

GROUP PROGRAMMING

Balance is better when created together



Sanctuary Garden

MIRAVAL[®]
austin

13500 FM 2769, AUSTIN, TX 78726
MIRAVALRESORTS.COM/AUSTIN

Discover Miraval Austin

   @miravalaustin



GROUP PROGRAMMING GUIDE

Being together, whether for pleasure, celebration, or team building, means creating points of memory. Putting together a special adventure, lecture or activity just for your group can bond you in a very special way.

Our group experiences provide an unforgettable back drop for sharing, compassion, and connection.

Customized adventures are developed based on your intentions and goals that will help you create a life in balance.



Great for a Leadership Retreat



Great for a Social Group Getaway

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GROUP CAPACITY

	<i>Large Groups</i> 30+ OR LESS	<i>Small Groups</i> 15 OR LESS
OUTDOOR ADVENTURE	BLUE HERON CHALLENGE COURSE NATURE WALK	HATCHET THROWING THE WAY OF THE ARCHER
FITNESS	COUNTRY LINE DANCING MORNING STRETCH YOGA SCULPT SAMBA	CARDIO DRUMMING HAPPY HIPS
YOGA & MEDITATION	SLOW FLOW YOGA TEX ZEN YOGA YOGA ESSENTIALS	FLOATING MEDITATION GUIDED MEDITATION MORNING MEDITATION MANIFESTATION MEDITATION SHANTI PRANAM EMPOWERED FLOW YOGA
CREATIVE EXPRESSION	THE BEAUTY OF IMPERFECTION PHOTOGRAPHY STROLL	THE ART OF LETTING GO
WELLNESS LECTURES	NEW HABITS FOR A NEW YOU PILLARS OF PEACE LIVING A LIFE IN BALANCE STRESS SOLUTIONS DIGITAL MINDFULNESS ALIGNED NUTRITION OPTIMAL METABOLISM	
SPIRIT & SOUL	SPLENDOR OF SOUND RECLAIM YOUR BREATH	WINE & YOUR SIGN VOICE OF THE SOUL RING OF LIGHT TAROT CARD WORKSHOP
FARM & EQUINE	CYPRESS CREEK FARM VISIT	HERDING WITH HORSES AN UNFORGETTABLE CANVAS HONEY TASTING
CULINARY & BEVERAGE	SALSA COMPETITION ART OF THE COCKTAIL BEYOND THE PALE WORLD OF WINE	JUST COOK FOR ME PASTA A MANO PLANT-BASED COOKING SPIRIT OF THE AGAVE BUBBLES & BITES IN THE SPIRIT OF GRAPES SPARKLING SPIRITS

OUTDOOR ADVENTURE



Combine the benefits of being outdoors with cutting-edge approach to adventuring. These experiences encourage your group to step outside their comfort zone.



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NATURE WALK

DURATION: 60 minutes

GROUP SIZE: 10 people - available for 30+

PRICE: \$44 - \$55 per person + tax

Start the day with a nature walk designed for all abilities. Explore rolling hills with an occasional steeper section and a distance of two miles. Our trail offers a great introduction to the local Hill Country environment. *Closed-toe shoes required.*

THE WAY OF THE ARCHER

DURATION: 1 - 2 hours

GROUP SIZE: 8 - 15 people

PRICE: \$44 - \$55 per person + tax

Boost your mental attention and synchronize your breathing—all while keeping your eye focused on the prize. This activity will teach the fundamentals of archery while exploring techniques that develop focus, patience, flexibility, and attention. *Closed-toe shoes required.*

HATCHET THROWING

DURATION: 1 - 2 hours

GROUP SIZE: 8 - 15 people

PRICE: \$44 - \$55 per person + tax

The art of hatchet throwing requires a heightened focus. In this experience, the group will learn how to develop concentration and respond to outside elements, as well as how harnessing these skills can sharpen both mental and physical performance in all aspects of life. *Closed-toe shoes required.*

BLUE HERON CHALLENGE COURSE

DURATION: 2 - 2 hours 30 minutes

GROUP SIZE: 30 people max

PRICE: \$120 - \$150 per person + tax

Challenge the story you've been told about yourself and your abilities. Our trained guides take you through a series of obstacles and adventures to help you set goals, forge bonds, and tell your own story of triumph. Try your hand (and foot) at navigating our high ropes challenge course. Its linear progression culminates with a fantastic 500-foot-long zip line flight, soaring over the treetops. *Closed-toe shoes required. Weight limit is 280 lbs.*



For other group Challenge Course activities or questions, please contact your Miraval Sales & Events planner.

