

JOURNEYS *with* INTENTION



*leadership
fulfillment*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Meditation
	Creating Your Sacred Space	Morning Meditation	Quiet time	Breakfast
	Mindfulness at Miraval	Common Ground	Conscious Connections	Embodied Presence
MID-DAY	Lunch	Pool time	Desert Sky Zip line Experience	Lunch
	Your Balanced Brain	Naga	Lunch	Labyrinth Journey
	Drinks in lounge	Lunch	Face to Face	Pool time
EVENING	Dinner	Unleash the Power of Your Soul	Afternoon Stretch	Smoothies at Palm Court
	Peaceful Sleep	Drinks at lounge	Dinner	Quiet time
	Craniosacral Therapy	Dinner	Floating Meditation	Departure

MINDFUL TIPS
Challenge Courses are great for leaders to participate in, and might get them thinking about a group retreat for their team to connect and bond!

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	Pillars of Peace
	Smoothies at The Nest	Common Ground	Shinrin-Yoku	Breakfast
	Morning Stretch	Journaling Time	Jacuzzi Time	New Habits for a New You
MID-DAY	Lunch	Private Photography	Lunch	Pool Time
	Hill Country Challenge Course	Pool Time	Flourish	Lunch
	Meals Made Easy	Lunch	Spiritual Warrior Facial	Stress Solutions
EVENING	Dinner	Quantum Leap	Your Spiritual Connection	Smoothies at The Nest
	Zen Stroll	Living A Life in Balance	Dinner	Yin Reiki Yoga
	Miraval Deep Massage	Dinner	Floating Meditation	Departure

MINDFUL TIPS
Don't forget to set your out-of-office reply so you can stay in the present moment.

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MORNING	Arrival	Breakfast	Breakfast	Morning Yoga
	Tea with Intention	Functional Strength	Miraval Equine Experience	Breakfast
	Becoming Balanced	Quiet time in your room	Meditation with Music	Nia
MID-DAY	Lunch	Soul Flight Experience	Lunch	Pool Time
	Flying Squirrel	Pool Time	Lemongrass Escape	Lunch
	Principles of Positional Therapy	Lunch	Smoothies at The Roost	Deep Mountain Massage
EVENING	Dinner	The Spirit of the Saber	Qi Flow	Smoothies at The Roost
	Drinks in lounge	Forge a Fire	Dinner	Quiet time in your room
	Spiritual Warrior Facial	Dinner	Drinks in the lounge	Departure

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