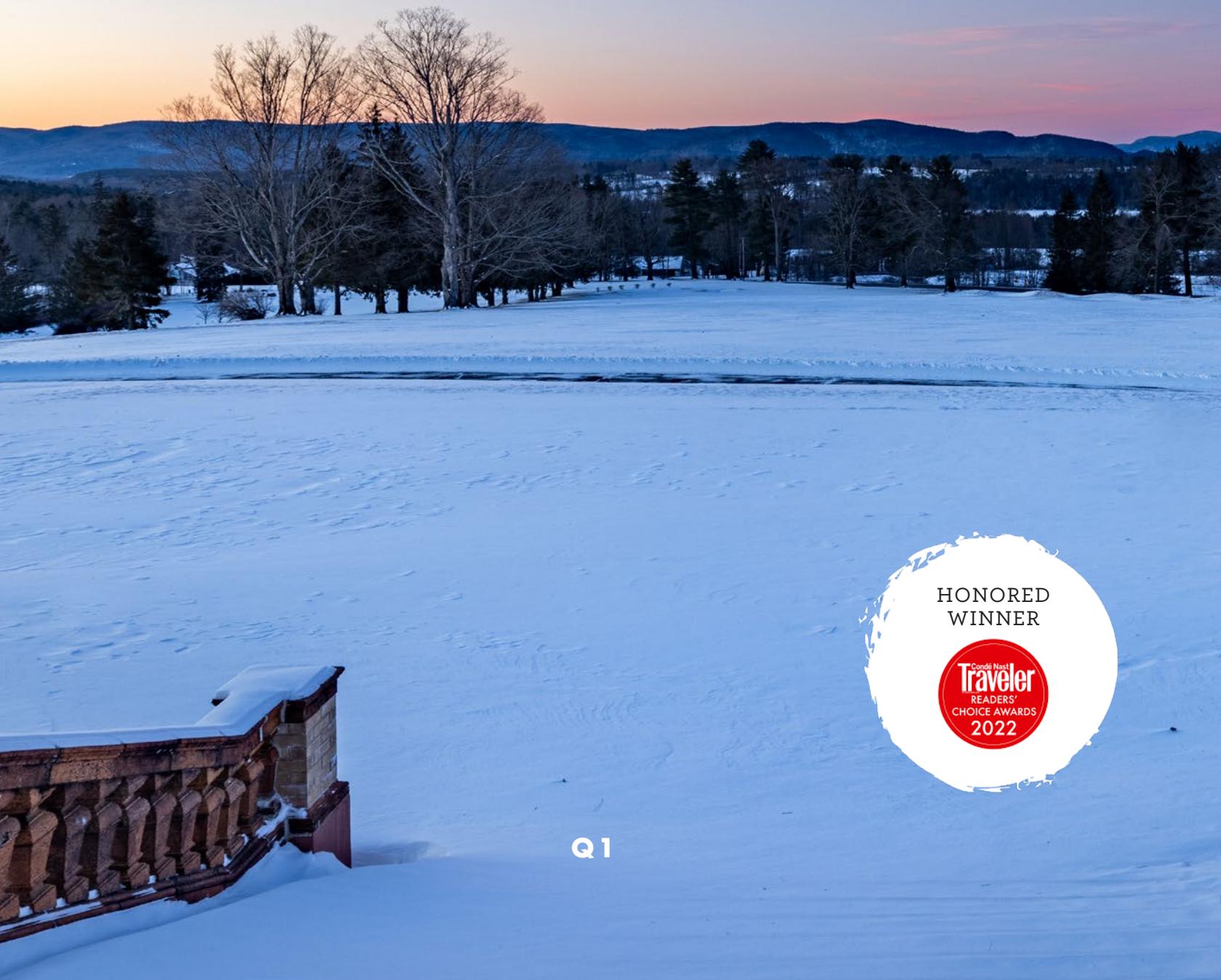


EMBARK ON YOUR JOURNEY

MIRAVAL

..... *Berkshires*



HONORED
WINNER



Q1

OUR SPECIALISTS

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

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



WILL BOYCE
Meditation Specialist

Will is a 20+ year mind-body teacher, certified Kripalu mindful outdoor guide, yoga, integral Tai Chi and Qigong teacher, level 2 unified mindfulness coach, and certified HeartMath mentor. A United States Army veteran, Will supports addiction recovery and aims to change the world, one person at a time, through contemplative practices.

- LECTURES:** Qigong • Meditation with Music • Mindfulness at Miraval • Gratitude Meditation • Meditation for Superior Sleep
WORKSHOPS: The Way to Superior Sleep • See, Hear, Feel • Sensory Silk Cocoon Meditation • The Path to Gratitude • Qigong: Flowing Movement
PRIVATE SESSIONS: Breathe Your Stress Away • How to Meditate • From Stress to Rest • Qigong: Flowing Movement



CASSANDRA KENNEDY
Creative Expression Specialist

Cassie is a lifelong artist and ceramicist who helps guests explore creativity to align their lives with their truest selves through courage, patience, and determination. She holds a bachelor's degree in nutritional and exercise science, is a certified Budokon Yoga teacher, and self-taught potter and sculptor.

- LECTURES:** Art Studio Tour
WORKSHOPS: Pottery: Way of the Wheel • Pottery: Handbuilding with Clay • The Beauty of Imperfection • Art Studio Toast & Tour
PRIVATE SESSIONS: The Beauty of Imperfection • Glazing



JULIA ROSE PORTELA
Astrologer & Tarot Reader

Julia's 12 years as a Reiki master, Integrated Energy therapist, astrologer, and tarot reader reflect her curious nature and growth-focused choices. She helps you align with your authentic self with compassion-centered sessions that offer clarity, guidance, and validation. Julia takes you on journeys ranging from lighthearted conversation to deep exploration with her intuitive skills.

- LECTURES:** Mysteries of the Tarot • Astrology Exploration
WORKSHOP: Past Life Regression
PRIVATE SESSIONS: Astrology Reading • Tarot Card Reading • Akashic Soul Record Reading



RUDRA BACH
Sound Meditation Practitioner

Rudra, a Harmonic Therapy Association member with a 17-year counseling practice, studied sonic theology and sound therapy, taught sound meditation for 20 years, and holds advanced voice dialogue, relationships, and psychology-of-selves certificates. He guides guests with antique Himalayan bowls and offers counseling sessions.

- LECTURES:** Tibetan Tones • Understanding the Self & Its Parts
WORKSHOPS: Exploring the Self • Vibrational Sound Chamber
PRIVATE SESSIONS: Himalayan Sound Bath • Yojana • Integrating the Self • Relationship Toolkit



BRIDGET DESROSIERS
Master Stylist

With 20 years in hair care, Bridget's holistic approach has made her a beloved Berkshires figure and celebrated stylist to iconic celebrities. An American Medical Association board-certified trichologist, Bridget creates herbal treatments from local plants and offers private hair and scalp consultations with a certified scalp scope.

- LECTURE:** Hair Aware
SPA SERVICES: Herbal Scalp Treatment • Scalp Scope Consultation • Serene Scalp Treatment



RAYA BUCKLEY *Spiritual Counselor*

Raya lived in a yoga ashram and used intuitive, analytical, and energy healing skills as a certified holistic health counselor at top holistic wellness centers. She channels spiritual energy and soul messages from higher planes and augments hands-on pranic work with crystals and aura photography to release blocks and create inner peace.

- LECTURE:** Your Intuitive Awareness: The Key to Health & Personal Growth
WORKSHOPS: Crystal Clarity • Capture Your Aura • Your Healing Energy: From Heart to Hand
PRIVATE SESSIONS: Aura Imaging • Relationship Aura Imaging • Energy Session with Aura Photos • Chorus of Crystals with Aura Photos • Akashic Soul Record Reading



DAYLA ROBINSON
Spiritual Guide & Ceremonialist

Dayla, a Reiki Master, Bach Flower Remedy practitioner, massage therapist, and professional sound healer, studied Native peoples' Shamanic traditions after a near-death experience. She addresses emotional wounds and energy blocks by re-harmonizing bioenergetic fields and chakras to help guests align with their soul's greatest potential.

- LECTURES:** Sound as a Healing Source • Exploring the Chakras • Labyrinth Wisdom Walk
WORKSHOPS: Chakra Sound Levitation • Cleansing Chakras with Sound • Soul Flower Workshop • Sound Journey Meditation • Song of the Rose • Seasonal Sacred Tree Ceremony • Cacao & Sound Ceremony • Illumination Ritual
PRIVATE SESSIONS: Spirit Quest • Celestial Sound Bath • Chakra Oracle Reading • Chakra Oracle Reading with Sound Healing



JENAE HALSTED
Registered Dietitian & Nutritionist

With a master's degree in nutrition, Jenae focuses on health and prevention. She has worked with doctors, personal trainers, and chefs to assist with weight goals and disease prevention through individual counseling and teaching. She believes working holistically with body, mind, and emotions produces the most long-term success.

- LECTURES:** Exploring Emotional Eating • Mindful Eating • Food for Thought
WORKSHOPS: Earth's Nutrients • Nutrition for Healthy Skin • Swing & Sip • To Supplement or Not to Supplement • Herbal Alchemy • Conscious Cocktails
PRIVATE SESSIONS: General Nutrition Consultation • Nutrition Consultation for: Healthy Weight, Promoting Gut Health & Decreasing Inflammation, Specific Conditions or Healthy Eating as We Age



ALEXIA SILVA
Medium, Clairvoyant & Certified Grief Counselor

Alexia, a certified spirit medium, Reiki practitioner, and end-of-life doula, blends traditional counseling with spirit medium abilities to offer grief and loss support. She holds a master's degree in mental health counseling and was a bereavement counselor at an in-patient hospice facility.

- LECTURES:** Demystifying Mediumship • The Naming of Souls
WORKSHOPS: Clarity & Connection: Intuition as Your Guide • Raise Your Vibration: Ascending Awareness • Navigating Grief
PRIVATE SESSIONS: Mediumship Reading • Grief Counseling Session • Clairvoyant Reading



BRIAN PAUL ALLISON
Holistic Wellness & Creative Expression Specialist

Brian is a hard-core fitness trainer by day and inspirational renaissance artist by night who has numerous pen names and character names for theatrical purposes. He demonstrates holistic health mastery through vibrant creative expression. Brian is the author of several books including *The Art of Collecting Poetry*.

LECTURES: Poetry Guided Imagery • Poetry Theater

WORKSHOPS: Memory Power • Introspective Journaling



VERONICA MARTIN
Creative Expression Specialist

Veronica is a ceramic artist and writer, native to the Berkshires. Her delight and love for people are at the forefront of her artistic process. When she's not creating art and teaching, she's focused on building a balanced, love-filled life of cultural events, nature exploration, healthy personal relationships, and authentic self-care.

LECTURES: Journaling Without Judgement

WORKSHOPS: Way of the Wheel • Pottery: Handbuilding with Clay • Beauty of Imperfection



MARK GEROW
Spiritual Coach & Outdoor Guide

Mark's 20+ years in the military, recovery rehabilitation, and outdoor guiding inspired him to create therapeutic tools for people suffering from pain, disconnection, and trauma. Mark uses his Daily Dose method, nature, and mind/body techniques to help people reprogram neural pathways, build mindful habits, and release blocks.

LECTURES: Mindful Photography Techniques • Qigong • Gratitude Meditation • The Power of Breath

WORKSHOPS: Mindful Kayaking • Tension Release Exercises (TRE) • Transformational Breathwork Journey • Sensory Silk Cocoon Meditation

PRIVATE SESSIONS: Tension Release Exercise (TRE) • Breathing Techniques for Optimal Health • Daily Dose Wellness • Customized Transformational Breathwork



ADRIAN BENNETT *Program Chef*

Focusing on health and wellness through an active and balanced plant-based lifestyle, ayurvedic principles, and light-hearted fun, Adrian's dedication, patience, and commitment to educating and inspiring guests for over two decades aligns perfectly with Miraval Berkshires' Life in Balance Culinary Kitchen.

Life in Balance Culinary Kitchen.

WORKSHOPS: Blend 'N' Balance Smoothies • Conquer the Blade • Cocktails with the Chef • Flower to Root Cooking • Restoring Bone Broth • All About the Egg • Fermented Foods



SARAH DUPREY
Farm, Garden & Nature Connection Specialist

Sarah, a nature and equine enthusiast, loves discovering native plant communities. She holds a wild mushroom food safety certificate and enjoys plant and fungi foraging while introducing guests to nature's abundance. With landscaping and horticultural credentials, her passion has evolved to include regenerative agriculture practices.

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LECTURE: The Magic of Mushrooms

WORKSHOPS: Mindful Mushroom Discovery • Fantastic Fungi • Weeds & Wine • Mastering Microgreens • Evening Garden Meditation • Morning Harvest

PRIVATE SESSIONS: Mindful Mushroom Discovery • Fantastic Fungi • Mastering Microgreens • Weeds & Wine • Spore Prints • Evening Garden Meditation



GREG DILISIO
Spiritual & Outdoor Guide

Greg, a research scientist, oceanographer, and environmental educator, guides outdoors with scientifically informed observation and reflection for spiritual renewal. His acupuncture sessions treat pain, fatigue, and stress. Classes in positional therapy, yoga, and tai chi promote postural and musculoskeletal self-correction.