FITNESS



Learn to center the mind, be present, breathe deeper and create stronger focus, as well as stretch the mind and strengthen the body. Find your breath and your flow.



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CARDIO DRUMMING



DURATION: 45 minutes

GROUP SIZE: 16

PRICE: \$44 - \$55 per person + tax

Join us for this high-energy cardio workout that combines traditional aerobic movements with the powerful beat and rhythm of drums.

COUNTRY LINE DANCING

DURATION: 45 minutes

GROUP SIZE: 15 - 30+

PRICE: \$44 - \$55 per person + tax

Dance to the tunes of Austin with our Texas line dancing class, choreographed with easily learned steps you perform in unison as a group arranged in lines for some simple fun.

HAPPY HIPS

DURATION: 45 minutes

GROUP SIZE: 15

PRICE: \$44 - \$55 per person + tax

Using self-myofascial release techniques, along with hip joint opening exercises and a series of yoga-based hip stretches, you can improve your flexibility and mobility and walk away with happy hips.

MORNING STRETCH



DURATION: 45 minutes

GROUP SIZE: 15 - 30+

PRICE: \$44 - \$55 per person + tax

Start your day with a head-to-toe stretch class designed to prepare you for a full day of Miraval activities.

SAMBA

DURATION: 45 minutes

GROUP SIZE: 15 - 30+

PRICE: \$44 - \$55 per person + tax

A fun, upbeat, and lively dance that progresses counterclockwise around the floor. It is characterized by its syncopated timing, bounce, and rolling hip action.

YOGA SCULPT

DURATION: 45 minutes

GROUP SIZE: 15 - 30+

PRICE: \$44 - \$55 per person + tax

Pilates and yoga combine in this high-energy fusion class designed to increase muscular endurance and flexibility. Light hand weights add intensity to traditional yoga poses, and Pilates exercises are blended throughout to give you a total-body hybrid workout.

*For other group Fitness activities or questions, please contact
your Miraval Sales & Events planner.*

YOGA & MEDITATION



Learn to center the mind, be present, breathe deeper and create stronger focus, as well as stretch the mind and strengthen the body. Find your breath and your flow.



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GROUP FAVORITES

FLOATING MEDITATION

DURATION: 45 minutes

GROUP SIZE: 8 - 12 people

PRICE: \$44 - \$55 per person + tax

Experience the calming benefits of induced meditation. Rock gently in an elevated silk hammock among the soothing vibrations of crystal bowls. Release your mind's stress, tension, or worry while you hover weightlessly in the air.

May cause motion sickness. Please wear yoga attire.

YOGA ESSENTIALS

DURATION: 45 minutes

GROUP SIZE: available for 30+

PRICE: \$44 - \$55 per person + tax

Learn essential Hatha Yoga practices to enhance breathing, balance, and flexibility.

OTHER GROUP OFFERINGS

DURATION: 45 minutes

PRICE: \$44 - \$55 per person + tax

Yoga

GROUP SIZE:

TEX ZEN YOGA	20 - 30
EMPOWERED FLOW YOGA	20
SLOW FLOW YOGA	20 - 30
YOGA GROOVE	20

Meditation

GUIDED MEDITATION	12 - 30+
MORNING MEDITATION	12 - 30+
MANIFESTATION MEDITATION	12 - 30+
SHANTI PRANAM	12 - 30+

For other group Yoga & Meditation activities or questions, please contact your Miraval Sales & Events planner.

