

JOURNEYS *with* INTENTION



*reconnection
getaway*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Strech
	Miraval Outback Hike	Miraval Equine Experience	Morning Meditation	Breakfast
	Quite time	Cardio Drumming	Rise & Shine Yoga	Deborah Lippmann Signature Pedicures
MID-DAY	Lunch	Yin/Yang Yoga	Lunch	Pool time
	Desert Sky Zipline Experience	Pool time	Duet W.H.Y - What Hold You	Lunch
	Semi-Private Astrology	Lunch	Cocktails in the Life in Balance Culinary Kitchen	Labyrinth Journey
EVENING	Aroma Flow Yoga	Creating Joy & Harmony	Floating Meditation	Mindfulness at Miraval
	Just Cook for Me Chef	Healing Visualizations Meditation	Dinner	Quiet time in your room
	Calming Hot Stone Massage	Dinner	Vitamin C Facial	Departure

MINDFUL TIPS

If scheduling a massage and facial, schedule the facial last, all the great product applied to your skin is not wiped away on the massage face cradle.

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	Aqua Barre
	Smoothies at The Nest	Preserve Hike	Happy Hips	Breakfast
	Cardio Drumming	Honey Tasting	Intro to Tarot	River Flower Wrap
MID-DAY	Lunch	Tex Zen Yoga	Lunch	Pool Time
	Hill Country Challenge Course	Blood Orange Mani/Pedi	An Unforgettable Canvas	Lunch
	Pool Time	Lunch	Pilates Fusion	Hatchet Throwing
EVENING	Wine & Your Sign	Stand Up Paddleboarding	Cocktails in the Kitchen	The Sweet Side of Baking
	Dinner	Floating Meditation	Dinner	Yin Yoga
	Miraval Relax Massage	Just Cook For Me	Jacuzzi Time	Departure

MINDFUL TIPS
Set your phone to airplane mode so you can take group pictures while remaining present.

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MORNING	Arrival	Breakfast	Cardio Drumming	Morning Yoga
	Steve's Glen Hike	Quiet time in your room	Breakfast	Breakfast
	Smoothies at The Roost	Meditation with Music	Semi-Private Craft Your Own Mala	Nature's Apothecary
MID-DAY	Lunch	Lunch	Lunch	Pool Time
	The Way of the Wheel	Pool Time	Read at The Roost	Lunch
	Semi-Private Horse Sense	Mindful Malas	Vertical Playpen	Release the Barre
EVENING	Dinner	Creative Cake Decorating	Deborah Lippmann Signature Pedicure	Smoothies at The Roost
	Drinks in lounge	Dinner	Sparkling Spirits	Quiet time in your room
	Tulsi Rose Facial	Drinks in the lounge	Dinner	Departure

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