



## 25 MIRAVAL ARIZONA MOMENTS

*Experiences that will inspire you to create Life in Balance*

1. Walk the Labyrinth while reflecting on your Miraval journey
2. Unplug from all digital devices so you can de-stress & enjoy the present without interruption from a screen
3. *Quantum Leap* on the Challenge Course
4. Morning Hike throughout the Sonoran Desert
5. Reading a book in the Life in Balance Spa Quiet Room overlooking the Santa Catalina Mountains
6. *Who is in Control of Your Life? You, Or Your Phone?* Wellness Lecture with Anne Parker
7. *Discover Your Soul Mission* Workshop with Tejpal
8. *Nâga* Thai massage at the Yucca Cabana
9. *Chrysalis of Sound* with Pam Lancaster & Dr. Tim Frank
10. *Happy Hips* stretch class
11. Relaxing at the Oasis Pool with a complimentary smoothie or mint lemonade
12. *Unforgettable Canvas* at the Purple Sage Ranch
13. *Vasudhara* - Thai massage & stretching in a heated pool
14. *All the Buzz* beekeeping Workshop with Noel Patterson
15. *Just Cook for Me* dining experience
16. *Loving Kindness Meditation* in the Agave Center
17. Sipping a Arizona Sunset Cocktail or Mocktail fireside on the Coyote Moon Bar & Lounge patio
18. The *Miraval Equine Experience™* at the Purple Sage Ranch
19. *Cardio Drumming* at the Body Mindfulness Center
20. Dining al fresco at Cactus Flower Restaurant while watching the Santa Catalina Mountains turn purple during sunset
21. *Cara Vida* facial created exclusively for Miraval Arizona Life in Balance Spa
22. *Elements of Healing* Workshop with Rae Jesse
23. *Floating Meditation*
24. Sound healing at the Tibetan Gong
25. A good night's sleep in a cloud like Miraval bed