

JOURNEYS *with* INTENTION



*fitness
focus*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Blend & Balance Smoothie
	Cardio Drumming	Power Flow Yoga	Morning Stretch	Water Fitness
	Ride & Release	Morning Stretch	Custom Yoga	BOGA Bootcamp
MID-DAY	Lunch	DaVinci Body Boards	Lunch	Lunch
	Fitness Program Design	Lunch	Up and Running Lecture	Quiet time
	Happy Hips	Quiet time	Pool time	Barre
EVENING	Dinner	Acupuncture	Happy Hips	Neuromuscular Massage
	Drinks in lounge	Sunset Desert Tightrope	Outdoor Yoga	Pool time
	Thai Massage	Dinner	Dinner	Departure

MINDFUL TIPS
 Incorporate fun types of exercise into your routine, like Cardio Drumming, and allow yourself to let go of worries and stressors and have a good time.

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	Yoga Sculpt
	Smoothies at The Nest	Roll With It	Preserve Hike	Cardio Drumming
	Comprehensive Fitness Assessment	Trail Run	Pilates for Home	Breakfast
MID-DAY	Lunch	Stand Up Paddleboard Yoga	Lunch	Pool Time
	Vinyasa Yoga	Shoulders Set Free	Happy Hips	Lunch
	Ginger Healer	Lunch	Aligned Nutrition	Plant Forward Cooking
EVENING	Dinner	Climbing Wall	Let's Talk Sleep	Energy Elixers
	Optimal Metabolism	Just Cook For Me	Dinner	Miraval Relax Massage
	Jacuzzi Time	Moonlight Meditation	Jacuzzi Time	Departure

MINDFUL TIPS
Book fitness, outdoor adventure, nutrition, and spirit & soul classes for a holistic wellness retreat.

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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Wake Up and Warm Up	Shire Road Run	Solid Core
	Smoothies at The Roost	Breakfast	Breakfast	Breakfast
	Movement, Mobility, and More	Power Flow Yoga	Jacuzzi Time	Laura's Tower Hike
MID-DAY	Lunch	Quiet time in your room	Release and Rebuild	Aqua Cardio Class
	Goose Pond Kayak & Hike	Pool Time	Lunch	Lunch
	Quiet time in your room	Lunch	Read in The Roost	Outdoor Aerial Yoga
EVENING	Thai Chi	Miraval Warrior Challenge	Personal Training	Smoothies at The Roost
	Dinner	Smoothies at The Roost	Dinner	Quiet time in your room
	Body in Balance Massage	Dinner	Thai Massage	Departure

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