:** Spiritual Cord-Cutting: Energy Release & Revival • Voice of the Soul



**LEIGH WRIGHT, BS**  
*Equine Specialist*

Leigh is a Certified Equus Coach with 35+ years of experience as a registered nurse. Leigh combines equine-assisted learning with a mindful approach to guiding guests to inner knowing and self-awareness of

life's recurring patterns. Her coaching centers on building a relationship with the horse as a partner.

**WORKSHOPS:** Rhythmic Riding • Common Ground • Miraval Equine Experience • An Unforgettable Canvas • Heartfelt Leadership: Herding with Horses

**PRIVATE SESSIONS:** Stars & Steeds • All workshops available as private sessions



**SCARLET SANGHAVI**  
*Culinary Specialist*

Scarlet is a culinary specialist with 20 years of experience, trained by French master chefs and the culinary institution, Le Cordon Bleu. She blends creativity, soul, and expertise with French traditions and a

holistic approach to offer an unforgettable dining experience.

**WORKSHOPS:** Just Cook for Me • Cocktails in the Kitchen • Pasta A Mano • Bubbles & Bites • Entertaining with Ease: Charcuterie Boards • Conquer the Blade • The Prefect Steak

**PRIVATE SESSIONS:** All Workshops are available as private sessions

# MIRAVAL RESORTS LOYALTY PROGRAM

**Authentic Circle is our way of thanking loyal guests. Membership in this program offers you more to look forward to with every stay. Benefits include an exclusive arrival gift, additional resort credits, and more. Not a member? Contact Guest Services for additional details on membership.**

*Visit our on-site Experience Planners to learn more and book your next visit.*





# EXPERIENCES MENU

CHALLENGE. IMPROVE. INDULGE. RENEW.

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



\*Fee-based experiences are subject to 8.25% tax rate.

## WELLBEING

### WELLNESS COUNSELING

#### Activities

##### 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. \$

##### BOUNDARY SETTING FOR SUCCESS

Living a life in balance can sometimes mean learning to say no. Defining your boundaries and learning to respect others' boundaries can be difficult. Join a Miraval Austin specialist for a deep dive into healthy limit-setting. This experience offers tools for balancing your relationship with yourself and others. \$

**DIGITAL MINDFULNESS** Managing our digital lives can be challenging. Take a closer look at how we can make mindful choices about when and how we use our devices. Learn concrete steps to shift your relationship with the digital world to support productivity and elevate awareness, health, and happiness.

**LIFE, LOSS & LETTING GO** Any time we experience change or transition, we might also feel loss. Some of those losses are relatively easy to move through, while others shake foundations and disrupt comfort zones. Join a wellness counselor to renew your view of loss, change, and transition and how to support yourself to thrive, even during tough times.

**LIVING A LIFE IN BALANCE** When life feels out of balance, we can reset priorities. This class offers a unique glimpse into how we can balance our daily demands of family or work life with personal values and self-care. Lori Burdick corrects misconceptions, redirects unrealistic expectations, and offers practical ways to achieve a life in balance.

**NEW HABITS FOR A NEW YOU** Habits can potentially lead us to healthy harmony or keep us trapped in unconscious patterns. Everyone can boost their resilience and mental wellness with better practices. Through discussion, guided meditation, and intuition, this workshop steers away from unhelpful habits toward healthy behaviors that align with a renewed vision. \$



The Beauty of Imperfection

**PILLARS OF PEACE** Reclaim your natural state of peace and discover ways to work with stress, reactivity, and mental agitation. Bring new awareness into your life, engage in self-inquiry, and learn practical methods to create and sustain a sense of peace. \$

##### NEW

**RECONNECTION WALK** Reimagine how you think about and relate to your environment on a walk through the Balcones Canyonlands Preserve led by a Karankawa Kadla tribal member. Slow down, connect to the outdoors, and begin to understand the inherent and intimate connection humans have always had with nature.

##### NEW

**STORIES FROM THE PEOPLE** Listen to the sounds of the flute, drum, and rattle while witnessing the art of Indigenous storytelling. These legends come to us from the ancestors—voices of the past that offer guidance on life's path. Sit down, relax, and immerse yourself in an oral tradition of folklore and ancient tales.

**STRESS SOLUTIONS** Learn to navigate your stress response through new awareness and methods that release tension and help you rediscover your equilibrium.

**WALKING THE LABYRINTH** The labyrinth is a metaphor for our sacred inward journey, a voyage to the Divine within each of us. Join Lori Burdick to learn the three stages of awareness that unfold as you walk this sacred path of self-discovery.

### WELLNESS COUNSELING

#### Private Sessions

**LIFE BEYOND LOSS** Life's losses and transitions can be painful and confusing, even as they lead us to new beginnings. Consult a wellness counselor to explore personal losses, changes, and shifts in a confidential, caring environment. Discover supportive strategies for grounding through the feelings of grief, confusion, or difficulties that accompany change. \$

**LIVING IN BALANCE CONSULT** Address personal issues related to transitions, including balancing life's demands, building resilience, changing habits, or handling feelings in a confidential space. Explore how to integrate positive changes in your life, feel less stuck, or create ways to actively support your balance and wellness with fresh ideas and a new perspective. \$

**MINDFUL RELATIONSHIPS** Explore critical skills in creating and supporting positive relationships by improving communication, deepening connections, shifting expectations, and experiencing greater contentment with your partner. \$

**SOPHIA LABYRINTH:**  
*Walking for Transformation*  
Experience a kinesthetic walking meditation along Sophia's pathway. Learn to set intention, hold space, quiet the mind, and witness the sacred feminine energy of compassion, empathy, and intuition while allowing your body to set the pace. \$

## WELLBEING

### CREATIVE EXPRESSION

#### Activities

##### MIRAVAL EXCLUSIVE

##### AN UNFORGETTABLE CANVAS

Description in Equine activities menu on page 21. \$ Seasonally offered April - September

##### GUEST FAVORITE

**THE ART OF LETTING GO** The best things come our way when we free ourselves from expectations. Practice letting go by using the ancient art of Suminigashi to create marbling with ink on water. Allowing the ink to move without manipulation reveals a unique design that symbolizes how beauty emerges when we stop trying to control the outcome. \$

##### THE BEAUTY OF IMPERFECTION

Description in Wellness Counseling activities menu on page 10. \$

**NATURE'S BLUEPRINTS** Discover the art of cyanotype—a blue-hued photograph made by laying items onto treated paper and exposing them to the sun to create beautiful two-toned images. Explore the property with Jayne Wick and gather plants to assemble an image that harnesses nature's power and beauty. \$

**PHOTOGRAPHY STROLL** Join our creative expression specialists for a stroll around the resort walkways and trails. Work on creating images and gain awareness of available natural light and compositional elements to create a stronger, more interesting photograph. *Close-toed shoes recommended.* \$

### CREATIVE EXPRESSION

#### Private Sessions

*All Creative Expression classes are available as private sessions with one of our experts.*

##### AN UNFORGETTABLE CANVAS

Description in Equine activities menu on page 21. \$ Seasonally offered April - September



# WELLBEING

## SPIRIT & SOUL

### Activities

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

**THE ASTRAL BODY:**  
*Clearing the Path to Happiness* Explore when you are blocked energetically and how it affects your happiness and wellbeing. Each person will be guided in assessing their chakras and offered suggestions for daily life and practices to ease burdens and initiate the natural healing process. This workshop offers keys to unlocking energy blockages and inviting greater opportunities for joy. \$

**ASTRO FORECAST** This weekly lecture explores the planets’ current travels in the sky and what they mean for you. Gain perspective and helpful information for harnessing planetary energies to generate flow and elevate your wellbeing. View the moon and visible planets in the night sky and learn how they can help you navigate through life. *Weather permitting*

**BRINGING MIRAVAL HOME** Reflect on your visit and consider how it can serve as a touchstone in your daily life. Through introspection, reflection, and self-awareness, you can stay connected to the intention of your stay. Learn simple techniques for extending and honoring your Miraval journey—from head to heart—by bringing its essence home.