CREATIVE EXPRESSION



Enjoy experiential sessions that bring mindfulness and presence to your creative process. Tap into your imagination and reveal your most authentic self.



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PHOTOGRAPHY STROLL

DURATION: 45 minutes

GROUP SIZE: available for 30+

PRICE: \$80 - \$100 per person + tax

Join our creative expression specialists for a stroll around the resort walkways and trails. Work on creating images and gain awareness of available natural light and compositional elements to create a stronger, more interesting photograph. *Close-toed shoes recommended.*

THE ART OF LETTING GO

DURATION: 1 - 2 hours

GROUP SIZE: available for 30+

PRICE: \$120 - \$150 per person + tax

Some of the best things come our way when we free ourselves from expectations. Practice letting go by using the ancient art of Suminagashi to create a marble effect with ink on water. Allowing the ink to move without manipulation reveals a unique design that symbolizes how beauty emerges when we stop trying to control the outcome.

THE BEAUTY OF IMPERFECTION

DURATION: 90 minutes

GROUP SIZE: available for 30+

PRICE: \$120 - \$150 per person + tax

Reassemble shards of pottery by highlighting the repairs with gold paint in this unique Kintsugi-inspired workshop. Examine your ideas about vulnerability, flaws, and wholeness through compassionate reflection. Instead of disguising or discarding cracks in art or life, we can trace imperfections with beauty and strength.



For other group Creative Expression activities or questions, please contact your Miraval Sales & Events planner.

WELLNESS LECTURES



Enjoy experiential sessions that bring mindfulness and presence to your creative process. Tap into your imagination and reveal your most authentic self.



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NEW HABITS FOR A NEW YOU



DURATION: 1 hour

GROUP SIZE: 12 people - 30+ available

PRICE: \$80 - \$100 per person + tax

Habits can potentially lead us to healthy harmony or keep us trapped in unconscious patterns. Everyone can boost their resilience and mental wellness with better practices. Through discussion, guided meditation, and intuition, this workshop steers away from unhelpful habits toward healthy behaviors that align with a renewed vision.

LIVING A LIFE IN BALANCE



DURATION: 1 hour

GROUP SIZE: available for 30+

PRICE: \$44 - \$55 per person + tax

When life feels out of balance, we can reset priorities. This class offers a unique glimpse into how we can balance our daily demands of family or work life with personal values and self-care. Lori Burdick corrects misconceptions, redirects unrealistic expectations, and offers practical ways to achieve a life in balance.

DIGITAL MINDFULNESS

DURATION: 1 hour

GROUP SIZE: 12 people - 30+ available

PRICE: \$44 - \$55 per person + tax

Managing our digital lives can be challenging. Take a closer look at how we can make mindful choices about when and how we use our devices. Learn concrete steps to shift your relationship with the digital world to support productivity and elevate awareness.

PILLARS OF PEACE

DURATION: 1 hour

GROUP SIZE: 12 people - 30+ available

PRICE: \$80 - \$100 per person + tax

Reclaim your natural state of peace and discover ways to work with stress, reactivity, and mental agitation. Bring new awareness into your life, engage in self-inquiry, and learn practical methods to create and sustain a sense of peace.

STRESS SOLUTIONS

DURATION: 1 hour

GROUP SIZE: available for 30+

PRICE: \$44 - \$55 per person + tax

Learn to navigate your stress response through new awareness and methods that release tension and help you rediscover your equilibrium.

ALIGNED NUTRITION

DURATION: 1 hour

GROUP SIZE: 12 people - 30+ available

PRICE: \$80 - \$100 per person + tax

Support yourself from within by making informed choices about the nutrients you put into your body by avoiding synthetic or processed foods and practices that work against your body's natural ability to transform itself from the inside out.

For other group Wellness Lectures activities or questions, please contact your Miraval Sales & Events planner.

SPIRIT & SOUL



Enjoy experiential sessions that bring mindfulness and presence to your creative process. Tap into your imagination and reveal your most authentic self.



