

# JOURNEYS *with* INTENTION



*outdoor  
adventure*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Breakfast
	Trail Run	Miraval Outback Hike	Semi-Private Mountain Biking	Quiet Time
	Labyrinth Journey	Smoothie at Palm Court	Pool time	Private Swing & a Prayer
MID-DAY	Lunch	Sun Goddess Facial	Lunch	Outdoor Yoga
	Climbing Wall	Lunch	Desert Sky Zip line Experience	Lunch
	Pool time	Afternoon Stretch	Smoothies at Palm Courts	Pool time
EVENING	Drinks in lounge	Slackline	Self-Guided Afternoon Hike	Talking Stones Massage
	Dinner	Quiet time	Drinks in lounge	Quiet time in your room
	Desert River Stone Massage	Dinner	Dinner	Departure

**MINDFUL TIPS**  
Staying hydrated  
will help you  
acclimate to  
our beautiful  
Sonoran Desert  
environment. Make  
sure to bring your  
reusable Miraval  
water bottle with  
you on all your  
adventures.

*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	Trail Run	Vinyasa Yoga
	Smoothies at The Nest	Preserve Hike	Breakfast	Breakfast
	Climbing Wall	Hatchet Throwing	Mindful Kayaking	Pool Time
MID-DAY	Lunch	Miraval Deep Massage	Lunch	Tibetan Bowl Massage
	Nature Walk	Lunch	Hill Country Challenge Course	Lunch
	Stand Up Paddleboard Yoga	Hive Mind	Photography Stroll	Rhythmic Riding
EVENING	Dinner	Swing and a Prayer	Happy Hips	Five Tips for More Energy
	Cocktails in the Kitchen	Dinner	Dinner	Smoothies at The Nest
	Astro Forecast	Jacuzzi Time	Floating Meditation	Departure

**MINDFUL TIPS**  
Remember to bring a hat, sunscreen, and your bathing suit!

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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning <b>Stretch</b>
	<b>Mindful Property Stroll</b>	<b>October Mountain Hike</b>	<b>Mountain Biking</b>	Breakfast
	<b>Quiet time in your room</b>	<b>Smoothies at The Roost</b>	Jacuzzi Time	<b>High Wild Woosey</b>
MID-DAY	Lunch	Quiet time in your room	Lunch	Pool Time
	<b>Birding in the Berkshires</b>	Pool Time	<b>Hara Soother</b>	Lunch
	<b>Smoothies at The Roost</b>	Lunch	<b>Way of the Archer</b>	<b>Eagle's Run Zip Line</b>
EVENING	Dinner	<b>Hatchet Throwing</b>	<b>Drinks in the lounge</b>	<b>Berkshire Iron Athlete</b>
	Drinks in lounge	<b>Climbing Wall</b>	Dinner	Quiet time in your room
	<b>Forge a Fire</b>	Dinner	<b>Quiet time in your room</b>	Departure

**MINDFUL TIPS**  
**Make sure to bring your reusable Miraval water bottle with you on all your adventures to stay hydrated.**

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