**NEW**  
**THE CEREMONY OF BRAIDING**  
Ceremony surrounds us in our daily lives but is often hidden by distractions in our minds and hearts. Discover the history of braiding, receive a juniper hair smudge, and join in a braiding circle to learn how to bring ceremony into your life and share space with an open heart and loving intentions. \$



**CLEANSING CEREMONY** This ceremony begins with an invocation and introduction of ancient plants (sage and palo santo) that create a safe and sacred space of spiritual purification, protection, and clarity when burned. Release energy that no longer serves you, make a conscious choice to move forward, and write a take-home note to your future self. \$

**NEW**  
**CREATING CRYSTAL GRIDS FOR MANIFESTATION** This in-depth workshop teaches you to create crystal grids as a manifestation tool. Gain understanding of the science behind crystals and sacred geometry, how to select which crystals to use in your grid for your specific intention, and how to activate and maintain your grid for powerful results. \$

**DECODING DESIRES** It can be tough to go through the day without hearing news that casts doubt or fear about the future. This class offers a simple and easy way to find relief when you feel overwhelmed through the gift of affirmation. Create a personalized affirmation—unique to you and your soul’s journey—to find hope, inspiration, and restored trust.

**FLOATING SOUND BATH** This immersive sound bath encourages deep relaxation as you receive energetic and vibrational comfort from Himalayan, quartz, and crystal alchemy bowls, gongs, and other sacred instruments. Reiki is offered to help you release and renew while floating weightlessly in silk aerial hammocks, surrounded by a cocoon of sound. *May cause motion sickness. Please wear yoga attire.* \$

**NEW**  
**FINDING YOUR WAY IN THE DARK**  
Walk through the Balcones Canyonlands under the light of the moon, led by the sound of a hand drum. Learn about our intimate connection with the outdoors and practice relying deeply on your senses to get you through your journey. *Headlamps provided.*

**INTRODUCTION TO TAROT** Explore the centuries-old practice of reading and interpreting tarot cards. Learn how choosing and understanding tarot cards can serve as a tool to help explore the meaning of events or crossroads in your life. Bring questions that could be answered with deeper insight.

**LOVE OF LAVENDER** Explore lavender’s calming and uplifting benefits in a meditative plant ceremony that promotes connection to yourself and others. Discuss plant intelligence and perception while listening to lavender’s song through a remarkable device that converts plant biorhythms into music. Sip lavender tea before beginning a gentle, guided meditation. \$

**RING OF LIGHT** This fire ceremony offers an illuminated release. Purifying flames transform things we wish to release into embers in this symbolic practice. Gather around a circle of ceremonial light to write ideas, emotions, or situations you would like to leave behind and burn the paper that holds them back into the earth.

**SPLENDOR OF SOUND** Kim Humphrey leads you on a yoga Nidra journey to connect with your highest self, featuring the soothing vibrations of Himalayan singing bowls, the gong, and etheric vocals. Release stress and restore a healthy energy flow with this unique sound healing experience. \$

**NEW**  
**TALKING STICK:**  
*Create Ceremony through Active Listening* Create your own talking stick and learn about the history and intention behind this Indigenous practice of active listening and communication. Paint, wrap, and decorate your talking stick with the intention of bringing this tool into your own life and creating ceremony. \$

**TAROT CARD WORKSHOP** Learn how to advance your spiritual development with Tarot or Oracle cards. Understand the difference between the two decks and how you can use them to develop your intuition. Delve into their history, growth, and energetic maintenance, and learn to read and interpret the cards for yourself or your friends. Take-home deck included. \$

**UNLOCKING YOUR CHAKRA GATEWAY**  
Journey through the inner elements of your seven chakras to discover critical ways they can improve aspects of your daily life. Put the power back into your hands to open your spiritual gateway. \$

**VENUS & MARS:**  
*Love & the Stars* Receive a personalized copy of your astrology chart and see how Venus, Mars, and the moon affect your emotions and interactions. Sacred masculine and divine feminine archetypes appear in our personalities, relationships, and creative expressions. Balance these aspects to improve your understanding of how celestial bodies can impact our human connections. *Please supply the time, date, and place of your birth at time of booking.* \$

**VOICE OF THE SOUL** James Gossett guides you into a deep meditative state using his mesmerizing and intuitive vocal techniques through a group sound ceremony over the resonance of crystal sound bowls. Release, receive, and reconnect to the authentic truth of your being by entering a space that offers spiritual balance and inspiration. \$

**WINE & YOUR SIGN\*** Learn about astrology and sample fine wines as you explore the elements of the zodiac. Take a journey from the fiery boldness of Syrah to the ethereal and airy Sancerre. See and taste how stars can steer us to discover spirits and fuel the soul. *Please supply the time, date, and place of your birth at time of booking.* \$

**YOUR LUNAR ENERGY** Examine the current lunar influences that affect your unconscious mind and emotional energy. Gain a valuable tool for understanding the forces that guide and drive us to make unconscious decisions. Leave the workshop with a firm awareness of how to consciously align your intentions and act harmoniously with the moon’s cycles.

**YOUR SPIRITUAL CONNECTION** This lecture is for anyone seeking to develop and follow an authentic spiritual life path. Discover a framework for meaningful spirituality, whether you identify with a religion or are an independent seeker. You will receive know-how and practical tools to deepen your connection.

**ZEN STROLL** Follow your guide on this mindful mosey to learn techniques for staying consciously connected to the present as you stroll through nature and absorb its surrounding energy. Set intentions in a grounding meditation and take-home tools for remaining centered on your daily life path with the sensory memory of our serenity garden. *Wear closed-toed shoes*

## SPIRIT & SOUL

### Private Sessions

**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 printout of your star chart to take home. *Please supply the time, date, and place of your birth at time of booking.* \$

**HARMONIC EMBRACE DUET** Strengthen and support a harmonious connection in this 50-minute duet sound healing ceremony with Kim Humphrey. Honor bonds of love and friendship as two sets of seven Himalayan singing bowls are played around your bodies and on your hearts. This vibrational ceremony supports the harmonious balance of the five elements in each individual and in relationship to each other. \$

**HIMALAYAN HEART CLEARING** In this 75-minute intuitive sound healing session with Kim Humphrey, seven Himalayan singing bowls holding warm water are played in traditional sequences next to and on your body’s energy centers to open, clear, energize, and balance your vital life-force energy at every level. Tingshas, ethereal vocals, and Tibetan energy work are incorporated for a deeply revitalizing experience. *Can also be a duet session.* \$

**HIMALAYAN DEEP RELAXATION THERAPY**  
Discover the ancient art of Himalayan singing bowls in this 100-minute intuitive sound healing session with Kim Humphrey, as a set of seven bowls are played around your body, and others holding warm water are played on your energy centers. At times, two bowls are played simultaneously on your body, creating a deeply relaxing experience. \$

**HIMALAYAN RELAXATION BLESSING** In this 50-minute intuitive sound healing session with Kim Humphrey, a resonant cocoon of vibration surrounds you with seven Himalayan singing bowls played around and on your body. Guided of yoga Nidra, sung healing prayers, and Tibetan energy work create an internal world of rest and ease. This full-body vibrational session relaxes you to your core. *Can be modified for pregnancy.* \$

**INTUITIVE SOUL GUIDANCE SESSION**  
Find yourself held in peace and inspiration as Divine messages offer clarity on past, present, and future. Access your intuition and answers within through a guided meditative Spirit Walk journey. Receive Reiki energy to clear chakras and release energetic obstacles for transformative breakthroughs and joy.

**INTUITIVE WISDOM** Discover your soul’s intuitive message for navigating life and living up to your potential. Steven Ross uses his psychic gift to tune into your conscious energy, clear chakras, and share wisdom from spirit guides that point to a path forward. He facilitates a release from past wounds and offers guidance and clarity to serve the highest good. \$

**NEW**  
**JUNIPER SMUDGE** This ceremony from the Karankawa Kadla Tribe of Texas begins with invoking sacred directions, followed by an ashe-juniper-smoke body cleanse and a traditional song. Sunshine offers this spiritual practice passed down through her matriarchal Hawk Clan lineage. Bring a spiritually healing intention to lighten your burdens in a sacred space. \$

**SPIRITUAL CORD-CUTTING:**  
*Energy Release & Revival* James Gossett facilitates a powerful energetic cord-cutting, clearing, and balancing session through this ancient and spiritually liberating ritual. Reclaim your power and experience a new sense of wholeness and freedom by severing the limiting energy attachments from your past and present. This service lights a path toward living your true essence. \$

**TAROT READING** A Tarot or Oracle card consultation can connect you with your intuition for personal guidance. Our readings access your inner wisdom by using ancient, mystical imagery to gain direction and clarity. Choose from a comprehensive yearly reading, an inner reflection reading connected to your powerful Chakra points, or an answer to unique life questions. \$

**VOICE OF THE SOUL** Description in Spirit & Soul activities menu on page 12. \$

# WELLBEING

## MEDITATION

### Activities

**CRYSTAL BOWL CHAKRA MEDITATION**  
Rest in the healing sound vibrations from crystal bowls as you experience the activation of the body’s chakra energy centers through this guided visualization meditation.