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WINE & YOUR SIGN



DURATION: 90 minutes

GROUP SIZE: 12 people

PRICE: \$150 per person + tax

Learn about astrology and sample fine wines as you explore the elements of the zodiac. Take a journey from the fiery boldness of Syrah to the ethereal and airy Sancerre. See and taste how stars can steer us to discover spirits and fuel the soul.

Please supply the time, date, and place of your birth at time of booking.

SPLendor OF SOUND



DURATION: 90 minutes

GROUP SIZE: 10 people - 30+ available

PRICE: \$120 - \$150 per person + tax

This yoga Nidra journey helps you connect with your highest self, featuring the soothing vibrations of Himalayan singing bowls, the gong, and etheric vocals. Release stress and restore a healthy energy flow with this unique sound healing experience.

VOICE OF THE SOUL

DURATION: 1 hour

GROUP SIZE: 10 people

PRICE: \$100 per person + tax

this is a deep guided meditation using mesmerizing and intuitive vocal techniques through a group sound ceremony over the resonance of crystal sound bowls. Release, receive, and reconnect to the authentic truth of your being by entering a space that offers spiritual balance and inspiration.

RING OF LIGHT

DURATION: 1 hour

GROUP SIZE: 10 people

PRICE: \$55 per person + tax

This fire ceremony offers an illuminated release. Purifying flames transform things we wish to release into embers in this symbolic practice. Gather around a circle of ceremonial light to write ideas, emotions, or situations you would like to leave behind and burn the paper that holds them back into the earth.

TAROT CARD WORKSHOP

DURATION: 90 minutes

GROUP SIZE: 12 people max

PRICE: \$150 per person + tax

Learn how to advance your spiritual development with Tarot or Oracle cards. Understand the difference between the two decks and how you can use them to develop your intuition. Delve into their history, growth, and energetic maintenance, and learn to read and interpret the cards for yourself or your friends. Take-home deck included.

RECLAIM YOUR BREATH

DURATION: 1 hour

GROUP SIZE: 12 people - 30+ available

PRICE: \$44 - \$55 per person + tax

Give yourself the gift of conscious breathing with techniques to center, ground, and ease your daily life. Our breath nourishes every part of our being: physical, mental, and emotional. When we attend to our breath, we change the way we think, feel, and act.

FARM & EQUINE



Bond with our gentle and highly intuitive equine—and learn about yourself in the process. Unleash creativity, improve communication and overcome emotional blocks.



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CYPRESS CREEK FARM VISIT

DURATION: 2 hours

GROUP SIZE: 14 people - available for 30+

PRICE: \$44 - \$55 per person + tax

Meet our farmers to explore our on-site farm that provides produce and eggs for your daily meals at Miraval. Greet the hens that deliver fresh eggs to our farm-to-table restaurant and wander the farm as you walk alongside sprouting crops in the field.

HERDING WITH HORSES

DURATION: 2 hours

GROUP SIZE: 12 people max

PRICE: \$125 per person + tax

Step into the arena and ground yourself with the energy of your intention. In this unmounted activity, you will guide a horse through obstacles through direct communication. Practice expressing your intention clearly with a horse to learn how you can express yourself more clearly in your other relationships.



HONEY TASTING:

The Terroir of Honey

DURATION: 45 minutes

GROUP SIZE: 8 people

PRICE: \$115 per person + tax

This honey-tasting experience dives into honey's stunning complexity, diverse character, and remarkable health benefits. Guests will explore how the behavior of bees and the specificity of their environment provide an astonishing variety of flavors and colors and get a look into how the process of beekeeping informs the final product.

AN UNFORGETTABLE CANVAS

DURATION: 2 hours

GROUP SIZE: 8 people max

PRICE: \$125 per person + tax

Tap into your creative spirit by using the side of a horse (that's right, a horse!) as your canvas. We use a living canvas to remind us to stay present and grounded in our storytelling.

Wear sturdy, closed-toe shoes, and bring a hat, sunscreen, and water bottle. Note that this can be a messy experience.

