

JOURNEYS *with* INTENTION



*mental
wellbeing*

| | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|-------------------------|----------------------------|---------------------------------------|--------------------|
| MORNING | Arrival | Breakfast | Breakfast | Morning Meditation |
| | Smoothies at Palm Court | Morning Stretch | Miraval Outback Hike | Breakfast |
| | Slow Flow Yoga | Mindfulness at Miraval | Roll with it | Vitamin C Facial |
| MID-DAY | Lunch | The Beauty of Imperfection | Lunch | Pool time |
| | Quantum Leap | Pool time | Qi Grounding Massage | Lunch |
| | Soul Guidance | Lunch | Chorus of Crystals | Journey to Self |
| EVENING | Dinner | Desert Tightrope | Private Stress Reduction Consultation | Happy Hips |
| | Drinks at Lounge | Labyrinth quiet time | Dinner | Quiet Time |
| | Shamana-Karma | Dinner | Miraval Grounding Massage | Departure |

MINDFUL TIPS
Set time aside to pause, reflect, and be present in the moment. On your guest room TV, use our five-minute meditation video to center and prepare yourself for the day.

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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| MORNING | Arrival | Breakfast | Breakfast | Slow Flow Yoga |
| | Smoothies at The Nest | Journaling Time | Shinrin-Yoku | Breakfast |
| | Yoga Essentials | The Beauty of Imperfection | Jacuzzi Time | Mindful Kayaking |
| MID-DAY | Lunch | Boundary Setting for Success | Lunch | Pool Time |
| | Nature Walk | Pool Time | Spiritual Warrior Facial | Lunch |
| | Finding Your Inner Calm | Lunch | Let's Talk Sleep | Cypress Creek Farm Tour |
| EVENING | Dinner | Pravasana | Journey To Self | Cleansing Ceremony |
| | Crystal Meditation | Dinner | Dinner | Journaling Time |
| | Abhyanga | Astro Forecast | Shanti Pranam | Departure |

MINDFUL TIPS
Bring your journal and pen with you for note-taking and self-reflection.

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| MORNING | Arrival | Breakfast | Breakfast | Qi Grounding |
| | Smoothies at The Roost | Quiet time in your room | Grounded and Grateful: Garden Care | Breakfast |
| | Miraval Grounding Massage | Gratitude Meditation | QiGong | Slow Flow Yoga |
| MID-DAY | Lunch | Energy Session with Aura Photos | Lunch | Pool Time |
| | Horse Sense | Pool Time | Hara Soother | Lunch |
| | Private Daily Dose of Wellness | Lunch | Ask the Oracle | Mindfulness at Miraval |
| EVENING | Dinner | The Beauty of Imperfection | Cultivate Harmony & Calm with Singing Bowls | Coffee/Tea at The Roost |
| | Drinks in lounge | Reflex | Dinner | Quiet time in your room |
| | Splendor of Sound | Dinner | Quiet time in your room | Departure |

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