**CRYSTAL MEDITATION** The restorative power of crystals and stones can profoundly impact those who are open to their vibration. In this meditation, you may choose a crystal to help you anchor to the present moment and be more open to receiving insights and cleansing energy.

**MIRAVAL EXCLUSIVE**  
**FLOATING MEDITATION** Experience the calming benefits of induced meditation. Rock gently in an elevated silk hammock among the soothing vibrations of crystal bowls. Release your mind’s stress, tension, or worry while you hover weightlessly in the air. *May cause motion sickness. Please wear yoga attire.* \$

**FLOATING SOUND BATH** This immersive sound bath encourages deep relaxation as you receive energetic and vibrational comfort from Himalayan, quartz, and crystal alchemy bowls, gongs, and other sacred instruments. Reiki is offered to help you release and renew, while floating weightlessly in silk aerial hammocks, surrounded in a cocoon of sound. *May cause motion sickness. Please wear yoga attire.* \$



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

**MANIFESTATION MEDITATION** Use this meditation to explore your power to attract what you truly desire in your life. Set your intentions and turn them into creations through guided visualization, meditation, and journaling.

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

**MOVING MEDITATION** Join us for an expressive meditation experience that blends conscious movement with thought. Each class begins with a warm-up and gently progresses through exercises that increase and enhance range of motion while tuning in to the mind-body connection.

**SHANTI PRANAM:**  
*Peace Offering Meditation* Step into the sanctuary of Solidago and participate in a guided meditation and offering on inner peace. Experience a touch of tranquility and learn how to bring it forward into the world.

**YOGA NIDRA MEDITATION** Enter a deep, meditative state of relaxation while remaining wakeful and expanding conscious awareness in this guided meditation.

**ZEN STROLL** Description featured in Spirit & Soul activities menu on page 12.

## MEDITATION

### Private Sessions

*All Meditation classes are available as a private session with one of our experts.*

**CUSTOM MEDITATION** Meditation is a powerful tool for stress reduction, concentration, and insight. Develop or strengthen your practice by booking any meditation experience on the daily schedule as a private session. \$

**MIRAVAL EXCLUSIVE**  
**FLOATING MEDITATION** Description in Meditation activities menu on page 13. \$

**FLOATING MEDITATION AT CYPRESS CREEK FARM** This Miraval signature meditation experience retreats to a secluded spot at the Cypress Creek Farm. Relax deeply into this guided meditation in suspended hammocks. Strengthen your connection to nature and yourself among the soothing sounds of farm life. \$

## CULINARY & NUTRITION

### CULINARY Activities

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

**ALL ABOUT THE EGG** Celebrate the flavor of farm-fresh eggs sourced from our Cypress Creek Farm in this cooking demonstration with a Miraval Austin chef. You will learn innovative ways to prepare eggs and use them as a centerpiece or base for creative, nutritious meals. \$

**APERITIFS, DIGESTIVES & ME** Join our beverage specialist for a conversation and quick tasting of aperitifs and digestives. Learn how these low-alcohol-content liqueurs and cordials can be a great addition to any meal.

**ART OF THE COCKTAIL\*** Crafting the perfect cocktail is all about finding the right balance. Too much acidity and it will taste sour. Too much alcohol and you overpower the drink. Experiment and find the right amount of ingredients for each component in this hands-on cocktail-making class. \$

**BEYOND THE PALE** Learn the secrets of pairing beer with complementary foods by sampling a carefully selected flight of local artisanal cheeses and brews. Understand how pairings can elevate the tasting experience and how you can recreate this savory combination in your own home. \$

**BLEND ‘N’ BALANCE SMOOTHIE** Join a Miraval Austin culinary specialist and build a balanced smoothie that boosts your daily consumption of fruits, vegetables, and plant-based fiber. Leave class with five recipes that give your day a healthy start and enhance nutrient absorption, flavor, and fullness.

**BRUNCH ESSENTIAL:\***  
*The Bloody Mary* Let your creativity loose in this hands-on mixology session that teaches you to craft the perfect Bloody Mary. Leave with an understanding of your own tastes and how ingredients interact to change a drink profile. Our Cypress Creek Farm provides fresh ingredients, making this class an authentic farm-to-glass experience. \$

**BUBBLES & BITES\*** Join us for an effervescent hour prepared for your palate by our talented chef. Enjoy a tasting experience of canapes and hors d’oeuvres perfectly paired with sparkling wine or bubbly beverages. \$

**COCKTAILS IN THE LIFE IN BALANCE CULINARY KITCHEN\*** Build your own cocktail and enjoy a paired small bite in this hands-on experience. Learn about our beverage philosophy and hear about ways to be more sustainable with a cocktail and food creation in the kitchen. \$

**CONSCIOUS MIXOLOGY** Unlock the mysteries of mixology by becoming aware of the ingredients in our cocktails. In this class, your beverage specialist will dive into what to use and avoid when ordering and enjoying mixed drinks. \$

**CONQUER THE BLADE** Chop your food like a seasoned chef. Learn about knife structure, blade variations, and critical cutting techniques. \$

**CREATIVE CANVAS** Transform simple dough into a work of art in this creative, immersive experience. Using farm-fresh edible flowers, herbs, and vegetables, you will design your own focaccia round. While your bread bakes, learn about how baking bread can fit into any lifestyle. Leave with your freshly baked floral masterpiece and a take-home recipe. \$

**ENERGY ELIXIRS** These non-alcoholic elixirs are full of nutrients and farm-fresh ingredients from our Cypress Creek Farm. Treat your taste buds as you learn to craft beverages that taste delicious, support your health, and spark vitality.

**ENTERTAINING WITH EASE:\***  
*Charcuterie Boards* Create a show-stopping charcuterie board with a Miraval Austin culinary specialist. This interactive build-your-own-board experience features a deliciously paired wine to sip as you create your masterpiece. \$

**FOOD MEDITATION** Description in Nutrition activities on page 16.

**HEALTHY SWEET TREATS** Learn how to make a naturally sweetened and antioxidant-rich snack that wakes up your tastebuds. Our Registered Dietitian Sam Blumenthal created this customizable recipe that focuses on nutrient density and wholesome ingredients. Bake and taste this perfect afternoon treat, breakfast-on-the-go, or dessert. Vegan and gluten-free! \$

**HONEY TASTING:**  
*The Terroir of Honey* Description in the Farm & Garden activities menu on page 16. \$



**IN A NUTSHELL** This hands-on workshop teaches you how to get more nutrition and flavor out of a nut-derived dairy alternative. Create fresh, smooth, and nutrient-rich plant-based beverages without using artificial additives or fillers and explore the healthy and delicious benefits of making your own non-dairy beverages. \$

**IN THE SPIRIT OF GRAPES:\***  
*A Tour of Texas Wines* Wines capture a sense of the places they are grown in a uniquely expressive and vibrant way. This tour of Texas wines teaches you about the philosophy of Texas viticulture and winemaking with a closer look at unique varietals, local winemakers, and their craft. \$

**THE JOY OF JAVA** Dive deep into a coffee cupping that samples local roasters. Gain a better understanding of tools and vocabulary for how to savor and discuss the world’s most widely traded commodity. You’ll come away with information on how coffee is grown and roasted to help you make better choices about brewing and drinking it. \$

**MIRAVAL EXCLUSIVE**  
**JUST COOK FOR ME\*** Take a seat at our connoisseur’s table and let us enchant you with our chef’s choice of fresh, seasonal, and innovative culinary delights. This five-course menu features flavorful dishes paired with red, rosé, or white wines. This experience is designed for the adventurous foodie and may not be adjusted for food allergies. \$

**PASTA A MANO** Join us for this hands-on pasta-making experience to nourish your mind, body, and soul. Together we will experience the ancient art of handmade pasta as we explore fresh ingredients and flowers that help our dough dish and hearts flourish. *Gluten-free options are available in a private session.* \$

**PEACEFUL PICNIC** Create a lovely picnic to take with you to the Cypress Creek farm for a tour and herb-gathering experience and turn your harvest into a delectable garnish for a picnic lunch. Enjoy your meal with a Miraval specialist while you cultivate and harmonize peace and joy in your daily life. Conclude with a grounding and guided meditation. \$  
*Seasonally offered*

**PLANT-BASED COOKING** This interactive experience will teach you to create and cook satisfying plant-based dishes. \$

**THE PERFECT STEAK** Texas is known for raising the best beef. This lively cooking demonstration with a Miraval Austin culinary specialist reveals the secret to preparing a perfect steak. Learn about cut selection, cooking methods, and nutritional benefits in this informative session about buying and cooking steak. \$

**QUICK SIP\*** Meet a beverage specialist and enjoy a guided quick sip from a rotating wine selection. Bring your wine-related questions for an illuminating chat.

