

JOURNEYS *with* INTENTION



relaxation

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Morning Meditation	Breakfast
	Yin Aerial Yoga	Mindfulness at Miraval	Breakfast	Morning Stretch
	Yoga Nidra Meditation	Breathwork	Purple Sage Equine Meditation	Renew & Restore Facial
MID-DAY	Lunch	Pool time	Lunch	Labyrinth Journey
	Living a Life in Balance Consultation	Mindful Hair & Scalp Renewal	Pool time	Lunch
	Chorus of Crystals	Lunch	Artful Photography Stroll	Loving Kindness Meditation
EVENING	Juniper Leg & Foot	The Magic of Mandalas	Floating Meditation	Pool time
	Drinks in lounge	Custom Yoga	Dinner	Quiet time in your room
	Dinner	Dinner	Miraval Relaxation Massage	Departure

MINDFUL TIPS
Indulging in a little downtime is important – and what better way to do so than by lounging poolside, with cold drinks and healthy snacks!

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 Essentials
	Smoothies at The Nest	Pool Time	Blend 'N' Balance Smoothie	Breakfast
	Nature Walk	Let's Talk Sleep	Jacuzzi Time	Vitamin C Facial
MID-DAY	Lunch	Lunch	Lunch	Mindful Relationships
	Cypress Creek Farm Tour	Reflexology	Miraval Relax Massage	Lunch
	Living A Life in Balance	Miraval Equine Experience	Crystal Ball Photography	Finding Your Inner Calm
EVENING	Journaling Time	Dinner	Digital Mindfulness	Smoothies at The Nest
	Dinner	Walking The Labyrinth	Dinner	Solutions for Stress Eating
	Vasudhara	Good Night Meditation	Journaling Time	Departure

MINDFUL TIPS
Remember to leave time to simply be present with yourself. This is how you'll integrate all your new tools and knowledge!

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MORNING	Arrival	Breakfast	Breakfast	Floating Meditation
	Smoothies at The Roost	Quiet time in your room	Meadowview Equine Experience	Breakfast
	Simple Shampot	Ginger Healer	Coffee/Tea at The Roost	Read at The Roost
MID-DAY	Lunch	Pinnacle Nature Walk	Lunch	Pool Time
	Artful Photography Stroll	Lunch	Private Harmonic Vibrations	Aerial Yoga
	Private Himalayan Sound Bath	Pool Time	Custom Pilates	Lecture
EVENING	Dinner	Drinks in the lounge	Snapshots of Splendor	Miraval Relaxation Massage
	Drinks in the lounge	Dinner	Dinner	Quiet time in your room
	Quiet time in room	Meditation for Superior Sleep	Probiotic Healing Facial	Departure

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