

# JOURNEYS *with* INTENTION



*self-connection*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Breakfast
	Labyrinth Journey	Morning Meditation	Rise & Shine Yoga	Desert Tightrope
	Journey to Self	All the Buzz	Spiritual Journey to your Higher Power	Quiet time in room
MID-DAY	Lunch	The Beauty of Imperfection	Lunch	Change your Brain with Meditative Drumming
	Out on a Limb	Lunch	Healthy Gut, Healthy You	Lunch
	Quiet time	Soul Journey	Aroma Flow Yoga	Pool time
EVENING	Afternoon Stretch	Floating Meditation	Dinner	Smoothies at Palm Court
	Dinner	Niramaya Facial	Tula	Gentle Stretch
	Reiki	Dinner	Kiva quiet time	Departure

**MINDFUL TIPS**  
In search of a quiet spot to meditate? Visit one of seven mindful locations on property that were chosen for their sacred energies.

*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	Cardio Drumming
	Smoothies at The Nest	Journey To Self	Moving Meditation	Breakfast
	Quantum Leap	Rhythmic Riding	Preserve Hike	Common Ground
MID-DAY	Lunch	Lunch	Lunch	Pool Time
	Aligned Nutrition	Pool Time	Ginger Healer	Lunch
	Meet Your Spirit Guides	Hatha Yin/Yang Yoga	Journaling Time	Your Spiritual Connection
EVENING	Dinner	Decoding Desires	Creative Canvas	Smoothies at The Nest
	Intuitive Wisdom	Miraval Relax Massage	Dinner	Journaling Time
	Floating Meditation	Dinner	Photography Stroll	Departure

**MINDFUL TIPS**  
Allow yourself to step outside your comfort zone and try something new!

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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	<b>Stretch and Relax</b>	Breakfast	Morning Yoga
	<b>Herbal Scalp Treatment</b>	<b>Breakfast</b>	<b>Meditation with Music</b>	Breakfast
	<b>Quiet time in room</b>	<b>Private How to Meditate</b>	<b>Journal in room</b>	<b>Align and Refine</b>
MID-DAY	Lunch	Quiet time in your room	Lunch	Pool Time
	<b>Mindful Grooming</b>	Pool Time	<b>Yin Yoga</b>	Lunch
	<b>Private Beauty of Imperfection</b>	Lunch	<b>Create Your Own Apothecary</b>	<b>Rhythm &amp; Writing</b>
EVENING	Dinner	<b>Capture Your Aura</b>	<b>Journal in your room</b>	Smoothies at <b>The Roost</b>
	Drinks in lounge	<b>Dinner</b>	Dinner	Quiet time in your room
	<b>Restore and Renew Facial</b>	<b>Privste From Stress to Rest</b>	<b>Drinks in the lounge</b>	Departure

**MINDFUL TIPS**  
In search of a quiet spot to meditate? Visit one of our mindful locations on property that were chosen for their sacred energies, like the meditation garden.

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