

JOURNEYS *with* INTENTION



*couples
retreat*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Breakfast
	Quantum Leap	Morning Meditation	Common Ground	Morning Stretch
	Duet Relaxation Massage	Miraval Equine Experience	Trust, Love, Compassion Yoga	Cardio Drumming
MID-DAY	Lunch	Labyrinth	Lunch	Lunch
	Quantum Leap	Pool time	Ying/Yang Yoga	Pool time
	Partner Yoga	Lunch	Afternoon Stretch	Forgiveness Meditation
EVENING	Dinner	Slow Flow Yoga	Mindful Parenting	Smoothies at Palm Court
	Drinks in lounge	Afternoon Stretch	Dinner	Creating Joy & Harmony
	Elements of Healing	Dinner	Manuka Honey Pedicures	Departure

MINDFUL TIPS
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This is a suggested itinerary of how to plan your Miraval stay. All activities and spa services are subject to availability and may be periodically offered. Please refer to the daily schedule and connect with a Miraval Experience Planner to schedule your experiences. We highly recommend booking your activities 4-6 weeks in advance of your arrival date.

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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Slow Flow Yoga
	Smoothies at The Nest	Common Ground	Preserve Hike	Breakfast
	Mindful Relationships	Parenting with Purpose	Jacuzzi Time	Tarot Reading
MID-DAY	Lunch	Peaceful Picnic	Lunch	Pool Time
	Hill Country Challenge Course	Pool Time	The Way of the Archer	Lunch
	Blood Orange Pedicure and Men's Pedicure	Lunch	Entertaining with Ease	Hive Mind
EVENING	Dinner	Harmonic Yin Yoga	Yojana	Cleansing Ceremony
	Venus & Mars: Love & The Stars	Dinner	Dinner	Smoothies at the Nest
	Floating Meditation	Moonlight Meditation	Journaling Time	Departure

MINDFUL TIPS
Be sure to space your classes out so you have time to get from one to another. Also don't forget to leave time for meals.

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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Yin Yang Aerial Yoga	Morning Yoga
	Smoothies at The Roost	Joy of Java	Breakfast	Breakfast
	Connection Through Percussion	Chinese Astrology: Relationship Reading	Jacuzzi Time	Pool Time
MID-DAY	Lunch	Quiet time in your room	Manuka Honey Pedicure + Sweet Birch Pedicure	Lunch
	Common Ground: Understanding Barriers to Connection	Jacuzzi Time	Lunch	Beautiful Mother To Be
	Pool Time	Lunch	Yojana	Read at the Roost
EVENING	Dinner	Metamorphosis: Emerging from Chrysalis	Drinks in the lounge	Mindful Property Stroll
	Drinks in the lounge	East Coast Oysters & Bubbles	Just Cook For Me	Quiet time in your room
	Miraval Relaxation Massage	Dinner	Quiet time in your room	Departure

MINDFUL TIPS
Mindfulness is the core of the Miraval philosophy. In everything we do, we encourage our guests to live in the present moment, conscious of the unique intersection of mind, body and spirit.

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