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LECTURES: Principles of Positional Therapy • Balancing Meridians

WORKSHOPS: Aerial Yoga • Kayaking • Stand-up Paddle-Boarding • Shinrin-Yoku • Tai Chi Hike • Spirit of the Saber, Mindful Archery • Functional Exercise

PRIVATE SESSIONS: Becoming Balance • Qi Flow • Qi Grounding • Acupuncture • Beyond Acupuncture



NICK GRIMALDI
Cultural Connoisseur

Nick brings 30+ years of service, a connoisseur's knowledge, and a fun-loving approach to mindfulness. His art, textile, and interior design background adds to his signature flair for exploring taste, texture, cuisine, and culture.

Nick loves to share life's essential pleasures with guests: sustenance, creativity, and connection.

WORKSHOPS: East Coast Oysters & Bubbles • Sensory Wine Tasting • Seasonal Elixir Cocktails • Farm to Glass • Steeped in Culture • Miraval's Farm-to-Basket Experience • The Joy of Java • Sip & Sketch



JEN LEAHEY
Animal Connections Specialist

Jen has dedicated 30+ years to connecting people and nature to share her passion for nature's wonders by promoting awareness, empathy, and understanding. She works with wild and domestic species, from horses and goats to birds of prey, and holds state and federal licenses to care for injured wildlife.

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LECTURE: The Healing Herd

WORKSHOPS: Raptors & Resilience • The Wisdom of Owls • Centaur Meditation • Donkey Discovery • Hooves & Heartbeats • Twilight at the Farm

PRIVATE SESSIONS: Raptors & Resilience • The Wisdom of Owls • Centaur Meditation • Donkey Discovery



BART STAUB *Ayurvedic Specialist*

Bart, an Ayurvedic diet & lifestyle practitioner and certified Kripalu yoga teacher, studied philosophical and metaphysical systems in India for 15 years with Guru Satya Narayana Dasa and periodically returns to teach and study global health. He educates and motivates guests to

achieve optimal health through simple practices.

LECTURES: Grounding on the Great Lawn • Gifts of Grounding • Riding the Wave of Routines: Circadian Rhythms & Cycles • Soul Discovery

WORKSHOPS: Taste & the Kama Sutra: Secrets of Sensual Health • Scent & the Kama Sutra: Secrets of Sensual Health • Touch & the Kama Sutra: Secrets of Sensual Health • Discover Your Dosha

PRIVATE SESSIONS: Explore Your Elemental Nature • 6 Tastes for Customized Optimal Health

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.



UNPLUG | BE PRESENT

DIGITAL MINDFULNESS
MIRAVAL MODE

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

EXPERIENCES MENU

CHALLENGE. IMPROVE. INDULGE. RENEW.

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



WELLBEING

WELLNESS COUNSELING Activities

BALANCING MERIDIANS:

Acupuncture & Acupressure This lecture explores how acupuncture and acupressure stimulate meridians from an energetic (Qi) and physical point of view. Experience unique body-tapping and gentle stretching techniques to learn how to remove Qi blockages along the 12 meridians.

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

NEW

DISCOVER YOUR DOSHA Everything is composed of five elements: Space, Air, Fire, Water, and Earth. The different ratios make up the variety we see all around us. Knowing our dosha type can guide us through what food, drinks, yoga, exercise, breathwork, and meditation would be best for us and how that changes throughout the year and throughout our lives. \$

EXPLORING THE SELF:

From Fragments to Connections Examine how other people's behavior affects yours and find common ground through perceived disconnections. By recognizing that other people's traits that make you uncomfortable might reveal a constructive counterpart within yourself, you can forge positive bonds and examine your inner aspects that collide or combine with others. \$

NEW

FUNCTIONAL EXERCISE Work smarter, not harder, to balance your body with techniques that reduce pain and increase range of motion and functional strength. This evidence-based approach features using your own body with good posture, practical movement, and breath. Rebalance your muscles with a grounding routine that relieves hips and shoulder stress and tones and lengthens muscles. \$

NEW

GIFTS OF GROUNDING Explore the benefits of this indoor or outdoor practice to shift your electrical charge. Step on a specially designed indoor grounding mat and feel the difference in your body's charge when you remove the border between you and the ground. Ayurveda Expert Bart Staub uses a machine to measure your charge before and after to demonstrate the change. \$

GROUNDING ON THE GREAT LAWN Shed your shoes, glide barefoot across the lawn, and open to a higher vibration. Ease your nervous system with abdominal breathing, expand your heart's energy in outdoor space, and use your skin's earth connection to neutralize excess positive charges to ground and prompt better lymphatic drainage with gentle joint rotations. *Seasonally offered*

HAIR AWARE Learn about the importance of scalp care & creating a routine to help maintain (or restore) good scalp health. Explore issues that all people experience—whether they know it or not—like hair loss, genetic factors, or habits, and investigate natural and safe practices that can lead to a healthier scalp and hair.

NEW

JOURNALING WITHOUT JUDGEMENT Free your mind with this stream-of-consciousness-style writing class. Explore—without judgment—your thoughts in each moment by writing continuously. This method of journaling illuminates self-reflection, self-realization, and self-care. Discover limitless mental fluidity and emotional confidence that can bring personal clarity and soulful wellbeing.

MAKE THE MOST OF YOUR MIRAVAL EXPERIENCE Sign up today—whether it's your first or fifth visit—to make the most of your experience. Join a specialist and fellow guests for a communal gathering to chat about Miraval Mode, mindfulness, experiences, and intentions. Ask a specialist about their craft, discuss the property's history, and connect with others.

MEMORY POWER This workshop teaches techniques and exercises for improving memory and cognition that are widely used by memorization experts, including those who compete in national memory competitions. From remembering every item on a grocery list to a random deck of cards to the number pi for hundreds of digits. \$

NAVIGATING GRIEF:

Lifting the Layers Grief cycles through us in concentric circles of emotional, spiritual, and physical loss. Secondary losses stem from and surround the initial event, stealing identity, joy, security, family structure, and social support. These recurring pieces keep us stuck in our grief. Join this workshop to identify and shift your perspective. \$

THE PATH TO GRATITUDE:

Hardwire Yourself for Happiness Gratitude consistently emerges as thriving people's number-one trait. Dive deep, explore the science behind gratitude, and learn how to orient your brain to reach higher levels of peace, contentment, and love. Become aware of negative default programming and learn strategies for raising baseline gratitude in just four weeks. \$

THE POWER OF BREATH Mark Gerow, certified in Buteyko Breathing, offers breathing techniques that support people with asthma, sleep disorders, and insomnia. Learn about life-changing breathwork used by athletes and artists to develop resilience and thrive through tough times in this introduction to Alchemy of Resilience and Neurodynamic Breathwork™.

PRINCIPLES OF POSITIONAL THERAPY

Examine the principles of Positional Therapy, a technique that explores posture, structural alignment, and muscle use. Learn how to skillfully apply proper corrections to common muscle imbalances to reduce pain and improve muscle function. Experience these principles in action in the private session *Becoming Balance*.

RIDING THE WAVES OF ROUTINES:

Circadian Rhythms & Cycles Use Ayurveda's ancient tools and routines to align with nature's established rhythms. Explore how nature's circadian cycles pair with your individual nature and how harnessing day and night rhythms can enhance anything from nutrition, exercise, and skin or hair care to delegating times for sleep, work, and communication.

NEW

SCENT & THE KAMA SUTRA:

Secrets of Sensual Health Your sense of smell is a powerful route to enhancing sensuality and promoting sexuality. Consult the Kama Sutra, an ancient Indian text on eroticism and emotional fulfillment, to nourish bonds through aromatherapy, libido-boosting scents, and techniques to strengthen sensual health by opening unique olfactory communication that sets a mood for reconnection and intimacy. \$

NEW

TASTE & THE KAMA SUTRA:

Secrets of Sensual Health Your sense of taste can help you explore the Kama Sutra, an ancient Indian text on eroticism and emotional fulfillment that shows how sensuality promotes sexuality to support a healthy relationship's foundation. Learn to nourish bonds through courtship and sex-adjacent activities and taste aphrodisiacs, herbs, and spices that enhance blood flow, circulation, and communication. \$

NEW

TOUCH & THE KAMA SUTRA:

Secrets of Sensual Health Using the sense of touch, discover the Kama Sutra, an ancient Indian text on eroticism and emotional fulfillment that shows how sensuality promotes sexuality to support a healthy relationship's foundation. Learn to connect and create arousal through courtship, touch, and sex-adjacent activities, including massage, erogenous zone and lunar cycle sensitivities, textures, materials, and textiles. \$

TENSION RELEASE EXERCISES

Mark Gerow guides you to release collected stress by fatiguing muscles surrounding the body's emotional center. As they fatigue, they shake and set off a chain reaction that triggers a reset of the autonomic nervous system. This science-based regulating method uses focused physical exercise to release tension and induce relaxation. \$

NEW

TOOLS FOR OVERCOMING ADVERSITY

Learn how movement, authentic conversation, and journaling positively impact how you face adversity. This active workshop integrates the body and brain with exercise, discussion, and reflection. Tariq Pinkston shares recentering tools and moments from his life story in a supportive environment that helps you shift perspective and foster resilience. Take home a leather-bound journal to incorporate these techniques into your daily life. \$ *Wear fitness attire*

TRANSFORMATIONAL BREATHWORK

JOURNEY Expand awareness with this transformational technique combining Holotropic Breathwork®, music, and guided meditation. Set aside your conscious mind's constant chatter by entering a nonverbal state where ideas form freely. Empower yourself to release and rewire subconsciously buried thoughts and emotions through deep, focused breathing. \$

UNDERSTANDING THE SELF & ITS PARTS

We each have many parts that make up who we are. Our work self might be different from the self we bring to our homes or communities. Sometimes, these aspects work well together and other times they cause confusion and uncertainty. This lecture offers an overview of effective tools for working with our many pieces more harmoniously.

THE WAY TO SUPERIOR SLEEP Two-thirds of Americans suffer from lack of sleep. This workshop and sleep clinic examines the latest research on sleep hygiene and offers tips for falling and staying asleep. Learn cutting-edge strategies for getting better sleep, including gold star breathing techniques to minimize stress and maximize rest. \$

WELLNESS COUNSELING Private Sessions

NEW
6 TASTES FOR CUSTOMIZED OPTIMAL HEALTH Did you know there are six primary tastes your tongue needs daily for optimal health? Ayurvedic expert Bart Staub helps you determine your elemental makeup or dosha type and guides you through our lunch buffet to help you make the healthiest choices that work with your body's natural constitution to balance and optimize your energy. \$

ACUPUNCTURE This educational and experiential treatment offers a greater understanding of Chinese medicine. After a brief interview, our acupuncturist will gently insert fine needles into the meridian points of your body to stimulate your natural healing abilities. *Wear loose, comfortable clothing.* \$

BECOMING BALANCE This fully clothed, treatment-based session combines two clinically recognized neuromuscular treatments to support muscular-skeletal function and range: strain-counterstrain (SCS) and muscle energy technique (MET). This session includes acupuncture, intuitive massage, light touch, and vibrational therapy with soothing crystals. *Wear yoga or exercise attire.* \$

BEYOND ACUPUNCTURE Receive the myriad health benefits of traditional acupuncture treatment, plus more. Your session includes a multi-sensory ritual of aromatherapy, seven chakra Tibetan singing bowls, koshi chimes, and tuning fork vibrations. \$

NEW
BREATHING TECHNIQUES FOR OPTIMAL HEALTH Join Breathwork Specialist Mark Gerow for a detailed evaluation and personalized formula for daily practice tailored to your goals. Co-create a customized practice using Buteyko techniques for sleep, stress and breath issues, Oxygen Advantage for athletes, or general breathwork routine for health, mood, sleep, or stress reduction. \$

NEW
CUSTOMIZED TRANSFORMATIONAL BREATHWORK This 100-minute deep dive into breathwork offers a transformational experience through Holotropic circular breathing and reawakening techniques. This unique combination of guided breathwork uses specific methods to help you release and process blocked emotions and energy, leaving you with a sense of relief. \$

DAILY DOSE WELLNESS Mark Gerow shares his compelling story of recovery and resilience to demonstrate a method of attainable, small steps that anyone can successfully navigate. If you have ever felt overwhelmed by stress, sadness, or the confusing barrage of available solutions, see how this simple, easy-to-follow method can elevate your wellbeing. \$

EXPLORE YOUR ELEMENTAL NATURE: Ayurvedic Tools for Balance Work with Ayurvedic Expert Bart Staub to determine your dosha type (how nature's elements combine in you) and develop a plan for aligned daily practices. Your individual elemental composition is a roadmap for your unique expression in life and can guide sleep patterns, food combinations, exercise routines, and lifestyle habits. \$

GRIEF COUNSELING SESSION This private session offers you an opportunity to share your grief journey with Alexia Silva, an experienced grief counselor. She can help you navigate the confusing and disorienting space of loss, grief, and transition. \$

INTEGRATING THE SELF Explore the self's various aspects and examine the sometimes scattered or elusive parts and partitions that keep us from feeling connected to ourselves and others. This personalized session offers space to address issues, concerns, or goals and identify tools and techniques for integration, attunement, and understanding. \$

QI FLOW Invoke Chinese medicine's five elements with a take-home Qigong practice to manage stress and strengthen your mind/body connection. Balance energy with guided Thai/Shiatsu-massage-inspired stretches and CranioSacral therapy. A singing bowl sound bath and crystal chakra-balancing session leave you profoundly relaxed. \$

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

RELATIONSHIP TOOLKIT We all need communication tools in our relationships, from newlyweds and friends to longtime partners, family, or co-workers. Learn how to make joint decisions, mitigate conflict, or understand each other better. Rather than debating fault, you can gain practical tools for addressing conflicting thoughts, emotions, or values. \$



