



Media Contact:

20Two Studio

miraval@20twostudio.com

MIRAVAL RESORTS & SPAS LAUNCHES MIRAVAL LIFE IN BALANCE PODCAST

Leader in the Wellness Space Continues to Guide Individuals to Discover What Matters Most: Connection with Self, Others, and the Surrounding World

CHICAGO (May X, 2023) – As a pioneer in destination wellness spa resorts for nearly 30 years, [Miraval Resorts & Spas](#) brings its core intention of empowering people to lead their best lives to the podcast space with today's launch of *Miraval Life in Balance*. The first podcast from the Miraval brand aims to guide audiences to cultivate wellness, intention and inspiration from anywhere in the world. Host Lauren Scruggs Kennedy, an American lifestyle and clean-living blogger, takes listeners on a virtual journey of insight and mindfulness to Miraval Resorts & Spas, where thought leaders, brand collaborators, and guests share their personal expertise on wellbeing practices and how they foster mindfulness in their everyday lives.

“Miraval resorts continue to empower guests with the tools they need to re-center their body and mind, bringing mindfulness best practices home,” said Susan Santiago, head of lifestyle and Miraval operations. “The Life in Balance podcast, with its guest roster of wellness industry leaders, is an exciting new layer to the impact we can make in supporting balance in people's lives.”

Centered around a core pillar of mindfulness, the podcast intentionally debuts during Mental Health Awareness month, and the first six episodes focus on the connection of body, mind and spirit and how consciously exploring these connections can make life more meaningful and joyful. Guests include Lauren Landerwerlin, a Miraval Authentic Circle member and loyal guest; Dr. Alfiee Breland-Noble, a 2023 Miraval DEI brand collaborator and founder of BIPOC mental health nonprofit The AAKOMA Project, Dr. Gregory Scott Brown, a psychiatrist and mental health author of *The Self-Healing Mind*, Elise Banks, a psychotherapist, and Mental Health Ambassador for the National Alliance on Mental Illness, and Jennifer Pastiloff, a best-selling author of *On Being Human*.

A previous guest of the brand's flagship Miraval Arizona location, Scruggs Kennedy uses her online presence to share her expertise on healthy living, and her passions for vulnerability, style, clean beauty and nutritious recipes. She has worked with several knowledgeable individuals in the space and inspirational companies, giving her insight into the intentionality of body and soul that Miraval looks to develop through their resorts, and now through this new podcast.

This audio journey is now available on [Apple Podcasts](#) and [Spotify](#), among others.

About Miraval Resorts & Spas

The [Miraval](#) brand is a global leader in wellness resorts and spas. Miraval Arizona in Tucson, Ariz. pioneered the destination wellness spa resort category more than 25 years ago with its comprehensive program of mindfulness activities, destination-inspired experiences and spa treatments that incorporate modalities from around the globe. In 2017, Miraval Arizona joined the Hyatt portfolio bringing its in-depth approach to wellness to Hyatt guests and World of Hyatt members globally. In February 2019, Miraval

Austin opened in Texas as the brand's second wellness resort. The newest resort, Miraval Berkshires, located in Lenox, Mass., opened as the brand's first East Coast destination in July 2020. Together, all three Miraval resorts inspire guests to create a life in balance, foster positivity and cultivate mindfulness. For more information, please visit [MiravalResorts.com](https://www.miravalresorts.com). Follow the Miraval brand on [Facebook](#), [Twitter](#) and [Instagram](#), and tag photos with #MiravalMoments.

About Hyatt Hotels Corporation

Hyatt Hotels Corporation, headquartered in Chicago, is a leading global hospitality company guided by its purpose – to care for people so they can be their best. As of March 31, 2023, the Company's portfolio included more than 1,250 hotels and all-inclusive properties in 75 countries across six continents. The Company's offering includes brands in the Timeless Collection, including Park Hyatt®, Grand Hyatt®, Hyatt Regency®, Hyatt®, Hyatt Residence Club®, Hyatt Place®, Hyatt House®, Hyatt Studios, and UrCove; the Boundless Collection, including Miraval®, Alila®, Andaz®, Thompson Hotels®, Dream® Hotels, Hyatt Centric®, and Caption by Hyatt®; the Independent Collection, including The Unbound Collection by Hyatt®, Destination by Hyatt®, and JdV by Hyatt®; and the Inclusive Collection, including Hyatt Ziva®, Hyatt Zilara®, Zoëtry® Wellness & Spa Resorts, Secrets® Resorts & Spas, Breathless Resorts & Spas®, Dreams® Resorts & Spas, Hyatt Vivid Hotels & Resorts, Alua Hotels & Resorts®, and Sunscape® Resorts & Spas. Subsidiaries of the Company operate the World of Hyatt® loyalty program, ALG Vacations®, Unlimited Vacation Club®, Amstar DMC destination management services, and Trisept Solutions® technology services. For more information, please visit www.hyatt.com.

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