**RESTORING BONE BROTH** Learn how bone broth can help restore your brain, gut, skin, ligaments, and joints while preventing ailments. Bring this robust ancestral recipe home with you. \$

**SPARKLING SPIRITS\*** Explore how we bring effervescence to our drinks and lives with Miraval Austin’s beverage specialist. Learn how fermentation methods, labeling rules, and sugar content inform your consumption. Enjoy a mini flight of sparkling wines and create a personalized Spritz Cocktail to brighten your day. \$

**GUEST FAVORITE**  
**SPIRIT OF AGAVE\*** Relax into the tantalizing world of Tequila, a spirit distilled from the agave plant. Taste a variety of Tequilas and enjoy a house-made margarita and paired small bites to cleanse the palate. \$

**SPIRIT OF TEXAS GRAINS\*** Join our beverage specialist for a unique tasting experience featuring spirits distilled in Texas. You will sample a custom selection of spirits accompanied by small bites and learn why Texas-made spirits are different from others. \$

**TASTE OF TEXAS SALSA** Enjoy a taste of Texas by transforming fresh tomatoes from our Cypress Creek Farm into a signature salsa snack.

**TRANSFORMATIVE TORTILLA JOURNEY** Celebrate the tortilla, a Mexican cuisine essential that shapes tacos, tostadas, quesadillas, and more. Find personal parallels through this transformative, hands-on experience by creating a fresh tortilla. Assemble and press gluten-friendly masa dough to make tortillas and redirect life’s pressures into flavorful and nourishing forms. \$

**WORLD OF WINE\*** Discover the symbiosis and sense of place each grape has to offer. Unearth the common questions and understand the myths in this unusual wine tasting as you deductively experience the inherent differences in terroir or sense of place. \$

## CULINARY

### Private Sessions

*All culinary classes are available as a private session with one of our experts.*



# CULINARY & NUTRITION

## NUTRITION

### Activities

**ALIGNED NUTRITION** Support yourself from within by making informed choices about the nutrients you put into your body by avoiding synthetic or processed foods and practices that work against your body’s natural ability to transform itself from the inside out. \$

**FIVE TIPS FOR MORE ENERGY** Discover simple ways to wake up feeling refreshed and keep your energy boosted all day.

**FOOD MEDITATION** Utilize all of your senses to check in with yourself and tune into your surroundings as you enjoy the complete process of eating. Try tasting a piece of chocolate for 12 minutes to fully unpack its flavor, texture, aroma, and the feelings it evokes. Leave with skills for practicing these techniques at every meal.

**HEALTHY GUT, HEALTHY YOU** Digestion interacts with every system, organ, and cell. You gut bacteria's health directly impacts your immune system, cholesterol, blood sugar, allergies, and mood. Join our nutritionist in this interactive workshop and discover the best foods, supplements, and lifestyle tips for optimal digestion and health. Take home a comprehensive handout with cooking tips, shopping suggestions, and recipes. \$

**LUNCH WITH OUR NUTRITIONIST** Join our nutritionist for lunch in the Hilltop Crossing Kitchen. Learn how to build a balanced plate and successfully navigate meal-time decisions with ease.

**MAKE PEACE WITH FOOD** If you find yourself stressed and reaching for starchy or sugary snacks, join our Registered Dietitian to dive into what is really going on with your body. In this workshop, you will discover what drives cravings and gain techniques for feeling healthy, strong, and in control of your food choices. \$

**MINDFUL GROCERY SHOPPING:** *What Are You Really Buying* What do labels like all-natural, cage-free, or high protein mean for your health? Challenge your knowledge of food labels and the nutritional value of common household groceries. Learn how to determine which processed foods are benign and which are not. Feel empowered to make the best grocery store purchases for your nutrition and wellbeing.

**SOLUTIONS FOR STRESS EATING** If you find yourself stressed and reaching for starchy or sugary snacks, join our Nutritionist to dive into what is really going on with your body. In this workshop, you will discover what drives cravings and gain techniques for feeling healthy, strong, and in control of your food choices. \$

## NUTRITION

### Private Sessions

**PERSONALIZED NUTRITION CONSULT** Explore how food plays a role in your energy levels, quality of sleep, and digestive issues, as well as preventing headaches, heart disease, diabetes, cancer, and other ailments. Consider using the InBody analysis test to determine your basal metabolic rate. \$



# FARM & GARDEN

## FARM & GARDEN

### Activities

**CHICKEN KEEPING** This class covers the life cycle and needs of a chicken. Learn how to raise, handle, and care for a backyard flock and set up a small enclosure to give hens safe access to a pasture. This fun and hands-on class will offer you an opportunity to collect eggs in the coop and bond with a hen.

**MIRAVAL AUSTIN EXCLUSIVE CYPRESS CREEK FARM VISIT** Meet our farmers to explore our on-site farm that provides produce and eggs for your daily meals at Miraval. Greet the hens that deliver fresh eggs to our farm-to-table restaurant and wander the farm as you walk alongside sprouting crops in the field.

**HIVE MIND** This beekeeping workshop introduces you to the delightfully complex world of honeybees. Suit up to safely explore our on-site apiary and the wonders of a working hive. Learn how bees communicate and work together to survive, thrive, and pollinate the plants essential to our survival while producing the honey that sweetens our lives. \$ *Seasonally offered*

### HONEY TASTING:

*The Terroir of Honey* This honey-tasting experience dives into honey’s stunning complexity, diverse character, and remarkable health benefits. Guests will explore how the behavior of bees and the specificity of their environment provide an astonishing variety of flavors and colors and get a look into how the process of beekeeping informs the final product. \$

### HONEYBEES:

*The Growing World* Explore the interconnected worlds of agriculture, ecology, and apiculture that illuminate how honeybees and pollinators shape our world. Discuss the importance of our pollinator populations and the threats they face in a detailed illustration of how much of what we see, taste, smell, and feel is indebted to our pollinators.

**MASTERING MICROGREENS** Microgreens are a nutrient-dense food that can grow quickly in tiny spaces. Taste each unique flavor and explore their nutritional offering to select what to cultivate. Practice seed-sowing and harvesting to experience the ease of hands-on cultivation in almost any type of living space. *Seasonally offered*

## FARM & GARDEN

### Private Sessions

**BECOMING A BEEKEEPER** Peer inside the management and maintenance of our on-site apiary. Participate in our bees’ seasonal care, including harvesting honey, observing the hive, and adapting to climate changes. Our beekeepers share the passion they bring to work each day to care for these complex beings that nourish our senses and health. \$



# OUTDOOR ADVENTURE

## ADVENTURE

### Activities

**HATCHET THROWING** Discover a new way to see why we miss the target with our intentions sometimes. Learn to throw the hatchet to have fun and focus on your mental and physical skills. \$

**SLACKLINING** Slacklining is a great way to learn more about stability and mindfulness in a fun, low commitment setting. While slacklining is inherently challenging, you can experience tangible progression over a one-hour session. Leave with a greater understanding of how to create balance and focus while having fun.