WELLBEING

SPIRIT & SOUL Activities

NEW
ASTROLOGY EXPLORATION Astrology helps us understand that we are influenced by more than hereditary or environmental factors. The state of our solar system at the moment of your birth shapes the basis of who we are and how we awaken to our potential. This conversational lecture helps you understand how astrology can enhance and enlighten self-knowledge. *To follow up with a personalized astrological reading, sign up for a private session and supply your birth day, time, and location.*

CACAO & SOUND CEREMONY Cacao, an ancient medicinal plant from South America, opens hearts and brings communities together. Sip ceremonial grade cacao and immerse yourself in an extraordinary sound journey guided by voice, movement, and singing bowls. This uplifting ceremony lets you observe and participate in a timeless ritual of bliss. *No food or caffeine for one hour before ceremony. Come hydrated and bring water bottle, journal, and pen.* \$

CAPTURE YOUR AURA Unseen by the naked eye, your body, mind, and spirit resonate as energy and color. Learn how your unique energy field can be shown using the Aura Camera 6000 and what the colors of the aura mean. Aura photos will be taken and developed as take-home 4x6 prints. \$

CHAKRA SOUND LEVITATION This gentle sound immersion renews your chakra system with the harmonious vibrations of crystal singing bowls. Wrap yourself in a warm and cozy yoga silk swing and enjoy the beautiful and peaceful tones that allow your mind, body, and spirit to synthesize and relax. \$

NEW
CLARITY & CONNECTION: Intuition as Your Guide Learn to harness the power of your inner knowing to bring clarity to your work and relationships and create a deeper connection to yourself. We all have the ability to tap into the tools of intuition. Learn the inner workings of this universal force to help change your life. \$

CLEANSING CHAKRAS WITH SOUND This gentle sound immersion uses the resounding vibrations of crystal singing bowls to allow mind, body, and spirit to synthesize energy. A guided meditation into your heart chakra reveals the divine love vibration that lives inside you. Explore the healing power of sound with tones and mantras that balance your chakra energy system. \$

CRYSTAL CLARITY Learn to intuitively select a crystal with the benefits you desire, using color vibration as a guide. Enhance its strengths by imprinting your intention into the stone and attuning it to your personal energy. Leave the workshop with your chosen crystal and understand how it can support your wellbeing and chakra energy flow. \$

DEMYSTIFYING MEDIUMSHIP Learn about mediumship's history and evolution and how people access spiritual messages through a multi-faceted process, from practical mechanics to esoteric mysteries. Address mediumship uncertainties, questions, and concerns with an open discussion that lets you focus on your experience when committing to a personal reading.

EXPLORING THE CHAKRAS Peruse the seven chakras of your energy system. Learn how they affect your mind, emotions, body, and spirit. Clarify how you balance each chakra to create more harmony within your whole being.

ILLUMINATION RITUAL: Release & Restore Join Dayla Robinson for a releasing and renewal ritual that guides you to let go of past negative energy and summon positive present and future energy. Manifest your dreams and receive a mini oracle card reading for guidance. In this space, we can invite our desires, restore hope, and illuminate our intent for the future. \$

LABYRINTH WISDOM WALK The labyrinth is a sacred meditation tool for profound self-discovery. This workshop teaches ancient wisdom and powerful techniques for meditation and inner connection. Discover the labyrinth's twists and turns for a meditative journey that helps you release, quiet your mind, and explore life's mysteries.

NEW
MYSTERIES OF THE TAROT Using three unique decks, learn how to read and interpret universal symbols with tarot cards. Discover how the tarot can help you explore the meaning of events or crossroads in your life. This conversational class demonstrates how using the tarot can illuminate our stories and help us share them visually and intuitively. *For a personalized reading, please sign up for a private session.*

THE NAMING OF SOULS: Honoring the Departed Gather with fellow guests for a ceremonial reading of names of lost loved ones (people or pets) and witness the healing aspect of saying and hearing their names while honoring ancient theological traditions. In a world that hesitates to name losses, we can create a circle of remembrance and love through recitation and transformation.

NEW
PAST LIFE REGRESSION Explore your inner processes and reveal aspects of yourself in this guided group meditation that takes you into a deeply introspective state. Discover influences and past-life reflections of your personality and purpose through a guided journey. Share your impressions with the group or journal privately to process and integrate your experience.

NEW
RAISE YOUR VIBRATION: Ascending Awareness Everything is energy, continually moving at different levels or vibrations. Learn how to identify your own vibration and discover simple tools to raise and maintain a higher frequency. Raising your vibration can remove blocks and allow greater flow into your life.

SEASONAL SACRED TREE CEREMONY Let this transformational ceremony sweep you into the magic of trees. Sip tea and hear ancient stories about the peaceful pine, grandmother maple, or grandfather ginkgo's medicinal and mystical properties. A guided spiritual meditation offers an opportunity to release issues and welcome the calm and stillness of the arboreal realm. \$

SONG OF THE ROSE: A Guided Meditation Rose's soothing energy and companionship echo the heart through song. Connect to your inner self, loved ones, and nature through plant ceremony, rose tea, and a guided rose-quartz-crystal illuminated sound meditation. A plant-intelligence discussion introduces rose's song with a device that translates her vibrations into melodies. \$ *Seasonally offered*

SOUL DISCOVERY: An Ancient Perspective Ayurveda, an ancient holistic healing system, offers a simple way to explore the complex concept of the soul. Join a discussion that steps outside our emotional or physical spheres to help us glimpse that part of our being that transcends thought and connects with the soul's timeless realm.

SOUL FLOWER: Emotional Enlightenment Release stuck emotions with flower essence vibrational remedies and discover your soul's flower and soul wisdom through guided mediation and journaling. \$

SOUND AS A HEALING SOURCE Learn how established sound-healing practices therapeutically use sound waves and natural frequencies to harness movement and medicine. Explore vibrational therapy's philosophy to discover effective vibrational tools (singing bowls, tuning forks, flower essence frequencies) for maintaining harmony and wellbeing.

SOUND JOURNEY MEDITATION This guided sound journey balances your body's elements through a four-step metamorphosis: earth (caterpillar), water (cocoon), fire (chrysalis), and air (butterfly). Rattles, drums, flutes, bowls, harps, and a monochord immerse you in vibrations, relax your nervous system, and shepherd you through transformative states of change. \$

TIBETAN TONES Learn the fundamentals of sound perception with a discussion of singing bowls' origins, uses, and benefits. Discover how tones, vibrations, and frequencies can promote relaxation, quiet the mind, and support the body. Participate in a brief meditation and guided breath-awareness practice to experience the soothing influence of sound.

VIBRATIONAL SOUND CHAMBER This uniquely designed room helps you unplug from the outside world's demands. A rare collection of antique singing bowls from Nepal are played to ease you into a relaxed state of mind and body. The Meditation Chamber is an opportunity to become acquainted with the source of your calm through harmonic sounds and self-reflection. \$

YOUR HEALING ENERGY:

From Heart to Hand Rebalance your heart's healing energy with your hands and align with higher frequencies by practicing handholds that amplify the celestial light emanating from your core throughout your entire being. An aura photo captures your electromagnetic energy colors, offering a visual and right-brained awareness of your subtle energy field. *Often paired with Capture Your Aura for interpreting aura photos.* \$

YOUR INTUITIVE AWARENESS:

The Key to Health & Personal Growth When we cultivate awareness of our energy and intuition, we open space for self-love and self-care. Energy Worker and Spiritual Guide Raya Buckley shares pieces of her journey to health and illuminates how we can empower ourselves to reach our highest potential by listening to our intuition and becoming more aware of our energetic fields.

SPIRIT & SOUL Private Sessions

AKASHIC SOUL RECORD READING

The Akashic vibrational field contains your soul's wisdom and experiences over many lifetimes and helps you figure out how to move toward healing and self-actualization. Raya Buckley will access your unique Akashic records to bring insight into life's challenges and reveal authentic, fulfilling choices based on ancient wisdom. \$

NEW

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

AURA IMAGING This session includes a detailed reading of your individual 4x6 Aura Photo and a live-action imaging session, which shows how your energy field's colors shift in real-time using biofeedback and imaging technology. Raya Buckley provides recommendations for making the most of your unique energy field. *See Relationship Aura Imaging for 2 - 4 people.* \$

CELESTIAL SOUND BATH This immersive vibrational sound healing session invites blissful relaxation. Crystal and Tibetan bowls, tuning forks, and a body monochord produce gentle, rhythmic pulsations throughout your body and are strategically placed around and on you, massaging the cells while they cleanse, reset, and harmonize your body's energy. \$

CHAKRA ORACLE READING Release hidden emotions and patterns that may stem from chakra-system blockages directly related to life's challenges. This unique reading gives direct feedback from your chakras for wellbeing-friendly lifestyle changes that access your highest potential. Take home a personalized flower essence to integrate your renewed energy. *Available with a Sound Healing add on.* \$

CHORUS OF CRYSTALS WITH AURA PHOTOS This multi-sensory vibrational attunement session combines master-level Reiki, polarity, and pranic healing with energy-flow-balancing color and sound frequencies. Before and after aura photos show the benefit of color therapy lights (focused through quartz crystals on each chakra center) that support hands-on energy healing work. \$

CLAIRVOYANT READING Tap into abilities of clairvoyance (clear seeing), clairaudience (clear hearing), clairsentience (clear feeling), and claircognizance (clear knowing) with a reading that connects you with the spiritual realm. Identify your personal spirit guides so you can leave the session confidently, knowing you are always protected. \$

ENERGY SESSION WITH AURA PHOTOS Tap into your body's energy to create positive spiritual and emotional shifts. Raya Buckley uses hands-on pranic energy, spiritual intuition, and coaching skills to help you release old blocks and create inner peace. Aura photos are taken at the start and end of the session to illuminate your core energy strengths. \$

HIMALAYAN SOUND BATH This private sound meditation is a spa treatment for the soul. Relax into a soothing, spiritual journey with the rhythmic tones and frequencies of antique Himalayan sound bowls, Koshi chimes, and voice. Your guide may gently place bowls on your body to deepen vibrations as you bathe in waves of sound. \$



WELLBEING

MEDITATION Activities

EVENING MEDITATION Access inner tranquility by finding or creating sensations of rest in the body. This meditation helps minimize suffering and maximize fulfillment by finding peace through states of physical and emotional repose.

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

GRATITUDE MEDITATION This ancient Buddhist practice cultivates gratitude, loving-kindness, happiness, and compassion. Learn a powerful technique designed to create positive emotions that can be healing and helpful to yourself and others around you.

MEADOWVIEW EQUINE MEDITATION Description featured in the Equine activities menu on page 24. \$

MEDITATION FOR SUPERIOR SLEEP Have you faced mood changes, weakened immunity, decreased concentration, weight gain, or depression? Lack of quality sleep could be the culprit. This experiential class shows you how meditation can help you fall asleep faster and support the quality of your sleep cycle.

MEDITATION WITH MUSIC This fun, easy-to-learn sound meditation uses a curated musical compilation to elicit positive feelings and emotions.

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

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

QIGONG Engage in the moving meditation of Qigong, an ancient Chinese healing art integrating controlled breathing, posture, and movement exercises.

SEE, HEAR, FEEL: An Alternative Path to Mindfulness & Meditation This unique meditation method is perfect for overactive minds, works for novices to Zen masters, and sharpens senses and attention spans while cultivating emotional balance in just 12 minutes a day. Take home a comprehensive four-week meditation program and plan that makes it easy to integrate meditation into your daily routine. \$

SENSORY SILK COCOON MEDITATION Take floating meditation to the next level with a meditative journey through frequency, sound, and narration. Brainwaves enter a calming, creative theta state, creating a profound state of relaxation and self-connection with music, light restriction, weightlessness, essential oils, and gentle grounding touch. \$

SHINRIN YOKU Take a guided, calming nature walk, known in Japan as "forest bathing," to open senses, hone intuition, and rediscover the outdoors. Learn about the compounds trees release that support immune function. Participate in guided activities based on mindfulness practices and develop a deeper connection with nature. *\$ Seasonally offered*

TAI CHI HIKE Enjoy a walk and practice Tai Chi among the wise hemlocks and birches of Pleasant Valley Audubon Society, where beavers have shaped the landscape, and many species of birds gather in the ponds. This lesson in posture, breath, and core movement helps you move more fluidly, with renewed energy, power, and grace. *\$ Seasonally offered*

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

MEDITATION Private Sessions

Please visit the Discovery Cottage to book any Meditation experience as a private session.

BREATHE YOUR STRESS AWAY Breathwork can transform how you feel profoundly. For centuries, used by yogis to experience greater health and spiritual connection, conscious breathwork has provided a quick route to releasing stress and feeling better. Acquire a series of take-home breathing techniques you can use daily to live a more centered, happy life. \$

CUSTOM MEDITATION Meditation is a powerful tool for stress reduction, concentration, and the deepening of wisdom. Develop or strengthen your practice. \$

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

FROM STRESS TO REST Access deep levels of rest and tranquility with gentle stretching, self-massage, breathwork, and meditation to rebalance the system and release accumulated stress. These simple techniques offer a powerful way to reboot your body's natural capacity to heal and restore itself. \$

HOW TO MEDITATE This session introduces you to everything you need to know to begin mindfulness meditation. We demonstrate efficient and effective practices that can maximize fulfillment. \$

QIGONG: Flowing Movement Qigong is an ancient Chinese practice of flowing movement. Its many benefits may include diminishing stress, increasing energy, and fostering a sense of balance. Practice a complete and simple series of qigong movements that you can take into your life and use as a form of moving meditation. \$

QIGONG FOR LIFE Qigong is an ancient mind-body-aligning practice from China using flowing movement, breathwork, and meditation. Learn a special form that includes meditative movement, a simple acupressure protocol, and ancient meditation to take home for daily use. Benefits include stress reduction, elevated wellbeing, and a supported immune system. \$

WELLBEING

CREATIVE EXPRESSION

Activities

NEW

ART STUDIO TOUR Get an inside look at the studios in Meadowview Hall and meet our resident artists. Enjoy a pottery demonstration, get a sneak peek at works in progress, and view completed pieces. Come with your questions and let your imagination inspire you.

