

# MIRAVAL<sup>®</sup>

## YOUR PATH TO RESILIENCE CULTIVATING MENTAL WELLBEING IN 2021

EXPLORE EXPERIENCES EXPERTLY CURATED WITH YOUR  
MENTAL WELLBEING IN MIND

\*Note all experiences are subject to availability. Red reflects new experiences.

OUTDOOR ADVENTURES		
Miraval Arizona	Miraval Austin	Miraval Berkshires
Desert Tightrope	Hatchet Throwing	Cross Country Skiing
Mountain Biking	The Way of the Archer	Ski Archery
Desert Sky Zipline Experience	Hill Country Challenge Course	Stand Up Paddle Board Yoga
Swing & A Prayer	Quantum Leap	Barred Owl Challenge Course
Climbing Wall	Swing & A Prayer	Hiking

MEDITATION CLASSES		
Miraval Arizona	Miraval Austin	Miraval Berkshires
Transcendence	Floating Meditation	<b>Meditation for Superior Sleep</b>
Pranayama Murda Meditation	Yoga Nidra Meditation	<b>Change Your Breathing, Change Your Mood</b>
Mindful Stress Mastery	<b>Zen Stroll</b>	Tai Chi Hike
Labyrinth Journey	<b>Shanti Pranam</b>	From Stress to Rest
Breathwork	Manifestation Meditation	Gratitude Meditation

CREATIVE EXPRESSION & WELLNESS COUNSELING		
Miraval Arizona	Miraval Austin	Miraval Berkshires
An Unforgettable Canvas	Stress Solutions	Handbuilding with Clay
Paint the Music	Pillars of Peace	The Way of the Wheel
Kintsugi- The Beauty of Imperfection	Finding Your Inner Calm	Bowl of Light Meditation
Thriving in Chaos: Emotional Wellbeing & Resilience	New Habits for a New You	Mindful Mandalas
An Unforgettable Canvas	An Unforgettable Canvas	<b>Beyond Acupuncture</b>

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SPA SERVICES		
Miraval Arizona	Miraval Austin	Miraval Berkshires
Qi Journey	Pravasana	Hara Soother
Intuitive Massage	Abhyanga	Reiki
Path of the Jaguar	Austin Apothecary Massage	Body in Balance Massage
Mother's Blessing	Shamana-Karma	Kombucha Facial
Pravasana	Ginger Healer	Nature's Apothecary
Rasayana Renewal Ritual	Jade Meridian	Abhyanga

SPIRIT & SOUL LECTURES & PRIVATE SESSIONS		
Miraval Arizona	Miraval Austin	Miraval Berkshires
Discover your Dosha	Healing Splendor of Sound	<b>Awakening your 2021 Superpowers</b>
Healing the Emotional Body	Meet Your Spirit Guides	<b>Chinese Astrology</b>
Unleash the power of your soul: commit to vibrant living	Sacred Soak	<b>Chorus of Crystals</b>
<b>Elements of Healing</b>	Reclaim your Breath	<b>Rosemary for Remembrance</b>
Intuitive Living: Discover Three Principles that will change your life.	Chakras: Keys to Personal Growth	<b>Tibetan Tones</b>

All Miraval experiences and spa services are subject to availability. We suggest scheduling your experiences and spa services at least 6 weeks prior to arrival for optimal availability and planning.

Miraval Experiences planners are available 7 days a weeks to plan your Miraval itinerary and guide you on your path to resilience.

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