**THE WAY OF THE ARCHER** A great practice of meditation and breathwork, archery lets you sharpen your focus and define your aim and intention. In archery and life, we can pull back to move forward by expanding a bow and launching an arrow to meet any target. Stay alert and aware by disregarding distractions and releasing negativity with graceful movement. \$

## ADVENTURE

### Private Sessions

**HATCHET THROWING** Description in Adventure activities menu above. \$

**SLACKLINING** Description in Adventure activities menu above. \$

**THE WAY OF THE ARCHER** Description in Adventure activities menu above. \$

# OUTDOOR ADVENTURE

## CHALLENGE COURSE

### Activities

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

**HILL COUNTRY CHALLENGE COURSE** Challenge the story you have been told about your abilities on our high ropes course by facing five elements: climbing nets, a wooden bridge, adjacent log-crossings, parallel tightropes, and a zipline. Our trained guides take you through obstacles and adventures to help you set goals, forge bonds, and rewrite your story of triumph. \$

**BLUE HERON CHALLENGE COURSE LEAP OF FAITH** Surrender to a freefall state as you climb 40 feet to a platform’s edge. Take a leap of faith and glide into a 15-foot freefall, then continue descending until you are gently lowered to the ground. Experience a moment of bliss as you face your fears and feelings at this juncture of suspension and release.

### BLUE HERON CHALLENGE COURSE

#### MIRAVAL SUMMIT CHALLENGE

Challenge your strength and endurance with the ultimate high-course experience of obstacles and heights. Climb 35 feet to the property’s highest point, then set your intention and let go—symbolically and physically—by leaping off the platform into a supported freefall using state-of-the-art technology. \$

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

### BLUE HERON CHALLENGE COURSE

**ROCK SQUIRREL** Channel the agility of the friendly Hill Country rock squirrel, who moves among the trees while traversing obstacles. Move through various ropes, swinging logs, and planks that hover up to 15 feet high. This climb is an excellent introduction to our new Blue Heron Challenge Course and a great start for those who struggle with heights.

### BLUE HERON CHALLENGE COURSE

**SOUL FLIGHT** This two-tiered obstacle course begins with the Rock Squirrel Climb—traversing through ropes, swinging logs, and planks that hover up to 15 feet high. The heart of the course—the Black-Capped Vireo—presents Olympic rings, tightropes, and a chance to climb on the Miraval Sign. Set an intention and let your soul soar as you glide safely on our zipline. \$

**SWING AND A PRAYER** Work with a team that will hoist you high in the air and elevate your perspective on this thrilling lesson of letting go as you swing from a cable 35 feet above the ground. *May cause motion sickness.*

## CHALLENGE COURSE

### Private Sessions

*All challenge course activities are available as a private session with one of our experts.*



## OUTDOOR ADVENTURE

### HIKING

#### *Activities*

**MIRAVAL OFF-PROPERTY HIKE** Designed for the moderately fit and enthusiastic hiker. Explore a hidden treasure of a trail only minutes from our property. From running streams to the highest overlook in Austin, join one of our trained guides to learn more about the complex ecosystem we call home. **\$**

**NATURE WALK** Start the day with a nature walk designed for all abilities. Explore rolling hills with an occasional steeper section and a distance of two miles. Our trail offers a great introduction to the local Hill Country environment.

**PRESERVE HIKE** Start the day with a hike designed for all abilities. Explore rolling hills with occasional brief, steeper sections and overall elevation gain of 200 to 300 feet with distances of three to four miles. These hikes are a great introduction to the local Balcones Canyonland Preserve.

**SHINRIN-YOKU** Join your guide on a calming and restorative nature walk, known in Japan as “forest bathing.” Open your senses, hone your intuition, and experience the outdoors in a whole new way. Learn about the compounds released by trees that may support immune function and develop a deeper connection with nature. **\$**

### HIKING

#### *Private Sessions*

**NATURE WALK** Description in Hiking activities menu above. **\$**

**TRAIL RUN** Description in Hiking activities menu above. **\$**

**PRESERVE HIKE** Description in Hiking activities menu above. **\$**

## OUTDOOR ADVENTURE

### WATER SPORTS

#### *Activities*

**KAYAK ADVENTURE** Utilize your kayak as a mindful tool as you immerse yourself in the sights and sounds of nature and glide across the gentle waves of Lake Travis. **\$** *Seasonally offered*

**KAYAKING ON THE COLORADO RIVER** Head to Austin’s Colorado River for a three-hour kayak excursion, where you will paddle alongside scenic views of Texas Hill Country. *Please note - the river’s current can pick up throughout this experience, allowing for a great cardio workout.* **\$** *Seasonally offered*

**MINDFUL KAYAKING** Explore Lake Travis by paddling on a kayak. Meditation and presence are heightened in nature. This will be a two-hour journey, with one hour on the lake. **\$** *Seasonally offered*

**STAND UP PADDLEBOARDING:** *All Levels* Enjoy beautiful Lake Travis with us on a stand up paddleboard. This is a great exercise for increasing core strength and practicing breathwork in a pristine outdoor setting. **\$** *Seasonally offered*

### WATER SPORTS

#### *Private Sessions*

**MINDFUL KAYAKING** Description in Water Sports activities menu above. **\$** *Seasonally offered*

**STAND UP PADDLEBOARDING** Description in Water Sports activities menu above. **\$** *Seasonally offered*



Aerial Yoga

## YOGA & FITNESS

### AERIAL YOGA

#### *Activities*

**FUN FLOW:** *Aerial Yoga* This introduction to aerial yoga takes your intermediate-level yoga skills into the air. No experience with a hammock is necessary, but an understanding of yoga is helpful. Flip your practice upside down and swing on the hammocks for a unique and playful experience. **\$**

**FUN FLOW:** *Outdoor Aerial Yoga* This introduction to Aerial Yoga takes your intermediate-level yoga skills into the air. No experience with a hammock is necessary, but an understanding of yoga is helpful. Flip your practice upside down and swing on the hammocks for a unique and playful experience outside on our picturesque property. **\$**

**SLOW FLOW AERIAL YOGA** This class uses aerial silks in a traditional yoga framework to enhance and assist yoga stretches and encourage better-supported traction and decompression of the body. Experience physical, mental, and emotional relaxation through gentle suspension. This is for the true beginner to aerial yoga. No inversions will be performed in this class. **\$**

## YOGA & FITNESS

### YOGA

#### *Activities*

**EMPOWERED FLOW YOGA** A strenuous flow class that helps you build strength and increase stamina as you maintain your yoga practice.

**HARMONIC YIN YOGA** This yoga and sound bowl experience invites deep relaxation in Solidago’s sacred space. Settle into yoga poses, supported by props, with a generous amount of time to release into each posture fully. Himalayan Singing Bowls, placed on or around you, deepen your release with their intense vibrations.

**HATHA YIN/YANG YOGA** Learn how the different energies of Yin (cooling, relaxing) and Yang (heating, strengthening) within the Hatha Yoga practice can help you to restore balance and wellbeing. The knowledge gained from this practice is a great tool to add to your self-care toolbox.

**KUNDALINI YOGA** This dynamic practice uses breath and movement to energize and increase consciousness while soothing the emotional and mental bodies. Classes promote emotional well-being, mental clarity, and stress relief using yoga postures, breath work, and occasional chanting. All levels welcome.

**RESTORATIVE YOGA** Learn to rest deeply in your yoga postures in this practice known as “active relaxation.”

**QOYA** Qoya, a practice for anyone who identifies as a woman, is based on the union of motion and memory. Beginning with breathwork and intention-setting, this class flows into movement using yoga, dance, and personal reflection. Set to music, Qoya invites expression by recalling the wisdom and wild freedom of your feminine core.

**SLOW FLOW YOGA** Flow from one posture to the next while moving slowly and intentionally. By slowing down, we can focus on detailed alignment and fluid breath movement.

**TEX ZEN YOGA** This yoga class is inspired by Willie Nelson’s Zen nature and his contribution to the ever-evolving catalog of eclectic Texas music. Enter the heart of our Austin vibe as you playfully flow in a yoga sequence to the sound of local tunes.

**VINYASA YOGA** Vinyasa Yoga is a flowing, dynamic sequence of poses. This type of practice involves synchronizing the breath with a continuous flow of postures.