NEW

ART STUDIO TOAST & TOUR Raise a glass to the artist in all of us as we celebrate the evolution of our creative space. Join the artists in sipping a sparkling beverage as you tour the gallery and studios, hearing the stories behind their work and the inspirations that drive them.

ART WALK The Berkshires have long been a hub for artists and creative personalities. Enjoy the unique and inspired local artworks that grace the Miraval property on a tour with one of our guides. *Tours offered in English, Spanish, and French.*

INTROSPECTIVE JOURNALING:

Poetry, Purpose & Perspective Mindfulness practice and journal writing go hand in hand in this session that helps you achieve a point of psychological balance that allows for your best introspective writing to flow. Great for journaling, poetry writing, or self-study as practiced in the yoga tradition known as svadhyaya for personal growth and illumination. \$

MINDFUL PHOTOGRAPHY TECHNIQUES

Focusing on the present moment can shift perspective remarkably in photography and life. Work on creating images vs. snapping as you gain awareness of available natural light and compositional elements to create a stronger, more interesting image. No technical applications will be discussed. Bring any style camera: iPhone & Android.

POETRY-GUIDED IMAGERY Activate your imagination to explore your inner landscape with a compelling narrative that weaves classic poetry with guided imagery.

POETRY THEATER:

Recitation of the Soul Join Brian Paul Allison for a theatrical delivery of classic and modern poetry in a tour-de-force performance that stimulates the mind and enriches the heart, awakening and delighting the muses of imagination and creativity.



POTTERY:

Handbuilding with Clay Hand build a vessel from pre-rolled clay slabs and create a mug in this community-oriented experience that explores the concepts of giving and receiving. Offer your creation to a future guest, who will receive its nurturing benefits. In turn, you may take home a previous guest's hand-made mug. \$

POTTERY:

The Way of the Wheel Learn to center yourself in this journey from clay to vessel by connecting to your body and breath. Allow the spinning clay to free your mind of spinning thoughts and worries, grounding yourself through the task. Explore this process with an open heart as you discover the stillness of connecting with clay in motion. \$

SIP & SKETCH:

A Gilded-Age Gathering William Cullen Bryant's Sketch Club cultivated creativity through art and literature. Notable members included Asher B. Durand, George Inness, Thomas Cole, and Samuel Morse. Visit Wyndhurst Mansion for a glass of wine and a reimagined club to unleash your pictorial and narrative vision of the Berkshires to take home with you. \$ *Seasonally offered*

SNAPSHOTS OF SPLENDOR This hike opens your eyes and heart to woodland wonders while working the cardiovascular system. Trek through old-growth hemlock forests, an ancient "lone wolf" oak, active beaver dams, and waterfalls to de-stress, make deeper connections to mindful moments and promote overall health and wellbeing. Bring your camera. *This is a great follow-up to the Artful Photography Stroll.* \$ *Seasonally offered*

YOUR SEASONAL APOTHECARY

Transport your senses through seasonal aromas by making a custom aromatherapy rollerball. Use certified pure therapeutic grade oils to create nature's remedies for the body, mind, and spirit. Sample various essential oils and learn about their healing properties while formulating a take-home blend in a portable applicator. \$ *Seasonally offered*

CREATIVE EXPRESSION

Private Sessions

Please visit the Discovery Cottage to book any Creative Expression experience as a private session.

GLAZING This final step in pottery creation offers a meditative experience through craft. The chemistry of a kiln's extreme heat can produce unexpected results that lie outside our control. Study practiced glazing methods and glaze an already in-progress work of pottery, creating a collaborative piece for you to keep. \$

POTTERY:

Handbuilding with Clay & The Way of the Wheel Description featured in Creative Expression activities menu to the left. \$

CULINARY & NUTRITION

CULINARY

Activities

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

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

APPRECIATING CHOCOLATE Join us for a brief history and tasting of chocolate. Learn about the effects of terroir, sample chocolates from around the world, and see first-hand how chocolate is tempered. Leave class with your own hand-dipped and decorated truffles. \$

BLEND 'N' BALANCE SMOOTHIES Join us in The Life in Balance Culinary Kitchen for an educational smoothie experience. Learn which ingredients offer the most balanced nutrient absorption and health benefits. \$

COCKTAILS WITH THE CHEF* Enjoy a chef-created appetizer and cocktail while you learn about our food philosophy and hear about healthy cooking tips and tricks. \$

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

CONSCIOUS COCKTAILS Miraval's dietitian and nutritionist explains the science behind making healthy wine choices for your next night out and offers tips for selecting better cocktail ingredients. Play a light-hearted trivia game as you taste health-conscious cocktails. \$

EAST COAST OYSTERS & BUBBLES*

Few food combinations resonate with Gilded-Age excess and extravagance as oysters and champagne. Stroll back in time to the sumptuous suppers of the past, roll up your sleeves, and learn how to shuck raw east coast oysters and pair them with effervescent flutes of champagne or sparkling wine. \$

FARM-TO-GLASS:*

Beyond the Bloody Mary Let your creativity loose in this hands-on mixology session that teaches you to craft the perfect Bloody Mary. Gain an understanding of your tastes and how ingredients interact to change the profile of a drink. Locally sourced fresh ingredients make this class an authentic farm-to-glass experience. \$

FLOWER TO ROOT COOKING This interactive experience will teach you to create and cook satisfying plant-based dishes. Please alert staff of allergies before booking this event. \$

GLUTEN-FREE BAKING Grab the oven mitts and start baking alongside our Head Pastry Chef for this 60-minute workshop. Learn how to make seasonal baked goods using alternative flours that help support local agriculture.

THE JOY OF JAVA Learn about coffee's origins and history by exploring bean choice, roasting techniques, caffeine content, and taste-influencing factors like brewing methods and cup preparation. Perfect your coffee-making skills by discussing add-ins and the many dimensions of coffee that affect consumption, from bean to beverage. \$

JUST COOK FOR ME* Take a seat at our connoisseur's table and savor our chef's choice of fresh, seasonal, and innovative culinary delights. This four-course menu features one sweet and three savory dishes paired with red, rosé, or white wines. This experience is designed for the adventurous foodie and may not be adjusted for food allergies. \$

MIRAVAL FARM-TO-BASKET PICNIC EXPERIENCE Gilded Age loved their teas, lawn parties, and luncheons. Sit outside our historic mansion with Cultural Connoisseur Nick Grimaldi to redefine a modern and mindful picnic-chic meal. This hosted lunch invites you to slow down and enjoy nutritious and locally sourced ingredients while absorbing the surrounding scenery. *Select menu choices with an experience planner when booking.* \$ *Seasonally offered*

THE MODERN ART OF SAUCES* This hands-on class demonstrates how to make innovative, nutritious, and modern sauces that complement the best foods. Learn knife skills, sautéing and simmering techniques, and a professional chef's approach to developing and pairing flavors. Taste your newly created sauce with a paired appetizer and glass of wine. \$

RESTORING BONE BROTH Embark on a journey through the labor of love that is bone broth. Learn how it can help restore your brain, gut, skin, ligaments, and joints while preventing ailments. Bring this robust ancestral recipe home with you.

SEASONAL ELIXIR COCKTAILS For centuries, Asian, Indian, European, and Middle Eastern countries have harnessed the health properties of roots, herbs, and spices in tinctures and elixirs. Learn how you can use natural ingredients to make unique and tasty cocktails that are both healthy and fun when applied with balance and moderation. \$

SENSORY WINE TASTING* Nick Grimaldi puts a Miraval spin on a typical wine tasting with his unique, interactive, and sensory approach to staying present through awareness of the senses. Lean into what your tongue and nose tell you as you blindly sample diverse wines. Have fun, challenge yourself, and—most importantly—savor the present moment. \$

STEEPED IN CULTURE:

Afternoon Tea at Wyndhurst Mansion

Stroll over to our historic Gilded-Age mansion and lift your spirits with a ritual that redefines conventional afternoon tea. Slow down, use your senses, and be fully present while making and drinking a cup of soothing tea and nibbling on small bites. See how this traditional snack time can become a mindful and nourishing exercise. \$

SUNDAY BRUNCH ESSENTIALS Make your mid-day meal a healthy and hearty medley of flavors. Brunch fuses the best breakfast and lunch dishes with an invitation to gather, linger, and share morsels and moments around the table. Learn to create and craft simple, fast, and fun brunch dishes with easy-to-follow recipes. \$

THAT'S MY JAM Following our local farmers' seasonal recommendations, make and preserve perfect jams or jellies. Take home your newly learned techniques and the fruits of your labor to enjoy in your own kitchen. \$

CULINARY

Private Sessions

Please visit the Discovery Cottage to book any Culinary class as a private session.



CULINARY & NUTRITION

NUTRITION Activities

EARTH'S NUTRIENTS:

Grounding & Healthy Eating Join Miraval Dietitian Jenae Halsted for a brief lecture and a walk to our gardens. Uncover the health-promoting benefits fruits and vegetables contain beyond simple vitamins and minerals and learn a take-home technique for connecting with the earth to elevate health and join living cells. *Wear walking shoes.* \$ *Seasonally offered*

EXPLORING EMOTIONAL EATING While nutrition can mean counting calories or measuring serving sizes, it can also reveal the symbiotic relationship between emotions and eating habits. Learn techniques to identify emotional barriers that may hinder your health efforts and discover how your mindset can be a catalyst in reaching nutritional targets.

FOOD FOR THOUGHT A certified registered dietitian and nutritionist takes you on a tour of our lunch buffet and helps you make choices from portions to plate methods to help you eat sensibly. Topics include balancing your plate, eating while on vacation, and approaching the dessert bar. Chat about food while you eat lunch in a private space.

HERBAL ALCHEMY

The Art of Tincture Making Discover the extensive health benefits of specific herbs and learn to hone their natural healing abilities in a concentrated liquid extract or tincture. Our nutritionist and dietitian guides you to create an herbal remedy for stress relief and serenity. Take your tincture home to invite calm and tranquility into your daily life. \$



MINDFUL EATING Sometimes, we use food as a coping mechanism. Instead, we can look to mindfulness as a type of meditation that can serve as a strategy for changing habits. Mindful eating is a transformative practice that, over time, can shift your emotional relationship with food.

NUTRITION FOR HEALTHY SKIN Ingested nutrients are just as important to skincare as topical solutions. Encourage glowing skin by combining both components while enjoying a skin-nourishing, dietitian-created salad. Differentiate between healthy skin products and filler-laden ones to create a custom face mask made with many of your salad's ingredients. \$

TO SUPPLEMENT OR NOT TO SUPPLEMENT It can be overwhelming to figure out which (if any) supplements are right for you. Some may be unnecessary, while others may serve your fitness goals. Join our dietitian for a breakdown of the science-backed research on how supplements affect our bodies and which ingredients to look for when selecting them. \$

NUTRITION Private Sessions

GENERAL NUTRITION CONSULTATION
Provide information about your condition at booking. \$

NUTRITION CONSULTATION FOR HEALTHY WEIGHT \$

NUTRITION CONSULTATION FOR HEALTHY EATING AS WE AGE:
Preparing for & handling menopause, lack of energy, memory loss, etc. \$

NUTRITION CONSULTATION FOR PROMOTING GUT HEALTH & DECREASING INFLAMMATION \$

NUTRITION CONSULTATION FOR SPECIFIC CONDITIONS:
(Diabetes, Heart Disease, Celiac, etc.)
Provide information about your condition at booking. \$

FARM & GARDEN

FARM & GARDEN Activities

BEEKEEPING Our introductory beekeeping workshop welcomes you to the brilliantly complex world of honeybees. Discover the intricate and dynamic system of bee communication and how they work together to survive, thrive, pollinate the plants essential to our survival, and produce honey. *With inclement weather, we will replace entering the apiary with exploring a working hive and sampling honey from around the world.* \$ *Seasonally offered*

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 coop to give hens safe access to a pasture. This fun and hands-on opportunity encourages you to collect eggs in the coop and bond with a hen. \$

EVENING GARDEN MEDITATION Engage your senses while deepening your connection with plants and nature in an evening garden meditation. Connect with the plant world as nightfall fades your visual input and enhances your other senses. Explore rest and rejuvenation themes in nature and create a take-home herbal sachet. \$

FANTASTIC FUNGI:
Grow Your Own Try your hand at propagating mushrooms on the farm. In this hands-on experience, we discuss the life cycle of fungi and explore different ways we can grow and utilize mushrooms. Inoculate a small container to take with you and fruit your own mushrooms at home. \$ *Seasonally offered*

FARM SENSE Step into Meadowview Farm to learn about animal husbandry, sustainable practices, and a vision for responsible agriculture's role in health and earth care. Tend our gardens and feed and care for our animals while engaging all five senses in our gardens, apiary, chicken yard, raptor house, and horse barn. \$ *Seasonally offered*

THE MAGIC OF MUSHROOMS Learn about our history with fungi, medicinal applications, and commonly foraged culinary treats. More than tasty morsels, fungi serve as healers that sustain species in ways we are only starting to understand. Familiarize yourself with mushrooms beyond their fruiting bodies and discover the mysteries of the mycelial network.



