

# JOURNEYS *with* INTENTION



*grief & transition*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Breakfast
	Unforgettable Canvas	Forgiveness Meditation	Out on a Limb	Remembrance Ceremony
	Morning Spa Treatment	Morning Stretch	Pool time	Morning Meditation
MID-DAY	Lunch	Quiet time in your room	Lunch	Pool time
	Private Letting Go and Letting In	Lunch	Life, Loss & Letting Go	Lunch
	Labyrinth quiet time	Intuitive Massage	Elements of Healing	Awakening the Dream
EVENING	Dinner	Dinner	Quiet time	Holographic Memory Resolution
	Talking Stones Massage	Master Your Mind, Heal Your Body	Dinner	Quiet time in your room
	Quiet time	Drinks at lounge	The Gift of Gratitude	Departure

**MINDFUL TIPS**  
 Make time to journal during your visit. Journaling is a great way to acknowledge what you are feeling and move the energy in a positive way.

*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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*grief & loss*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Cardio Drumming
	Smoothies at The Nest	Cypress Creek Farm Tour	Walking The Labyrinth	Breakfast
	Nature Walk	Crystal Energy Healing	Jacuzzi Time	Mindful Kayaking
MID-DAY	Lunch	Qoya	Lunch	Decoding Desires
	Life Beyond Loss	Pool Time	Shanti Pranam	Lunch
	Journaling Time	Lunch	The Astral Body	Manifestation Meditation
EVENING	Dinner	Quantum Leap	Private Common Ground	Smoothies at The Nest
	Moonlight Meditation	Pravasana	Vitamin C Facial	Cleansing Ceremony
	Reiki	Dinner	Dinner	Departure

**MINDFUL TIPS**  
 Want to dive deeper on a particular subject? Schedule a private session with our specialists.

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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	<b>Morning Meditation</b>	Breakfast	<b>Mindfulness at Miraval</b>
	<b>Coffee/Tea at The Roost</b>	Quiet time in your room	<b>Tree Ceremony: Grandfather Ginkgo</b>	Breakfast
	<b>Healing Herd</b>	<b>Breakfast</b>	Pool Time	<b>Reiki</b>
MID-DAY	Lunch	<b>Beyond Acupuncture</b>	Lunch	Pool Time
	<b>Cleansing Chakras with Sound</b>	Pool Time	<b>Abhyanga</b>	Lunch
	<b>Tarot Card Reading</b>	Lunch	<b>Smoothies at The Roost</b>	<b>Avian Adaptations: A Lesson in Resilience</b>
EVENING	Dinner	<b>Spirit Quest</b>	<b>Restorative Yoga</b>	Smoothies at Palm Court
	<b>Yoga Nidra Meditation</b>	Dinner	Dinner	Quiet time in your room
	<b>Lemongrass Escape</b>	<b>Probiotic Facial</b>	<b>Quiet time in your room</b>	Departure

## MINDFUL TIPS

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