**YIN REIKI YOGA** Reiki Yoga is the union of two ancient traditions to offer physical, mental, and spiritual wellness. It is a soothing practice that combines carefully selected, gentle Yin yoga postures with a Reiki treatment by a master, using the positions of the hands to support and boost the body’s natural healing and cleansing processes.

**YIN YOGA** This style of yoga requires holding relaxed, deep, stretch-like poses for more extended periods. It creates muscle sensation while working deeper into tendons, fascia, and ligaments to improve circulation and flexibility. This slow process uses breath awareness as a meditative approach to working out the body. Suitable for all levels.

**YOGA ESSENTIALS** Learn essential Hatha Yoga practices to enhance breathing, balance, and flexibility.

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

### YOGA

#### *Private Sessions*

*All yoga activities are available as a private session with one of our experts.*

## YOGA & FITNESS

### EXERCISE PHYSIOLOGY

#### *Activities*

**LET’S TALK SLEEP** Take a closer look at the science behind sleep and its crucial role in recovery, health and overall wellbeing. Explore ways to help improve your sleep with simple routines, movements and nutrition.

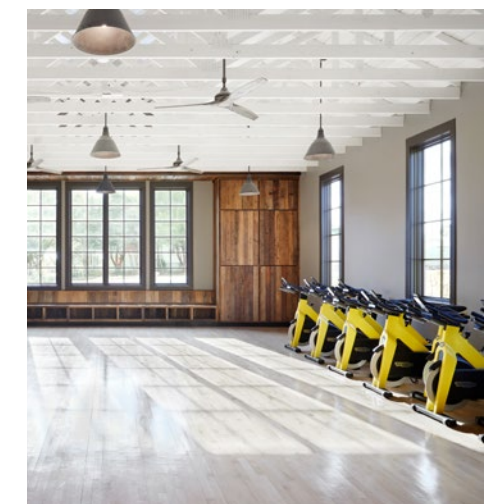
**OPTIMAL METABOLISM** Our metabolism slows down over time. You can take steps to delay slower metabolism through scientific inquiry. This program helps you master your metabolism and increase longevity through healthy habits.

### EXERCISE PHYSIOLOGY

#### *Private Sessions*

**COMPREHENSIVE FITNESS ASSESSMENT** The two-part consultation begins with an InBody™ assessment to evaluate your cardiovascular fitness, strength and flexibility. The second part focuses on detailed strategies to optimize your exercise routine. Walk away with a personalized plan and ideas for achieving your fitness goals. **\$**

**OPTIMAL HEALTH ASSESSMENT** Improve your health by calculating your fat to muscle ratio with an InBody™ assessment. Work with our exercise physiologist to discuss your specific goals, obstacles and behaviors to determine your body composition. Walk away with personalized recommendations and a plan for achieving your goals. **\$**





# 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.

**AQUA BARRE** Classic barre class elements combine with the water’s resistance to create a powerful and fun class designed to carve out muscles while increasing mobility in an easy-on-the-joints workout for everyone. Your heart rate will accelerate, but the pool will keep you cool. *Swimwear required. Seasonally offered*

**AQUA CARDIO** This powerful and fun class is to build muscles, and is great for cardiovascular fitness, coordination, and flexibility. *Seasonally offered*

**BELLY DANCE** One of the oldest forms of dance, Belly Dancing promotes balance, strength, digestion, coordination and confidence. It is fun, highly expressive, and empowering.

**BIKE TO THE BARRE** This class combines the cardio of power cycle with the strength of barre. Feel your heart rate climb with 20 minutes of spin, followed by controlled movement to build core and low body strength.

**BODY & BARRE** Try out this fitness class that combines challenging floor barre exercises, resistance training with bands, balls, and a cardio component.

**BOSU BALANCE CHALLENGE** A challenge from your head to your feet, this low-impact strength class is sure to get your blood pumping and your heart rate up. The stability challenge created by the Bosu ball strengthens the ankles, legs, hips, and abs. This class is for all fitness levels and leaves no muscle untouched.

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

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

**MIRAVAL AUSTIN EXCLUSIVE COUNTRY LINE DANCING** Dance to the tunes of Austin with our Texas line dancing class, choreographed with easily learned steps you perform in unison as a group arranged in lines for some simple fun.

**HAPPY HIPS** Using self-myofascial release techniques, along with hip joint opening exercises and a series of yoga-based hip stretches, you can improve your flexibility and mobility and walk away with happy hips.

**HILLS & DRILLS** This outdoor fitness experience will challenge all levels, from novice to elite athlete. The beautiful Texas Hill Country becomes the gym as your coach guides you through a series of challenges utilizing steep inclines while incorporating athletic drills for a total body workout.

**KICKBOXING** Kickboxing incorporates kicking and punching for a dynamic, challenging experience. Keep your body guessing as you use your personal power in every style of kick and punch throughout our rounds..

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

**OUTDOOR FITNESS FUSION** The Texas Hill Country serves as a splendid backdrop for this outdoor fitness class, suitable for all levels. This total body workout blends cardio and strength drills to awaken your inner athlete.

**PILATES FUSION** Strengthen your core, sculpt your muscles, stretch yourself, and have fun in this class that combines Pilates with other body-enhancing techniques.

**REFRESH YOUR WORKOUTS** Set aside your old workout routine and develop an exciting practice alongside Miraval Austin’s exercise physiologist in a group setting. Learn how to harness interchangeable and energizing exercise routines that you can do anywhere, anytime. *Please wear exercise attire.*

**RELEASE & RECOVER** This myofascial release class focuses on the small things that make a big difference to your overall health and wellness. Use props to facilitate self-massage, stretching, and strengthening of your hands and feet.

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

**ROLL WITH IT** Using a full foam roller, learn how to give yourself a deep-tissue massage and improve your flexibility.

**RUN OR WALK YOUR WAY TO WELLNESS** This workshop and workout teaches you how everything from posture to stride length can affect a running or walking routine. Our exercise physiologist explains how your body’s biomechanics work before taking you out to test it. Suitable for all levels. \$

**SAMBA** A fun, upbeat, and lively dance that progresses counterclockwise around the floor. It is characterized by its syncopated timing, bounce, and rolling hip action.



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

**STRENGTH & MOBILITY** Unlock your body’s potential in this unique fusion class that utilizes mobility work to increase range of motion and joint stabilization. Bodyweight exercises strengthen and tone, leaving no muscle untouched. This class is all about bringing your body into balance by encouraging you to test your limits and increase your endurance.

**TRX** Using the TRX Suspension Trainer, this class emphasizes muscular endurance and aerobic conditioning with specialized TRX-targeted exercises.

**YOGA SCULPT** Pilates and yoga combine in this high-energy fusion class designed to increase muscular endurance and flexibility. Light hand weights add intensity to traditional yoga poses, and Pilates exercises are blended throughout to give you a total-body hybrid workout.

## FITNESS Private Sessions

*All Fitness classes are available as a private session with one of our trainers.*

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

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

**PILATES REFORMER** A private session on the Reformer offers the benefits of a basic Pilates class amplified. Pilates can increase overall strength, flexibility, coordination, and balance. Join a Pilates specialist to use our Reformer and unlock your body’s potential. Can be tailored to your individual interests, including but not limited to equestrian, golf, tennis, running, or home practice. \$



## EQUINE EQUINE Activities

**MIRAVAL EXCLUSIVE 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*

**COMMON GROUND:** *Self-Leadership for Effective Communication* Experience the powerful dynamics of non-verbal communication and how this influences your ability to lead yourself and others. In this unmounted activity, you will move with a horse around the pen, engaging tools of communication, collaboration, and creativity without speaking or touching. The insights and skills you discover may apply equally to personal and professional relationships. \$

**HEARTFELT LEADERSHIP:** *Herding with Horses* Step into the arena and ground yourself with the energy of your intention. In this unmounted activity, you will guide a horse through obstacles through direct communication. Practice expressing your intention clearly with a horse to learn how you can express yourself more clearly in your other relationships. \$

**MIRAVAL EXCLUSIVE MIRAVAL EQUINE EXPERIENCE™** Work alongside our specially selected horses and expert facilitators to practice living life in the moment. Horses are creatures of the present, unconcerned with past regrets or future dreams. They offer a way to help us notice personal patterns that could be restrictive in this exercise and life. \$ *Not a riding class*