MASTERING MICROGREENS Microgreens are a nutrient-dense food you can grow quickly in tiny spaces. Taste each unique flavor and explore their nutritional offering to select what to grow. Practice seed-sowing and harvesting to experience the ease of hands-on cultivation and taste fresh wheatgrass or barley juice to celebrate your new skill. \$ *Seasonally offered*

MEADOWVIEW FARM & BARN TOUR
Tour the Meadowview farm and gardens and spend time with the more-than-human world. Experience an up-close and personal introduction to our plants and animals, including our bees, horses, raptors, and hens that provide our restaurants with fresh eggs.

MINDFUL MUSHROOM DISCOVERY Enjoy a fungal adventure! Take a meditative stroll and further explore the many mysterious and magical roles of fungi. Learn about and practice basic mushroom identification skills. Deepen your understanding of the fungal connections that surround us. \$ *Seasonally offered*

MIRAVAL BERKSHIRES' HONEY TASTING EXPERIENCE Immerse yourself in the complex world of honey. Explore assorted flavors and aromas through interactive self-tasting exercises. You will be guided through sensory analysis methods through taste as you evaluate honey from around the world. \$ *Seasonally offered*

MORNING HARVEST Greet the day at the Meadowview Acres farm and help to gather its bounty. We will be collecting eggs and learning to harvest herbs and fresh produce from a perspective of gratitude as a component of our overall wellbeing.

RAPTORS & RESILIENCE:

Life Re-envisioned Our raptors are wild birds that were injured and can no longer survive in the wild. Ambassadors of their kind, they share with us the lesson of resilience, inspiring us with the power of truly living in the moment. Experience direct connection with our birds of prey and explore the gift of life re-envisioned. \$

THE SEED CIRCLE Enjoy the meditative process of preparing seed by hand while exploring concepts of open sourcing, seed sovereignty, protecting our pollinators, and the impermanence of nature. In the spirit of a traditional New England seed swap, you can relax with fellow guests over a glass of wine and take home seeds from our garden. \$

TWILIGHT ON THE FARM As our day transitions to evening, so does nature's pace. Join us on the farm for twilight time to slow down and give thanks for today's gift. Tend to our gardens and animals' end-of-day needs as we share the farm's intentions and natural world connections by building a fire together and toasting with a seasonal beverage. \$

WEEDS & WINE:

Honoring the Dandelion Take a closer look at the dandelion and other overlooked plants at Meadowview Farm to discover the gifts they can offer us and our ecosystems. We will spend time engaging hands-on in weed management and then relax and sip a rare, summery dandelion wine while taking comfort in nature's greater designs. \$

THE WISDOM OF OWLS Connect with Miraval's owls and explore the world of these ancient symbols of focus and wisdom. Owls keep us company through the darkness, adapting to the seasons, hunting alone in the stillness of night. They teach us that if we brave our "flight" through the darkness we can emerge with rewards from our deepest selves. \$

FARM & GARDEN Private Sessions

BECOMING A BEEKEEPER This private experience offers an inside look at our on-site apiary's management and care. Participate in seasonal care, which could include harvesting honey, feeding nectar, observing the hive, or winterization. Gain a deeper understanding of the joys and challenges of caring for an apiary. \$

CHICKEN KEEPING Description featured in the Farm & Garden activities menu on page 18. \$

FANTASTIC FUNGI:
Grow Your Own Description featured in the Farm & Garden activities menu on page 18. \$

FARM SENSE Description featured in the Farm & Garden activities menu on page 18. \$

MINDFUL MUSHROOM DISCOVERY
Description featured in the Farm & Garden activities menu to the left. \$

RAPTORS & RESILIENCE:
Life Re-envisioned Description featured in the Farm & Garden activities menu to the left. \$

SPORE PRINTS:
Identifying Nature's Patterns Search the grounds for one of nature's art supplies: mushrooms. Each mushroom's spore print is as unique as our human fingerprint and celebrates the individuality of each specimen. Learn how to set them up to create a unique artistic creation and how to identify mushroom types by being still, looking closely, and paying attention. *Schedule at least one day before departure so you may take home your spore print memento.* \$

THE WISDOM OF OWLS Description featured in the Farm & Garden activities menu above. \$

OUTDOOR ADVENTURE

ADVENTURE Activities

FORGE A FIRE Learn how to light a fire without matches with a centuries-old skill that reconnects us to nature. From the flicker of kindling to a crackling fire, you can enjoy the results of your collective effort with a fireside beverage from The Roost. Create a circle of camaraderie and cooperation as we practice this ancient act of creation. **\$**

3D ARCHERY This class takes the archery range into the forest to face three-dimensional targets. With recurve bow in hand, walk purposefully through the woods to find targets symbolizing obstacles like fear, self-doubt, or judgment. Release arrows into the targets and seek solutions by applying archery concepts to daily life. **\$**

HATCHET THROWING Discover a new way to see why we sometimes miss the target with our intentions. Throw a real hatchet and learn to combine breath, focus, and purpose to hit the mark in one smooth motion. **\$**

SPIRIT OF THE SABER Practice elements from the traditional Chinese broadsword form, a set of energy-extending Tai Chi movements. This practice can serve as a tool for mind-body alignment while exercising the upper body with a fun, fluid technique. Use the sword as an extension of your physique to clarify energy, improve agility, and enhance mental acuity. **\$**

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

ADVENTURE Private Sessions

3D ARCHERY Description in Adventure activities menu above. **\$**

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

SPIRIT OF THE SABER Description in Adventure activities menu above. **\$**

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

OUTDOOR ADVENTURE

BIKING Activities

ASHUWILLTICOOK RAIL TRAIL RIDE Venture with us through a section of a lovely 20-mile trail. This flat gentle ride takes you through the heart of the Berkshires, running alongside Cheshire Lake, where the foliage blooms at the base of Mt. Greylock. **\$ Seasonally offered**

BIKING BASICS:

Beginner Gain necessary road riding skills, including balance, control, and navigation. This class covers one-to-three miles and requires no previous biking experience. **Seasonally offered**

COUNTRY ROAD RIDE:

Intermediate Build on the concepts and skills taught in Biking Basics with this physically challenging, five-to-seven-mile, back-country road ride. Learn techniques on a ride that takes you through changing routes with scenic spots, including Downtown Lenox and Laurel Lake. **\$ Seasonally offered**

BIKING Private Sessions

MOUNTAIN BIKING \$

OUTDOOR ADVENTURE

CHALLENGE COURSE Activities

Dynamic belay (instructor-guided activity):

CLIMBING WALL Seize the opportunity to conquer our 45-foot climbing spire in a class-like setting that delves into climbing and belaying techniques with an emphasis on safety.

CRATE STACK Engage in a life-sized game of Jenga as you and your group use a series of crates to see how high you can stack and climb them. **Minimum two people**

EAGLE'S RUN ZIPLINE Fly like a raptor through our stunning Berkshire forest. Soar over 450 feet at a nine-degree pitch, achieving a maximum speed of 25 mph as you leap off our 50-foot-high canopy platform. **\$**

EMBRACING THE EDGE Any difficult decision involves facing the unknown and taking a first step. This repelling activity helps you embrace the edge by guiding you through increasingly tricky rappels, ranging from 15 to 70+ feet high. Gain confidence as you problem-solve your way over the difficult edge until your feet are firmly back on the ground. **\$**

FLYING SQUIRREL Frolic like the playful creatures of the outdoors and take flight 35 feet above the ground. Wearing a full-body harness and helmet, you are lifted up while holding a rope. Work cooperatively with the instructor and your group as they lift and release you in this liberating journey. **Minimum two people**

GIANT'S LADDER This test of teamwork is no solo task. A 35-foot ladder strung between two trees requires two guests to help each other move from level to level while on a dynamic belay. The higher you climb, the more complex the task becomes as the ladder's rungs get farther apart, requiring heightened collaboration and communication. **Minimum two people**

HIGH WILD WOOSEY Get ready for a wild adventure and climb 25 feet high with a partner onto two angled foot cables while being dynamically belayed. Lean on each other for support as you move, hand-to-hand, along a section that widens as you move into a horizontal body position. This trust and peer experience fosters positive communication. **Minimum two people**

QUANTUM LEAP™ Join a small group of Miraval guests to climb on a dynamic belay led by an instructor and assist each other to balance on platforms in a 35-foot maple tree. Once situated, leap to your goal by high-fiving a ball that sits six feet away from the platform.

VERTICAL PLAYPEN Engage with a partner in this series of vertical challenges. This tandem climbing activity requires positive communication, planning, and execution of complex tasks at height and demonstrates how we can excel with community support and camaraderie. **Minimum two people**

Static belay (self-guided), instructor-supervised activities:

LEAP OF FAITH Climb to the top of our 50-foot-high forest canopy platform, where we will hook you into a Flight Line device that safely allows you to stand at the platform's edge and take a deep breath. Surrender to a free-fall state the Leap of Faith: a 25-foot free-fall, followed by a slow descent in this juncture of suspension and release. **\$ Advanced**

SOUL FLIGHT EXPERIENCE Challenge your perceived limits and explore concepts of situational identification while perched atop a 50-foot tower. Experience a 25-foot free-fall and gentle glide to the forest floor on our Leap of Faith, followed by the Eagle's Run zip line propelling you at 20 mph through the beautiful Berkshire forest's canopy. **\$**

WARRIOR CHALLENGE Experience both the Red Tail Hawk and Falcon courses in one climbing session. Comprised of 15 unique elements at heights of 35-50 feet into the canopy of the trees, this challenge lets you pick your course as we explore the idea of agency and how our choices influence our experiences. **\$**

CHALLENGE COURSE Private Sessions

BLUEBIRD CLIMBING EXPERIENCE Bluebirds are bright, brilliant, colorful, and mate for life. This experience fosters teamwork, communication, and cooperative problem-solving between partners as you navigate your way into the Meadowview forest. Activities include a combination of the Vertical Playpen, Quantum Leap, Giant's Ladder, High Wild Woosey. **\$ Minimum two people**

MOONLIT NIGHT CLIMB Climb by natural moonlight and feel supported by the climbing industry's most advanced equipment while rising with nocturnal forest dwellers on our Red Tail Hawk and Falcon courses, then ride the Eagle's Run zip line to feel the exhilaration of night flight. Don't miss this unique class that only happens once a month. **Space is limited to first 20 guests to sign up. \$ Minimum two people**

OFF-PROPERTY CLIMBING Travel to Pinnacle Mountain to climb, belay, rappel, and move on natural rock at 80 feet. This is a four-hour climbing event for all skill levels. Lunch and climbing gear are provided; bring your camera and layered clothing for possible weather change. **\$ 24-hour cancellation required**

SOUL FLIGHT EXPERIENCE Description featured in Challenge Course activities menu to the left. **\$**

WARRIOR CHALLENGE Description featured in Challenge Course activities menu to the left. **\$**

OUTDOOR ADVENTURE

WINTER SPORTS Activities

INTRODUCTION TO CROSS COUNTRY SKIING Sign-up for an introduction to Nordic ski gear, basic philosophy, technique, and movement principles. Learn the fundamentals of cross-country skiing and glide through the snow in the winter wonderland of the Berkshires. Weather dependent. **Weather dependent**

CROSS COUNTRY SKIING Join our Miraval guides for a Nordic ski through the picturesque Wyndhurst golf course. Embrace the transition of seasons by immersing yourself in winter during this ski tour of our historic property. Not a beginner's class. Weather dependent. **\$ Weather dependent**

SNOW SHOE HIKE Strap on a pair of snowshoes and raise your heart rate with a one-to-three-mile, gentle hike that gains 300-500 ft elevation across the snowy Berkshires hills. **\$ Weather dependent**

WINTER SPORTS Private Sessions

CROSS COUNTRY SKIING Description featured in the Winter Sports activities menu above. **\$ Weather dependent**

SKI ARCHERY This Scandinavian practice is a moving meditation combining the cross-country skier's endurance with the archer's steadiness. Race over snow-covered terrain on skis, then calm your heart rate to hit targets that represent obstacles or goals. Elevate your cardiovascular fitness by skiing through the grounds, focusing your intent, and releasing the arrow. **\$ Weather dependent**

SNOW SHOE HIKE Description featured in the Winter Sports activities menu above. **\$ Weather dependent**

DRIVE YOUR WAY TO WELLNESS in partnership with Lexus

Prepare your senses for a full-day outdoor excursion that takes you climbing, hiking through the pristine Berkshires hills, and swimming in a secluded lake. This private activity begins on property with an intention-setting ceremony with a Miraval Guide. Afterward, take the wheel of your complimentary Lexus LX or GX and drive to various destinations where a Miraval Guide leads you on a hiking, biking, and swimming expedition, followed by a chef-prepared picnic lunch. From there, embark on a kayak trip and bird-watching quest on the Housatonic River. **\$**

Seasonally offered. 6 - 8 hrs

Official Automotive Partner of the Miraval Resorts & Spas



We are grateful for our partnership with the Massachusetts Audubon Society, Berkshire Natural Resources Council, and The Trustees the Reservations and their dedication to maintaining and protecting the natural wonders of the Berkshires.

OUTDOOR ADVENTURE

HIKING Activities

Beginner Hikes:

LEVEL 1

BEAVER POND LOOP Begin this stunningly scenic stroll through the Pleasant Valley at Pikes Pond. Hike along Yokun Brook, moving over bridges through magical marshland, on and off boardwalks, to end at the Beaver Lodge loop. This is a very beginner-friendly walk.

