

JOURNEYS *with* INTENTION



*culinary &
nutrition*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Metabolic Rate Analysis
	Smoothies at Palm Court	All the Buzz	Integrative Nutrition Consultation	Breakfast
	Blend & Balance Smoothie	Honey a Sensual Journey	Quiet time	Ask the Farmer
MID-DAY	Healthy Gut, Healthy You	Lunch	Food Combinations for Ultimate Health	Conscious Cooking
	Lunch	Pool time	Lunch	Lunch
	Quiet time in your room	Eat Well, Live Well	Pool time	Pool time
EVENING	Drinks in lounge	Cocktails in the Kitchen	Five Hacks to Halt Cravings	Smoothie at Palm Court
	Just Cook for Me Chef	Quiet time	In the Spirits of Grapes	Miraval Relaxation Massage
	Labyrinth	Dinner	Dinner	Departure

MINDFUL TIPS
If you're feeling a bit peckish before dinner, drop by the Coyote Moon Lounge for cocktails and scrumptious hors d'oeuvres!

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	Nature Walk	Slow Flow Yoga
	Smoothies at The Nest	Personal Nutrition Consult	Farm Harvest	Breakfast
	Creative Canvas	Mindful Grocery Shopping	Chef's Table Brunch	Miraval Relax Massage
MID-DAY	Lunch	Conquer The Blade	In A Nutshell	Pool Time
	Cypress Creek Farm Tour	Lunch	Plant-Based Cooking	Lunch
	Roots, Fruits, Petals, and Leaves Facial	Honey Tasting	Zero-Proof	Taste of Texas Salsa
EVENING	Cocktails in the Kitchen	Pasta A Mano	Restoring Bone Broth	World of Wine
	Dinner	Entertaining with Ease	Quick Sip	Sweet Treats
	Mindfulness in the Moonlight	Just Cook For Me	Dinner	Departure

MINDFUL TIPS
Exploring new dietary preferences? Our classes will empower you to take your meals to the next level!

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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Yoga
	Smoothies at The Roost	Joy of Java	Tea with Intention	Breakfast
	All About the Egg	Quiet time in your room	Jacuzzi Time	Farm-To-Glass: Beyond the Bloody Mary
MID-DAY	Becoming a Beekeeper	Restoring Bone Broth	Lunch	Pool Time
	Lunch	Pool Time	Miraval Relaxation Massage	Lunch
	Pool Time	Lunch	Flower to Root Cooking	Miraval Recipes: Finding Wellness Through Food
EVENING	Private Modern Art of Sauces	Farm Sense	Gluten-Free Baking	Smoothies at The Roost
	Dinner	Quiet time in your room	Dinner	Quiet time in your room
	Appreciating Chocolate	1894 Fireside Dinner	Quiet time in your room	Departure

MINDFUL TIPS
If you're feeling a bit peckish before dinner, drop by **The Roost Lounge** for cocktails and scrumptious hors d'oeuvres!

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