**RHYTHMIC RIDING** Ride to the rhythm of Texas tunes in this two-hour therapeutic workshop. Discover a fun way to practice rhythm and self-regulation skills while riding to the soundtrack of local songs. Connect to your horse with an increased sense of self-awareness and balance. *Suitable for all levels. Wear long pants and closed-toed shoes. \$*

## EQUINE Private Sessions

**AN UNFORGETTABLE CANVAS** Description in the Equine activities menu to the left. \$ *Seasonally offered*

**ARENA LESSON** Learn for the first time or improve existing equestrian skills, including walking, trotting, and cantering. \$

**COMMON GROUND** Description in the Equine activities menu to the left. \$

**MIRAVAL EQUINE EXPERIENCE™** Description in the Equine activities menu to the left. \$

**STARS & STEEDS** Explore how your astrological chart guides patterns and communication by interacting with an equine partner. Learn how you connect to others based on where the planets were at your birth. Following a review of your chart, you will engage with a horse to explore how your chart’s celestial bodies inform how you relate to the world. *Provide date and time of birth at booking. \$*



# LIFE IN BALANCE SPA MENU

## LIFE, ENHANCED.

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



\*Fee-based services are subject to 8.25% tax rate.

# AYURVEDA

**GUEST FAVORITE**  
**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. **\$**

**PRADHĀNA VEDA:**  
*The Ultimate Ayurveda 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. **\$**

**SHAMANA-KARMA** This spirit-boosting service begins with an herbal coconut ginger and rosemary oil massage. Steaming poultices of lemongrass, mint, nutmeg, and clove help release tension and toxins from the skin. A restorative and aromatic wrap with a hibiscus-powder dusting concludes this service. **\$**

# BODY RENEWAL RITUALS

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

**FLOURISH** This indulgent body scrub uses Isla Das Rocas Sea salts and herbal aromas to stimulate circulation while exfoliating, tightening, and softening skin. A refreshing shower is followed by a gentle massage application of organic essential oils. **\$**

Body Renewal Rituals continued >

**HAMMAM** This ritual begins with a transformative coffee-sugar exfoliation with lemony aromas, an enveloping wrap, and a purifying jasmine-rose clay application and shower. An orange blossom mist and light massage of cardamom amber oil and tangerine-fig body butter follow. **\$**

**KOKORO RITUAL:**  
*Kokoro is Japanese for the Art of Caring for the Body* This energizing journey releases tension with layers of scents and treatments. A ginger grass and bamboo exfoliating scrub is followed by a cherry-blossom rice buff, softening wrap, and shower. Shiatsu-inspired massage with wild lime oil prepares skin for a moisture-sealing plum blossom cream. **\$**

**NEW**  
**NURTURE** This ritual begins with a gentle buff and exfoliation with bioactive enzymes and a ripe antioxidant berry scrub. A soothing phytonutrient masque stimulates the lymphatic system, then a shower and full-body Arctic berry cream massage encourage skin regeneration and elasticity. **\$**

**RADIANCE** Let your radiance shine with this detoxifying, mineral-rich clay body ritual. While gently cocooned, an uplifting scalp massage recharges your spirit and soul. A luxurious shea butter application hydrates and refreshes you. **\$**

**RIVER FLOWER** Submerge the senses in the essence of flowers and flowing rivers in a soothing wrap. A dry-brush-inspired exfoliation prepares skin for a moisture-restoring phytonutrient masque and hydrating botanical butter. Includes a therapeutic scalp or relaxing foot massage. **\$**

**SERENITY** Find serenity and calm with tranquil laurel leaf, eucalyptus, and birch aromas. This treatment begins with a full-body salt scrub, continuing with a unique scalp exfoliation. Enjoy an omega berry massage and a delightful cloud cream that delivers weightless hydration and radiance. **\$**



Jade Meridian

# ENERGY & EASTERN

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

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

**CRYSTAL ENERGY BALANCING** Your therapist guides you on a spiritual journey using elements of Reiki and crystals to balance the chakras and charge, clear, and cleanse the body’s energy centers. Guided visualization and breathing techniques ease energy flow. **\$** *Wear yoga or exercise attire.*

**JADE MERIDIAN** This treatment balances Chinese medicine’s elements to harmonize Qi (life energy) with breathwork as ginger oil and jade stones massage your body and glide over meridians. Gua sha-inspired techniques stimulate circulation, relax muscles, and release tension. **\$**

**MIRAVAL EXCLUSIVE**  
**NĀGA** Hanging silks support the therapist in delivering deep compression in this massage that includes Thai techniques 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 yoga or exercise attire.*

**PRANAYAMA-DINA:**  
*Floating Aerial Massage* Sanskrit for flying breath, this treatment begins with breathwork. A weighted blanket cradles you as a silken sling gently suspends you, and your provider massages muscles from below with skilled foot techniques to unburden sinew and soul. **\$** *Wear yoga or exercise attire.*

**MIRAVAL AUSTIN EXCLUSIVE**  
**PRAVASANA** Sanskrit for a journey’s start, this ritual harmonizes visualization and meditation with the sacred sounds of crystal bowls. Brainwaves move into a theta state, relaxing the body and opening the mind to restorative energy work. **\$** *Wear yoga or exercise attire.*

**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 yoga or exercise attire.*

**MIRAVAL AUSTIN EXCLUSIVE**  
**SUKHA:**  
*Thai-inspired Aerial Bodywork* Sanskrit for bliss, Sukha uses gentle Thai techniques that let you trust your practitioner to wrap—and cocoon you—in strong silks that ease your limbs into weightlessness. Guided movement helps you stretch more deeply and leaves you feeling refreshed and limber. **\$** *Wear yoga or exercise attire.*



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

**THAI 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 yoga or exercise attire.*

**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.*

**YOJANA:**  
**Union Between Spirits** Yojana harnesses vibrations to set intentions and restore harmony for duets (couples, friends, family). Experience the power of harmonic resonance through ritual and join a Tibetan bowl-ringing ceremony and a variety of healing modalities as you transcend space together, awash in sound. **\$** *Wear yoga or exercise attire.*

# MASSAGE

**NEW**  
**AUSTIN APOTHECARY MASSAGE** Experience a sensory journey through indigenous leaves, flowers, and herbs found in the botanical cornucopia of Texas Hill Country. Discover the essence of our resort's unique terrain with a customized aromatherapy massage experience. **\$** *Also available as a duet service—see description below.*

**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. **\$**

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

**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 intensely nourishing treatment with a healthy scalp. Feel soothed and revitalized with an accompanying neck and shoulder massage. **\$**

**SACRED SOUNDS:**  
**Himalayan Bowl 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. **\$**

**DUET AUSTIN APOTHECARY MASSAGE** Begin your tandem experience by sampling various scents and their paired massage benefits. Select your personalized aromatherapy oil blend, ranging from Spanish gardenia to Italian blood orange, for a custom side-by-side massage and aroma journey. **\$**

# SKINCARE

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

**ALPHA BETA PROFESSIONAL FACE (OR DECOLLETE) PEEL** 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. Not to be added to another facial.* **\$**

**EYE & LIP REFRESHER** Bring focus to your eyes and lips with this brightening and soothing treatment. Honeyberry enzymes and sugar scrub exfoliants prepare skin for a calming crystal wand facial massage with lymphatic-drainage-promoting cupping techniques. *Add this service to any facial.* **\$**

**HEAL TO TOE** This luxuriously hydrating foot massage not only cares for your feet but relaxes, energizes, and moisturizes tired soles with our superfood hydrating balm. *Add this service to any facial for a complete head-to-toe treatment.* **\$**

**RADIANT RENEWAL FACIAL** Reveal your natural radiance with customized techniques and a powerhouse of targeted ingredients developed by Dr. Dennis Gross. A complexion-smoothing peel, collagen-boosting light therapy, and a double mask address your skin's unique needs, while massage calms the mind. **\$**

**KEŚA** Sanskrit for scalp, this treatment incorporates a lightweight yet potent infusion of peptides, amino acids, and collagen to strengthen and nourish hair. Melt into relaxation with a scalp massage using a specifically designed Gua Sha comb. *Add this service to any facial.* **\$**