BIRDING IN THE BERKSHIRES Join our bird guide for an educational walk through Berkshires trails. Your practice, patience, and curiosity might be rewarded with a sighting of fluttering goldfinches, cardinals, or blue jays. You might even spot the stunning, orange-throated blackburnian as you immerse yourself in the avian world. *Seasonally offered*

CANOE MEADOWS This pleasant stroll through the Canoe Meadows Wildlife Sanctuary features meandering flat trails along the Housatonic River. After strolling through open fields and thriving wetlands filled with singing birds, turtles, blue herons, and beavers, venture along an old carriage road and trail shaded by tall hoot-owl-sheltering hemlocks.

GOULD MEADOWS HIKE Gould Meadows is a leisurely 1.5-mile stroll through a beautiful hardwood forest, taking us down to the lake's edge at Stockbridge Bowl. Feel free to dip your toes in or go for a swim in this lovely Berkshire lake. Bring a towel.

Hiking Key

LEVEL 1-5 BASED ON: vertical gain/drop, time away from property, hike mileage, and degree of technical terrain.

LEVEL 1: 1-2 miles, 0 - 200 ft., low intensity, low technical terrain

LEVEL 2: 1-3 miles, 200-500 ft., low-moderate intensity, moderate technical terrain

LEVEL 3: 3-5 miles, 500 -1200 ft., moderate intensity, moderate-difficult technical terrain

LEVEL 4: 4-6 miles, 1200 -2000 ft., moderate-high intensity, moderate-difficult technical terrain

LEVEL 5: 6 - 15 miles, 2000+ ft., high intensity, moderate-difficult technical terrain

GRATITUDE HIKE IN BULLARD WOODS

This time of year encourages us to stop and reflect upon the changes we see around and within us. Nature has a picturesque way of showing us her transition towards winter when we slow down and take notice. Join a light hike through Bullard Woods, where we will pause and offer gratitude through yoga and Intention-setting. **\$**

MANSION TO MARSH HIKE Recharge your energy with a naturalist walk and practice qigong at the three viewpoints of the Wyndhurst Mansion, meadow, and marsh. Learn about the history of the land and the geological, biological, and ecological forces that have shaped it. *Seasonally offered*

MINDFUL PROPERTY STROLL Join us for a relaxing stroll through Miraval Berkshires. Enjoy views of October Mountain and the surrounding hills while we explore the cultural significance of Berkshire County.

THE NATURE OF CREATIVITY Lace up for a plein-air-painting amble outside in nature in this beginner-friendly bucolic adventure. Immerse yourself in the Berkshires' natural beauty with a short hike and record your impressions with pastels. Even if you do not identify as an artist, permit yourself to let go of labels and allow your inner creator to emerge. **\$**

NATURE WALK Enjoy a peaceful nature walk through some of the Berkshires' most picturesque landscapes during this leisurely stroll that shows you how to use all five senses while you immerse yourself in nature.

TAI CHI HIKE Description featured in Meditation on page 15. **\$** *Seasonally offered*

LEVEL 2

KENNEDY PARK HIKE Kennedy Park is a hidden gem in the middle of historic downtown Lenox. The park has miles of groomed trails with great lookouts and soothing streams. Immerse yourself in the wonder of nature with this memorable hike.

Intermediate Hikes:

LEVEL 2

GOOSE POND KAYAK & HIKE Dip your paddle into one of New England's most pristine high-alpine lakes. Join us in this multi-sport event for a hike on the Appalachian Trail and a kayak trip from Lower Goose Pond to Upper Goose Pond. Break up the day with a refreshing swim in the crystal-clear waters and a snack. **\$** *24-hour cancellation required. Seasonally offered*

ICE GLEN HIKE Get ready to clamber over, under, and around giant boulders in a glacial ravine. Its sides are covered with old-growth pine trees and majestic hemlock, and ice can remain well into the summer months. This out-and-back hike offers 1.6 miles of breathtaking terrain and a magnificent adventure through Berkshire history.

MONK'S POND HIKE The Monk's Pond trail is an easy 2.5-mile hike over the Yokun Ridge to a secluded pond that was once the primary water source of the Shadowbrook estate. This ridge has a long history and features an abundance of wildlife.

ROARING BROOK HIKE The Roaring Brook trail is part of the October Mountain State Forest. This 2.5-mile up-and-back hike travels along a stunning mountain stream the entire time, filling your ears with the meditative sounds of rushing water. Waterfalls are plentiful on this classic New England hike.

SNAPSHOTS OF SPLENDOR Description in Creative Expression activities menu on page 16.

STEVEN'S GLEN HIKE This 1.2-mile round-trip hike guides you to one of Berkshire County's most dramatic sights. Lenox Mountain Brook cascades down a steep, rocky ravine through a carefully laid out trail system on 129 acres of protected forest.

LEVEL 3

BEARTOWN HIKE A steep beginning yields to a ridgeline walk on this four-to-five-mile intermediate hike near South Lee, Massachusetts. Trek through magnificent old-growth forest with natural rock formations and the site of one of the state's first developed ski areas. **\$**

BURBANK TRAIL This intermediate hike boasts two sensational views. The gradual yet challenging climb intersects with Monk's Pond, where you can pause, breathe, and embrace the ascent. Patches of rock slabs and boulders lead the way to the first vista overlooking Parson's Marsh and Undermountain Farm, while the second view appears on the descent. *Slippery conditions when wet.*

CARDIO HIKING Elevate your heart rate while you immerse yourself in nature. Challenge yourself to explore concepts that help us push past physical and mental blocks. Through this exercise, we can recognize obstacles that prevent optimal performance and replace them with tools that bring us closer to meeting or surpassing our goals.

FLAG ROCK HIKE A local favorite, this hike is a gradual, steady climb with level sections. Enjoy wild oak and maple woodlands giving way to pines and massive boulders in a valley between Monument Mountain and Flag Rock. Ascend to stand under an American flag as ravens and hawks soar above the far-reaching views of the Taconic Hills and Catskills. **\$**

THE GORGE TRAIL This October Mountain trail's name is attributed to Herman Melville, who loved seeing its burst of fall colors. Follows along both sides of the Schermerhorn Gorge's cascading waterfalls and swirling pools to climb up to secluded Felton Lake. As the season transitions, a cornucopia of mushrooms sprout along the trail.

LAURA'S TOWER HIKE Laura's Tower is an out-and-back 2.5-mile hike that starts by crossing the Housatonic river footbridge. Travel through an old-growth forest and start the steep climb to an observation tower with stunning views of Stockbridge, Lee, and Lenox.

MAHANNA COBBLE HIKE This 3.5-mile, out-and-back hike starts up the picturesque Bousquet ski resort and extends to the Ridge of Lenox Mountain through the classic geologic formation of exposed bedrock. Enjoy the spectacular view from a stone bench at the top vista point. **\$**

MONUMENT MOUNTAIN HIKE Monument Mountain has inspired poets, novelists, and painters for almost two centuries. Walk in the footsteps of Nathaniel Hawthorne and Herman Melville as we experience the Housatonic River Valley's splendor from over 1600 feet. We will recount the famous 1850 trip that inspired Melville's Moby Dick on this vigorous hike. **\$**

OLIVIA'S OVERLOOK HIKE This trail presents views of Monument Mountain and West Stockbridge. Two miles of a mix of some steep up-and-down grades with varying degrees of technical terrain over beautiful rock staircases offer a great way to spend time in the fresh air of the Berkshires.

TYRINGHAM COBBLE HIKE Tyringham Cobble was born from massive tectonic movements that shifted ancient strata, leaving an exposed underbelly of rock atop a high ridge. Explore this geologic wonder as you ascend through orchards and hemlock forests to ancient formations of exposed bedrock and panoramic vistas of the serene Tyringham Valley.

Advanced Hikes:

LEVEL 4

MT. WILCOX Hike the Appalachian Trail through new growth trees healing a deforested area from a rare F4 tornado in 1995. The trail returns to untouched hardwoods and Beartown State Forest's Benedict Pond before a final ascent's rocky scramble to a ravine-top bridge-crossing. Walk to excellent views of the Butternut Ski Area and Connecticut hills. **\$**

TRAIL OF THE LEDGES Scramble over fun and challenging steep ledges to Lenox Mountain's fire tower at the summit overlooking Richmond Pond and Bartlett's Orchard. Mount Greylock, the Taconics, and Catskill Mountains complete the magnificent view. A sparkling mountain stream with cascading waterfalls and escorts you back to the Pleasant Valley Sanctuary. **\$**

TRI-STATE HIKE A staff favorite, this trek features steep climbs and spectacular 360-degree views. Traverse through three states and summit three peaks: Round Mountain in Massachusetts and Connecticut, Mount Frissell in Massachusetts, and Brace Mountain in New York. Stand at the tri-state marker and enjoy a gourmet picnic lunch. **\$** *24-hour cancellation required.*

LEVEL 5

RACE BROOK FALLS HIKE Elevate your heart rate with steep climbs, rocky scrambles, and multiple river crossings along this trail that parallels the river with views of a local three-tiered waterfall. Reward yourself with breathtaking views and a gourmet picnic lunch. **\$** *24-hour cancellation required. Seasonally offered*

HIKING Private Sessions

FIVE SUMMITS HIKE Expand your limits on one of Massachusetts' most diverse and challenging hikes. Traverse five of the area's highest peaks and perch on the highest point in the state. Includes picnic lunch. **\$** *Advanced*

MIRAVAL OFF-PROPERTY HIKE Advanced hikes are designed for those in peak physical condition and seeking a challenge. These hikes explore longer, more strenuous terrain, where climbing steep slopes and crossing water features are the norm. Expect a strong, steady pace as we will hike between eight and fourteen miles with elevation changes exceeding 3000 ft. **\$** *Advanced*

MOONLIT HIKE Don't miss this rare opportunity to hike under the moon's magical glow. Our guides lead you by moonlight on a peaceful and serene hike (beginner to intermediate level). In keeping with lunar cycles, these hikes are only offered once each month. **\$**





EQUINE

EQUINE Activities

ALL Equine activities require closed-toed shoes and seasonally appropriate attire. Please note, our indoor arena is heated for guest comfort.

COMMON GROUND:

Self-Leadership for Effective Communication
Experience the power of non-verbal communication and its influence on how you lead. Move with a horse around the pen in this unmounted activity, using communication tools, collaboration, and creativity without speaking or touching. The insights and skills you discover may apply equally to personal and professional relationships. \$

DONKEY DISCOVERY:

A Mindful Pace Throughout history, artists, writers, and spiritual teachers have chosen donkeys as companions for their introspective journeys. You, too, can partner with a donkey in a mindful trek of discovery. Together we move in “donkey time” as observers and explorers and learn from these gentle teachers of patience, humility, and wisdom. \$

HOOVES & HEARTBEATS Embrace the equine life pulse and power to synchronize your inner rhythms and move in unison with a horse. Connect your breath, heart, and energy with a beat created by fellow guests using percussion instruments. Through sound, movement, and touch, we can bring ourselves to balance and connect through heartbeat and breath. \$

HORSE SENSE Enter the inner world of Miraval’s equine herd. Learn about horses’ lives by exploring their interactions with people and each other. Walk their pastures and paddocks and lend a hand with their daily needs. Gain an understanding of horse-keeping and share the deeper connection that comes with mindful caregiving. \$

MEADOWVIEW FARM & BARN TOUR

Description featured in the Farm & Garden activities menu on page 19.

MIRAVAL EQUINE EXPERIENCE™ Practice living in the moment as you work with specially selected horses and our expert facilitators. Perform equestrian ground skills and get a chance to notice personal patterns that may be holding you back from the life you want to live. *Not a riding class.* \$

MIRAVAL EQUINE MEDITATION Explore this unique meditation experience that allows your active mind to settle inward and unite with your body. Engage with a horse while exploring mindfulness, connection, and balance. \$



EQUINE

Private Sessions

Miraval equine private offerings are created for our guests to experience the power of these majestic horses as a reflective medium for restorative exploration. Our talented equine professionals customize and tailor the time to hold sacred space for deep connection and an authentic experience.

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. Note that this can be a messy experience. \$ *Seasonally offered*

NEW

CENTAUR MEDITATION Experience true unity on the back of a horse. In this mounted class, you will practice connecting your inner and outer worlds through breathwork and gentle yoga while riding in Meadowview Arena. Our trained equine staff guides you to find your center and bring yourself to balance by connecting to yourself and your equine partner. \$

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

DONKEY DISCOVERY Description in Equine activities menu to the left. \$

HORSE SENSE Description in Equine activities menu to the left. \$

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

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

YOGA & FITNESS

YOGA Activities

AERIAL YOGA Enjoy this fun yoga class in hanging aerial silks. You will learn to utilize the silks for restorative movements, assistance, and playful poses. \$

AQUA YOGA Tap into your mind and body through a gentle yoga flow in our outdoor Serenity Pool, using yoga poses and sequences that help develop strength, balance, and flexibility with little-to-no impact on your joints. *Weather dependent. Please wear swimsuit, you will get wet.*

BALANCE BOARD YOGA Increase your ability to balance through different Yoga poses and movements as you play on the IndoBoard. No previous experience required. \$

BOGA YOGA Challenge your balance and core in this engaging, floating yoga workout using our Boga Fit Mat at the BMC pool. *Please wear swimsuit, you will get wet.* \$

CALMING YOGA FLOW Invite serenity for 25 minutes with a calming yoga sequence.

CHAIR YOGA Get up off the floor and onto a chair to learn standing and balancing poses and take yoga breaks throughout the workday without moving too far from your desk.

ENERGIZING YOGA FLOW This 25-minute total-body flow stimulates circulation and releases blocked energy.

HEALTHY BACK YOGA This beginner-friendly yoga class targets lower, mid, and upper back pain and teaches key postures for prevention.

POWER FLOW YOGA This type of yoga creates fiery energy within the body. Advanced practitioners may workshop specific postures or practices with an instructor who can assist with any pose.

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

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.

STAND UP PADDLEBOARD YOGA

Practice yoga on stand-up paddleboards and challenge yourself to embrace the elements of nature with a total-body workout. Conclude by reflecting on the rewards of stretching into savasana on your floating sanctuary. \$ *Seasonally offered*

SUN SALUTATIONS Greet the sun and welcome your day ahead with a flowing sequence of twelve gracefully linked asanas in this 25-minute class.

VINYASA YOGA Vinyasa Yoga is a flowing, dynamic sequence of poses that is one of the most popular yoga styles in the United States. This type of practice involves synchronizing the breath with a continuous flow of postures.

YIN YANG AERIAL YOGA Assisted by aerial silks to support balance, we will follow a simple sequence of postures that link comprehensive toning with longer-held gentle stretches for full-body harmony. \$

YOGA FOR LAUGHTER & LETTING GO Find fun in your yoga practice in this 25-minute class, using intentional laughter to boost your mood. Combining expressive voice with movement exercises sets the stage for a playful, interactive approach. Connect with your inner child and fellow travelers in this space where unconditional laughter is encouraged and celebrated.

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

YOGA WALK & FLOW Join us on this vigorous walk through our picturesque property, stopping along the way to get into a yoga flow and connect your mind and body with nature. *Weather dependent.*

YOGA

Private Sessions

ALL Yoga classes are available as private sessions.

PRENATAL MEDITATION Connect to your baby through meditation with this restorative practice. Calm the mind and deepen the relationship between mother and child, bringing your awareness inward while honing your own motherly intuition. \$

YOGA FOR SCIATICA This slow-flow yoga class is designed with movements and postures that can bring relief to sciatic pain. Suitable for all stages of pregnancy. \$



YOGA & FITNESS

PILATES Activities

AERIAL PILATES Elevate your Pilates practice with an ariel hammock silk for the ultimate mind, body, balance, and core workout. Accessible inversions and assisting silk props will help you rediscover familiar moves in a whole new way. Using the hammock can make exercises easier or a much greater challenge—discover what it can do for you. \$

BOGALATES Challenge your balance and core in this engaging floating workout that fuses Pilates and Yoga utilizing our Boga Fit Mat at the BMC pool. *Please wear swimsuit, you will get wet.* \$

BOSU YOGALATES Yoga-inspired stretches combine with authentic Pilates exercises to offer the best of both worlds. Learn how to use the BOSU Balance Trainer to gain the necessary tools for improving strength, flexibility, and cardio capacity. \$

CALMING PILATES RELEASE Release tension and tightness in your body with movements that emphasize opening your spine. Learn how Pilates engages your “powerhouse” core while improving back issues and posture.

PILATES APPARATUS WORKOUT This mixed-apparatus, circuit-style Pilates class challenges your strength, stamina, focus, and memory. We draw on the Reformer, Tower, Chair, OOV, Spine Corrector, Jump Board, Mat, BOSU, and Magic Circle to focus on quality of movement rather than quantity of repetitions. You will leave feeling stronger, longer, and more mobile. \$

PILATES REFORMER WORKOUT This up-tempo class uses the Reformer to enhance balance, flexibility, and core strength to provide a full body workout. \$

PILATES JUMPBOARD WORKOUT This low-impact cardio class uses the Jumpboard on the Reformer to target the glutes, legs, and abdominal areas while keeping your heart rate up. \$

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

PILATES PROGRESSION WITH PROPS

This class layers segments of Pilates Mat and focuses on exercises that build intensity with props, including foam rollers, Pilates ball, low weights, and Magic Circle. Previous Pilates experience preferred.

PILATES TO REALIGN YOUR SPINE

Do you spend time rounded over your desk, cell phone, or steering wheel? You can improve your posture for better daily function in this workshop that teaches you how to mobilize your entire spine—all 24 vertebrae—using Pilates Mat exercises that will strengthen affected areas and help you feel better in your body. \$

PILATES TOWER WORKOUT Through a system of resistance springs, enjoy combining Pilates Mat work with the benefits of the Pilates Tower. This class supports the body for proper stabilization and positioning to tone and lengthen muscle. \$

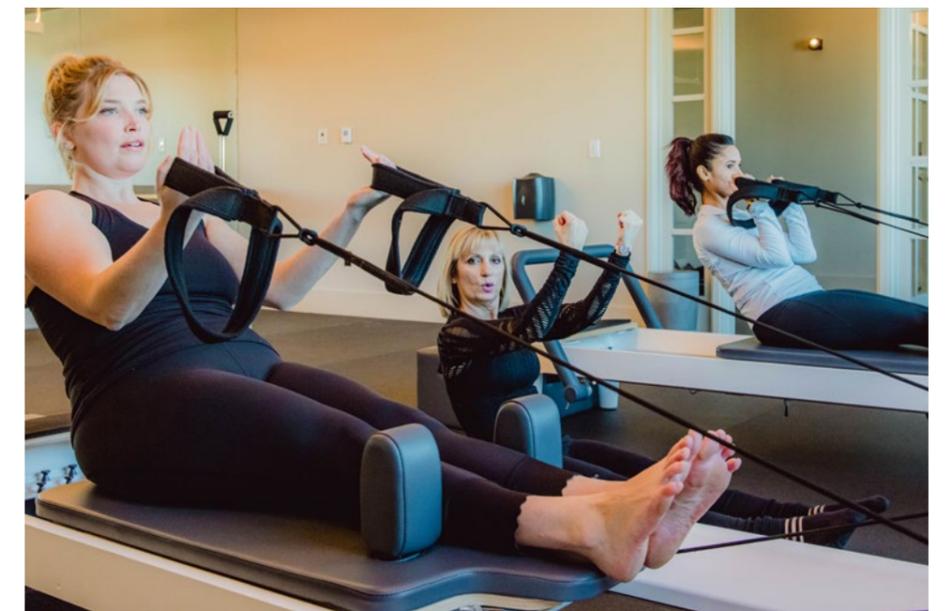
PILATES Private Sessions

BOGALATES Description featured in Pilates activities menu on page 26. *Please wear swimsuit, you will get wet.* \$

DAVINCI BOARD REFORMER WORKOUT Combine low-impact aerobic and stretching movements using the DaVinci Board with Pilates and TRX-style body resistance to promote specific muscle health for any level and ability. \$

PILATES APPARATUS Meet with our Pilates instructor to take your workout to the next level. Get the benefits of working with various Pilates apparatus (Reformer, Chair, Barrel, and Oov) in a private setting. \$

PILATES FOR BACK REHABILITATION Back pain can be tiring, but you can awaken your spine to become healthy and mobile by elongating your muscles and correcting pelvic imbalances. This session incorporates Pilates Apparatus to calm guarding muscles and assist with core engagement. Learn daily exercises you can do at home to keep your back feeling great. \$



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

PILATES FOR MEN This one-on-one session for active guests who identify as male is designed to improve posture by strengthening the body's often-neglected stabilizers for better breathing, balance, endurance, flexibility, and core strength. Address injury prevention, rehabilitation, and pain reduction, and explore ways to increase range of motion and promote longevity. \$

PILATES REFORMER The Reformer is a remarkable piece of equipment for improving strength and flexibility while having fun. This unique machine adjusts to suit your strength and flexibility so you can focus on improving your balance, alignment, core strength, and muscle tone. \$

PILATES OOV™
Miraval Berkshires Exclusive The Oov is a durable foam device that helps you control movement by challenging your balance and stability. Try out this tool to activate core-stabilizing muscles while gently extending the spine to stimulate healthy intervertebral disc lubrication. Maximize your Oov experience with stretching, core strengthening, or rehabilitation. \$

PILATES RECOVERY This therapeutic reformer workout is specifically designed to improve strength, balance, and flexibility for people recovering from injury or surgery. This offering is ideal for anyone who needs extra care and modifications. \$

GOLF Activities

THE JOURNEY TO MINDFULNESS IN GOLF Mindful Golf is about letting go of preconceived notions and narratives. What do you tell yourself after a bad shot? What is your inner monologue as you approach a shot? Discover how slowing down, recognizing mindsets, and replacing negative self-talk with positive visualization can benefit you and your game. \$ *Seasonally offered*

SWING UNDER THE STARS Have you ever regretted a decision that went against your gut? This exclusive experience encourages you to trust your intuition by navigating the green barefoot under the stars, using only your sense of touch and instincts to guide you. Discover how a shift in perspective and awareness can unlock your potential on and off the course. \$ *Seasonally offered*

GOLF Private Sessions

GOLF SIMULATOR:
The Journey to Mindfulness Work on your golf swing year-round (even in the winter) with this integrative private session. Enter the golf simulator which helps you combine the practices of slowing down and becoming aware of your mindset while analyzing your tee shots and movements. \$



Yoga & Fitness Key

LEVEL 1: Low Intensity

LEVEL 2: Moderate Intensity

LEVEL 3: High Intensity

Activity levels indicated on daily schedule pages 36 - 42.

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.

AEROBIC WALK Enjoy the Berkshire vista with this fast-paced, guided walk throughout the property that takes you around our Farm & Equine center, golf course, and trails. *Seasonally offered*

AQUA BARRE This fun, total-body workout brings a popular class poolside and incorporates movements from dance and Pilates, utilizing the sides of the pool as a ballet barre. We focus on mindful postural alignment and balance, all while strengthening the body without impact. *Please wear swimsuit, you will get wet.*

AQUA CARDIO FITNESS This powerful and fun class burns calories and builds muscle, strength, coordination, and flexibility in the BMC pool. *Please wear swimsuit, you will get wet.*

AQUA GROOVE This high-energy class gets your heart rate going and dance moves flowing, all while you have fun and keep stress off your joints. Aqua groove blends movement with water resistance, creating a safe and low-impact aquatic exercise. *Please wear swimsuit, you will get wet.*



BALANCE Develop muscle awareness and improve balance and stability in this 25-minute session.

BARRE:

Strength and Poise Learn how to transition traditional ballet Barre, ballet terminology, and movements into a more athletic-style workout using small pulses and high repetitions focusing on alignment and core engagement.

BODYWEIGHT BASICS Find your inner strength and full potential as you connect the mind and body in this beginner-friendly, fun, and challenging bodyweight class.

BOGA BOOTCAMP Heat up and cool down simultaneously as you experience the challenge of a fast-paced circuit class on the water's surface. This class incorporates low- and high-intensity exercises using Boga Boards and the BMC Pool as our gym. *Please wear swimsuit, you will get wet.* \$

BUNGEE FIT Synchronizing breath and movement, this low-impact/high-intensity workout utilizes resistance from the bungee and your body weight to improve cardiovascular endurance and overall body tone. \$

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

CARDIO GROOVE Combining mindfulness and movement on the dance floor, this class will get your heart rate up and your feet moving as you connect the mind and body with high-vibrational music and energetic dance moves. \$

FIT FEET Using Rad Roller, examine proper foot alignment and practice strength and flexibility exercises in this 25-minute, shoeless class.

HAPPY HIPS Using self-myofascial release techniques, hip joint opening exercises, and a series of yoga-based hip stretches, we will improve the flexibility and mobility of your hips and help you walk away from this class with happy hips.

HIIT THE GYM Recharge with a heart-pumping and energetic 25-minute workout.

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

MOVEMENT, MOBILITY & MORE Mobility is the ability to move a joint through its full range of motion. Mobility training reduces restrictions within the body by increasing your range of motion within each joint. This freedom of movement can improve how you feel, mitigate pain, and prevent injuries.

ON THE BALL Featuring physio balls, this class targets a full-body workout that enhances muscle tone and strength.

POWER CYCLE Cycle indoors in this high-intensity cardio class. An upbeat playlist helps channel your inner athlete as you pedal through intense intervals that offer unique challenges to the body and mind.

RELEASE THE BARRE Leave the barre behind and enjoy all the benefits of a traditional barre routine. This class focuses on posture, core, and achieving long, lean muscles by utilizing all muscle groups with low-impact, high-intensity exercises.

ROLL WITH IT Learn how to use a foam roller to give yourself a deep tissue massage and improve flexibility.

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

SHIRE ROAD RUN Enjoy a three-to-five-mile morning run with Program Manager Emilee. Explore the rolling hills of the Berkshires and soak in the energy of the surrounding lakes and mountains. *Seasonally offered*

SOLID CORE This new, cutting-edge, total-body fitness experience uses your body weight and a freeFORM board to build strength and reconnect with muscles that have been lying dormant.

SPIN & SCULPT This indoor cycling class incorporates weights, bands, and movements to challenge your upper extremities and keep your legs moving for a full-body workout.

STEP IT UP Step back to the 80s with step aerobics! Enjoy this mixture of low- and high-impact exercise that boosts cardiovascular health and works your glutes to the max in a fun routine on and off the step.

STRETCH & RELAX Unwind during this 45-minute head-to-toe stretch series that focuses on breath and holding stretches longer.

TAI CHI A powerful way to cultivate your energy, this functional set of movement exercises uses the breath to bridge the body and mind. Enhance your agility, flexibility, and strength in this ancient Chinese practice.