**NATURE'S BOUNTY FACIAL** A blend of seeds and raw local honey enzymes smooth the skin, followed by a warm nutrient-dense masque. A hydrating, antioxidant-rich oil massage uses a therapeutic gua-sha tool while Qi-balancing pressure points are stimulated. **\$**

**PURE PRESSED FACIAL** Balance your complexion with active cold-pressed plant extracts and tailored facial massage that hydrates, calms, or reawakens the skin. A clarifying scrub clears congested pores before a specialized mask draws out impurities, leaving your skin refreshed. **\$**

**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. **\$**

**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. **\$**

**ABUNDANT HARVEST FACIAL** Using an organic plant-medicine apothecary teeming with antioxidants, vitamins, enzymes, and nutrients, this highly customized whole-plant facial optimizes your skin's radiance and health with enhanced lymphatic techniques. **\$**

**SPIRITUAL WARRIOR FACIAL** Spiritual Warrior oil blend takes fragrance to an ethereal level by combining plant and gemstone essences. This facial experience incorporates customized herb and flower-based skincare and a circulation-stimulating gua-sha tool to reduce puffiness. **\$**

**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. **\$**

# AERIAL BODYWORK

**MIRAVAL EXCLUSIVE**  
**NĀGA** Hanging silks support your therapist in delivering deep compression in this massage that includes Thai techniques 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 yoga or exercise attire.*

**PRANAYAMA-DINA:**  
**Floating Aerial Massage** Sanskrit for flying breath, this treatment begins with breathwork. A weighted blanket cradles you as a silken sling gently suspends you, and your provider massages muscles from below with skilled foot techniques to unburden sinew and soul. **\$** *Wear yoga or exercise attire.*

**MIRAVAL EXCLUSIVE**  
**SUKHA:**  
**Thai-inspired Aerial Bodywork** Sanskrit for bliss, Sukha uses gentle Thai techniques that let you trust your practitioner to wrap—and cocoon you—in strong silks that ease your limbs into weightlessness. Guided movement helps you stretch more deeply and leaves you feeling refreshed and limber. **\$** *Wear yoga or exercise attire.*



# AQUATIC BODYWORK

**NEW**  
**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 swimsuit. Suitable for non-swimmers. Weather dependent.*

**MIRAVAL AUSTIN EXCLUSIVE**  
**MOTHER'S SOLACE:**  
**Prenatal and Postnatal Aquatic Journey** Fears float away as water soothes and supports you. Targeted massage techniques are tailored for this special time. Look within, connect with your baby or experience as a mother, and find solace as you move fluidly through water's gentle embrace. **\$** *Wear swimsuit. Suitable for non-swimmers. Weather dependent.*

**MIRAVAL AUSTIN EXCLUSIVE**  
**TIDAL FLOW:**  
**Couples Aquatic Journey** As the tides ebb and flow, so does the nature of connection. Glide together in this intentional aquatic journey that includes tension-relieving massage techniques and fluid movement. Leave with an increased appreciation for the sacred bond you share. **\$** *Wear swimsuit. Suitable for non-swimmers. Weather dependent.*

**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 resonant waves, sending your mind on an inner journey. **\$** *Wear a swimsuit. Weather dependent.*





# SALON

## HAIR

*Top off your Miraval experience with one of our salon services. Keep natural nails healthy with our custom manicures and pedicures.*

**SHAMPOO & GO** Let the hillside breeze dry your locks after a quick shampoo and conditioning treatment. *Does not include blow-dry.* \$

**SHAMPOO & STYLE** Get soothingly shampooed, calmly conditioned, and fabulously styled while you reflect and rest. *Please specify short or long hair.* \$

# 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.*

*Please pair with gel/shellac Removal as necessary to ensure full service time.*

**PEACEFUL PAUSE MANICURE** Enjoy the moment with a peaceful pamper and polish. A gentle scrub removes dry skin, stimulates circulation, and softens skin for a healthy glow, and a safe, quick-drying polish of your choice reflects the present moment's beauty. \$

**PEACEFUL PAUSE PEDICURE** Let a warm soak and quiet space nurture the soul for a pedicure and refreshing duo of an indulgent citrus sugar scrub and rich shea butter. Perfectly polished toes will carry you into your next adventure. \$

**HAND TO HEART MANICURE** Nurture your heart and Qi by soaking your hands in a sea salt bath with notes of clove and orange peel. A full manicure that includes a chia seed and sugar scrub leaves your hands feeling soft while your provider delivers a warm rose quartz massage and hydrating hot towel hand steam. \$

**FOOT TO SOUL PEDICURE** Your pedicure begins with a grounding herbal footbath, and continues with an exfoliating scrub and a brightening clay mask. Rose quartz tools are used to massage moisturizing seed and fruit oils, followed by a hot towel treatment. \$



**GEL/SHELLAC REMOVAL** This gentle treatment removes gel polish or shellac polish but will not remove acrylic nails. \$

**MOROCCAN COFFEE BLOSSOM PEDICURE** This North-African-inspired treatment begins with a mint foot-and-leg purifying ritual. Feet are buffed, and calluses softened with a lemony coffee-and-olive scrub. White jasmine clay detoxifies, and a foot massage prepares you for the perfect toe polish. \$

**POLISH CHANGE** Change up your color by replacing your old shade with a new, fresh, and fabulous look. \$

**MIRAVAL X LAUREL EXCLUSIVE SIGNATURE PETAL PECAN PEDICURE** This specially formulated pedicure grounds you with floral-infused water, organic whole-plant cleanser, exfoliating rose petal scrub, and a fruit-honey-herb mask. Tapping techniques stimulate circulation, and herbal poultice massage soothes and hydrates skin. \$

**WANDERLUST MANICURE** Rest your arms and hands with an earth-scented exfoliating cleanse and massage. We keep your nails neat by filing them and caring for your cuticles. *Does not include polish.* \$

**WANDERLUST PEDICURE** Soak your feet in woody-scented waters and let us cleanse, exfoliate and massage them before filing your nails and taking care of your cuticles. *Does not include polish.* \$



# PRENATAL

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

**MOTHER'S GLOW FACIAL** This facial addresses the skin's unique needs at any point before, during, or after pregnancy. After a skin analysis and product customization, your esthetician cleanses, exfoliates, and nourishes your skin for the ultimate healthy-mama glow. \$

**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 swimsuit. Suitable for non-swimmers. Weather dependent.*

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

**CRYSTAL ENERGY BALANCING** Your therapist guides you on a spiritual journey using elements of Reiki and crystals to balance the chakras and charge, clear, and cleanse the body's energy centers. Guided visualization and breathing techniques ease energy flow. \$ *Wear yoga or exercise attire.*



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

**MIRAVAL AUSTIN EXCLUSIVE MOTHER'S SOLACE:** *Prenatal and Postnatal Aquatic Journey* Fears float away as water soothes and supports you. Targeted massage techniques are tailored for this special time. Look within, connect with your baby or experience as a mother, and find solace as you move fluidly through water's gentle embrace. \$ *Wear swimsuit. Suitable for non-swimmers. Weather dependent.*

**NECK & SCALP MASSAGE** Walk away from this intensely nourishing treatment with a healthy scalp. Feel soothed and revitalized with an accompanying neck and shoulder massage. \$

**MIRAVAL AUSTIN EXCLUSIVE PRAVASANA** Sanskrit for a journey's start, this ritual harmonizes visualization and meditation with the sacred sounds of crystal bowls. Brainwaves move into a theta state, relaxing the body and opening the mind to restorative energy work. \$ *Wear yoga or exercise attire.*

**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 yoga or exercise attire.*

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

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

**RIVER FLOWER** Submerge the senses in the essence of flowers and flowing rivers. A dry-brush-inspired exfoliation prepares skin for a moisture-restoring phytonutrient masque and hydrating botanical butter. Includes a therapeutic scalp or relaxing foot massage. \$

**WILD BERRY** Earth's mineral-rich gifts exfoliate and moisturize, while rich white peat and wild berries deliver warming enzymes and concentrated omegas to exfoliate skin and improve moisture balance. A replenishing, antioxidant-oil massage imparts a healthy glow. \$





MIRAVAL<sup>®</sup>  
austin

AUSTIN GROWN  
CYPRESS CREEK FARM  
& EQUINE CENTER

We support  
FSC  
standards