TENSION RELEASE EXERCISES Description in Wellness Counseling activities menu on page 11. \$

ZEN BOOTCAMP Challenge yourself with a high-intensity cardio workout and strength class that reflects Miraval's mindful approach to exercise.

FITNESS Private Sessions

ALL Fitness classes are available as private sessions.

AERIAL HIIT This full-body challenge incorporates common HIIT exercises into an exciting and playful environment that increases strength, core control, and cardiovascular endurance as you transition in and out of aerial silks. \$

BALANCE BOARD BOOTCAMP This class boosts your balance with the IndoBoard and a full-body strengthening workout. No Previous experience required. \$

BODY & BARRE This workout method, inspired by elements of ballet, yoga, and Pilates, focuses on low-impact, high-intensity movements designed to strengthen and tone your body in a targeted and unique fusion of techniques. \$

PERSONAL TRAINING Meet with a personal trainer and continue your fitness regimen or figure out how to begin your fitness journey with simple and effective exercises. \$

REFORM YOUR CORE Challenge yourself using the Pilates Reformer with slow, controlled, Pilates-based resistance movements. Learn how to combine definition and strength to turn your body into a powerhouse of core stability. \$

RELEASE & REBUILD: *Miraval Berkshires Exclusive* This private will build on the same concepts from the class and personalize it to fit your needs. Learn how to address out-of-balance areas, improve overall strength, and bring positive movement into your daily life. \$

TRX Using the TRX Suspension Trainer, this private session emphasizes muscular endurance and aerobic conditioning with specialized TRX targeted exercises. \$

PRENATAL YOGA & FITNESS

The following treatments are suggested specifically for pregnancy:

Activities

AQUA CARDIO FITNESS *page 28*

CARDIO DRUMMING *page 28*

PRENATAL MEDITATION

HIIT THE GYM *page 28*

SLOW FLOW YOGA *page 25*

SUN SALUTATIONS *page 25*

RELEASE THE BARRE *page 29*

Private Sessions

PRIVATE PRE/POSTNATAL HEALTH & NUTRITION COACHING *page 18*

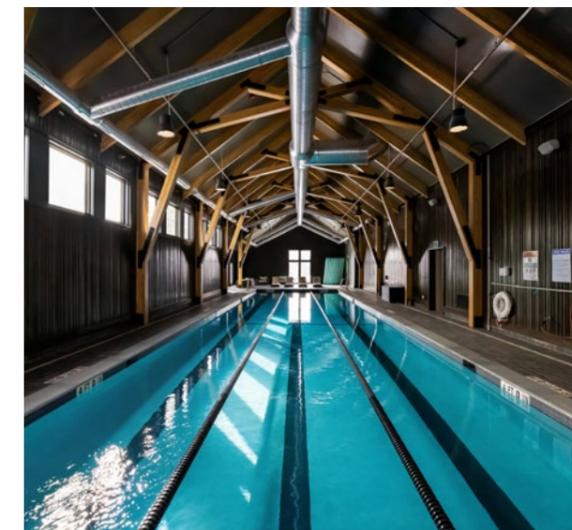
PRIVATE PRE/POSTNATAL

PERSONAL TRAINING *page 29*

PRIVATE PRE/POSTNATAL

PILATES *page 27*

YOGA FOR SCIATICA *page 25*



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.



PROUD WINNER:
Massachusetts's Best
Wellness Retreat

AYURVEDA

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

NEW

PRADHANA VEDA:

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

BODY RENEWAL RITUALS

ALMOND ORANGE BRIGHTENING POLISH

This all-natural service addresses sun damage, dryness, and hyperpigmentation with a skin-brightening body cleanse and lymph-and-circulation-stimulating exfoliation, followed by vitamin-E-rich shea butter, grape stem cells, and green and white tea. \$

GINGER HEALER This restorative journey

begins with a ginger-oil-infused deep tissue massage and powerful energy-restoring facial marma point therapy. A ginger sea salt scrub and shower complete the service and leave you refreshed and rejuvenated. \$

HARA SOOTHER This soothing, energy-

radiating treatment balances skin, stimulates digestion, and supports mental clarity. Massage, with extra focus on abdominals, scalp, and reflex points, combines with guided breathwork and lymphatic dry brushing to promote a deeper connection to your center. \$

JASMINE CITRUS SCRUB Lemongrass

and bamboo work wonders to brighten and exfoliate the skin, while mimosa and jasmine transport your senses to a tranquil space. Conclude with hydrating aloe, shea butter, bergamot, and grapefruit lotion, and nourishing chia seed cream. \$

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

MANUKA HONEY QUENCH Reveal radiant

skin with brightening lemon-verbena body polish and moisturizing jojoba, aloe, and shea butter to ease dry skin. Enjoy a skin-queenching Manuka honey neck and shoulder massage and bergamot-scented foot and hand massage. \$

NATURE'S APOTHECARY Reawaken

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

NEW - DON'T MISS

OBSIDIAN & SAGE DETOXIFYING RITUAL

Surrender to a warm chrysalis of safety in a gravity-defying float through a mental, spiritual, and physical cleansing ritual. Mind-clearing obsidian, aura-cleansing sage, and detoxifying mud exfoliate and nourish your body to further relax into a full-body massage. \$

VERBENA ALOE RITUAL Treat yourself

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



Vasudhara

ENERGY & EASTERN

NEW

HEART SONG Rock weightlessly in a dry-float bed's warm cocoon with soothing drum rhythms and the aquatic vibrations of a Himalayan singing bowl. Rise to the resonance of native rhodonite—stone of compassion—in this heart-opening treatment's warm swaddle of self-love and guided meditation. \$

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.*

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.*

THAI BREATH & BODY Movement and breath techniques guide this session as you work in tandem with spa specialist Scott Vighi to unlock the healing powers of Qi. Unblock energetic meridian lines, clearing a path for natural balance and repair. \$ *Wear comfortable clothing or yoga attire.*

MIRAVAL EXCLUSIVE

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 guides 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.*

VIBRATIONAL SOUND THERAPY

Vibrational Sound Therapy is a specific technique of using uniquely tuned singing bowls placed on your body. The bowls' resonance delivers therapeutic tension-releasing vibration through sound to relax muscles and calm the mind. \$ *Wear comfortable clothing or yoga attire.*

MASSAGE

BODY IN BALANCE MASSAGE

This customized massage balances your musculoskeletal system and addresses chronic tightness. Share insights with a senior therapist to tailor your treatment with specialized techniques to meet your specific needs and restore balance. \$

CALMING HOT STONE MASSAGE

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

COUPLES INSTRUCTIONAL MASSAGE

Learn basic massage techniques and strokes in this hands-on instructional session. Each person will have the chance to give and receive under the guidance of a licensed therapist. Extend your Miraval experience by bringing the gift of relaxation to your home. \$

CRYSTAL BODY MASSAGE This ritual uses warm crystals and soothing strokes to treat muscles, relieve tension, and gently realign energy imbalances within the body. Carefully chosen gemstones promote a sense of wholeness, unifying the mind, body, and spirit as one. \$

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

MIRAVAL DEEP MOUNTAIN 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. \$

SACRED SOUNDS MASSAGE:

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

SWEET SLUMBER MASSAGE Aromatherapy, acupressure and tapping set the stage for a peaceful night's sleep, enhanced with a neck and shoulder massage, rhythmic rocking, and relaxing lavender oil. Tension dissolves under the compression of warm magnesium-steeped towels. \$

SKINCARE

ABUNDANT HARVEST This facial made from local plants—effective, resilient, and potent phytonutrient and antioxidant providers—takes your skin on a restorative journey with lymphatic inflammation-reducing techniques that detoxify, smooth, and brighten your complexion. \$

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. \$



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

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

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

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

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. \$

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. \$



SALON

HAIR & NAIL SALON

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

HAIR

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

BEARD TRIM Freshen up your beard with a trim. \$

CLIPPER CUT This cut is meant for super-short hair that requires a clipper. Does not include shampoo or blow-dry. \$

COLOR Color, refresh, and deeply condition your hair. \$

COLOR & DIMENSION Whether you want to maintain your current color, cover gray, or explore a totally new look, we are here to support you in your journey. Come in and explore the possibilities with our certified colorists. \$

HIGHLIGHTS We can customize a color formulation just for you! Add dimension and fun with highlights, lowlights, or something you have been thinking about but have not tried. \$

SCALP SCOPE CONSULTATION Half the population has hair or scalp issues, including excess oil, irritation, dandruff, or hair loss. Create a take-home customized hair and scalp health plan with our certified trichologist, trained to examine your scalp under intense magnification. \$

SERENE SCALP TREATMENT This Oribe antioxidant hair and scalp treatment blends alpha hydroxy acids with malachite extract, known to detoxify the hair and scalp and support a healthy pH balance. Recommendations include product support for continued care and a balanced routine. \$

HERBAL SCALP TREATMENT Recline under a weighted blanket as your stylist creates a custom botanical scalp-exfoliating hair treatment that removes build-up, environmental deposits, excess oils, and product residue with essential oils and regional herbs hand-picked and ground specifically for you. \$

SIMPLE SHAMPOO Our Miraval Shampoo experience induces deep relaxation as our stylists apply soothing massage techniques while you recline in our state-of-the-art shampoo chairs designed to cradle you in comfort. Does not include a blow dry. \$

SHAMPOO & STYLE This simple service will leave you feeling pampered, polished, and ready to go. Work with your stylist on finishing techniques and tips for beautiful, healthy hair. \$

SHAMPOO/CUT & STYLE Do you need to refresh your style or transform it completely? Work with our talented stylists to explore the possibilities. \$

SALON

MANICURE & PEDICURE

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

DEBORAH LIPPMANN SIGNATURE

MANICURE This manicure sets a new standard for healthy nail care. Let your senses escape to the tropics as your hands and arms enjoy a soothing scrub and massage with a nourishing blend of oils. A rich SPF hand cream moistures and protects you from UV rays. \$

DEBORAH LIPPMANN SIGNATURE

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

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

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

SWEET BIRCH MANICURE Rooted in traditional herbal remedies, this highly reparative manicure begins with a softening aromatic compress, followed by an uplifting scrub and an awakening birch liniment applied to the hands and arms. Nail and cuticle care follow. \$

SWEET BIRCH PEDICURE Anti-inflammatory birch guides this energizing and refreshing treatment. Soak in a birch and magnesium foot bath to soothe pain and fatigue, followed by an exfoliating scrub, awakening birch liniment, and luxurious leg and foot massage. \$



PRENATAL

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

HERBAL SCALP TREATMENT Recline under a weighted blanket as your stylist delivers a signature botanical scalp-exfoliating hair treatment that removes build-up, environmental deposits, excess oils, and product residue with essential oils and regional herbs. \$

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

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

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

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

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.*

SERENE SCALP TREATMENT This antioxidant hair and scalp treatment blends alpha hydroxy acids with malachite extract, known to detoxify the hair and scalp and support a healthy pH balance. Take-home products support continued care and a balanced routine. \$

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

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

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



MANUKA HONEY QUENCH Reveal radiant skin with brightening lemon-verbena body polish and moisturizing jojoba, aloe, and shea butter to ease dry skin. Enjoy a skin-quenching Manuka honey neck and shoulder massage and bergamot-scented foot and hand massage. \$

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

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

MINDFUL REMINDERS

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



ITINERARY PLANNING

All experiences must be reserved in advance. Contact Experience Planning ext. 4740 to reserve your space while you're here, or schedule them before your arrival by calling 855.234.1672. Schedule Spa services at the Spa or by calling ext. 6530 & ext. 6531. Spa hours are 10:00am - 9:00pm. Please note offerings are subject to change due to restrictions surrounding the ongoing pandemic.

USING YOUR RESORT CREDIT

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

CANCELLATION, CHANGE & NO-SHOW POLICY

For fee-based activities and spa services, the entire fee will be charged to your bill if you change or cancel within four hours of the start time unless otherwise noted. If you are a no-show for a reserved spa service, fee-based activity, or private session, the entire fee will be charged to your bill. If you are a no-show for a complimentary activity, a \$20 no-show fee applies.

TIMING MATTERS

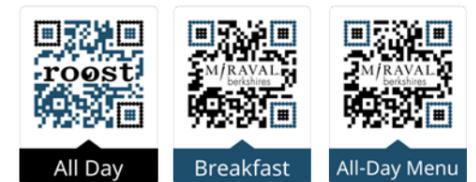
TO THE SPA: Please arrive at least 30 minutes prior to your scheduled service. This allows time to check in at the desk and relax before your specialist greets you. Late arrivals will still end at the scheduled time.

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

BRING MIRAVAL HOME Sleep like you are at Miraval every night when you bring home our exclusive bedding collection and tools to continue your mindful journey. Visit Moonlight Pass Boutique or www.miravalshop.com for more details.

MENUS

Scan the codes below to view our mindful dining menus.



IMPORTANT TIMES

HARVEST MOON RESTAURANT

Breakfast
6:30am - 10:00am
Lunch
11:30am - 2:00pm
Dinner
5:30pm - 9:00pm

THE ROOST

6:00am - 2:00pm
(smoothies/grab n' go snacks)

THE ROOST BAR & LOUNGE

2:00pm - 10:00pm
(drink service until 10:00pm)

1894 RESTAURANT

Thursday - Saturday
5:30pm - 8:30pm

LIFE IN BALANCE SPA HOURS

9:00am - 9:00pm

MOONLIGHT PASS BOUTIQUE

10:00am - 6:00pm

BODY MINDFULNESS CENTER

Open 24/7

BODY MINDFULNESS CENTER POOL

6:00am - 10:00pm