For other group Farm & Equine activities or questions, please contact your Miraval Sales & Events planner.

CULINARY & BEVERAGE



Discover new ways to cook consciously and eat mindfully. Our offerings range from exploring emotional eating to appreciating chocolate and the joy of java.



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CULINARY GROUP FAVORITES

SALSA COMPETITION



DURATION: 50 minutes

GROUP SIZE: 30+ people

PRICE: \$100 per person + tax

Enjoy creating unique salsa's by using fun ingredients and competing against your friends/colleagues! Attendees will be split into groups and will compete on creating the perfect salsa using different ingredients. The best salsa will be judged by the provider to reveal a winning team.



For other group Culinary & Beverage activities or questions, please contact your Miraval Sales & Events planner.

JUST COOK FOR ME



DURATION: 90 minutes

GROUP SIZE: 8 - 10 people

PRICE: \$200 per person + tax

Take a seat at our connoisseur's table and let us enchant you with our chef's choice of fresh, seasonal, and innovative culinary delights. This five-course menu features flavorful dishes paired with red, rosé, or white wines. This experience is designed for the adventurous foodie and may not be adjusted for food allergies.

PASTA A MANO

DURATION: 2 hours

GROUP SIZE: 8 - 12 people

PRICE: \$100 per person + tax

Join us for this hands-on pasta-making experience to nourish your mind, body, and soul. Together we will experience the ancient art of handmade pasta as we explore fresh ingredients and flowers that help our dough dish and hearts flourish.

PLANT-BASED COOKING

DURATION: 50 minutes

GROUP SIZE: 12 people

PRICE: \$100 per person + tax

This interactive experience will teach you to create and cook satisfying plant-based dishes.

CULINARY & BEVERAGE

BEVERAGE GROUP FAVORITES

BUBBLES & BITES

DURATION: 1 hour

GROUP SIZE: 12 people

PRICE: \$100 per person + tax

Join us for an effervescent hour prepared for your palate by our talented chef. Enjoy a tasting experience of canapes and hors d'oeuvres perfectly paired with sparkling wine or bubbly beverages.

ART OF THE AGAVE

DURATION: 1 hour

GROUP SIZE: 8 people

PRICE: \$100 per person + tax

Relax into the tantalizing world of Tequila, a spirit distilled from the agave plant. Taste a variety of Tequilas and enjoy a house-made margarita and paired small bites to cleanse the palate.

IN THE SPIRIT OF GRAPES:

A Tour of Texas Grapes

DURATION: 1 hour

GROUP SIZE: 8 people

PRICE: \$100 per person + tax

Wines capture a sense of the places they are grown in a uniquely expressive and vibrant way. This tour of Texas wines teaches you about the philosophy of Texas viticulture and winemaking with a closer look at unique varietals, local winemakers, and their craft.



ART OF THE COCKTAIL



DURATION: 60 minutes

GROUP SIZE: 25 people - available for 30+

PRICE: \$80 - \$100 per person + tax

Crafting the perfect cocktail is all about finding the right balance. Too much acidity and it will taste sour. Too much alcohol and you overpower the drink. Experiment and find the right amount of ingredients for each component in this hands-on cocktail-making class.

BEYOND THE PALE

DURATION: 1 hour

GROUP SIZE: 25 people - available for 30+

PRICE: \$80 - \$100 per person + tax

Learn the secrets of pairing beer with complementary foods by sampling a carefully selected flight of local artisanal cheeses and brews. Understand how pairings can elevate the tasting experience and how you can recreate this savory combination in your own home.

SPARKLING SPIRITS



DURATION: 45 minutes

GROUP SIZE: 8 people

PRICE: \$100 per person + tax

Explore how we bring effervescence to our drinks and lives with Miraval Austin's beverage specialist. Learn how fermentation methods, labeling rules, and sugar content inform your consumption. Enjoy a mini flight of sparkling wines and create a personalized Spritz Cocktail to brighten your day.

WORLD OF WINE

DURATION: 1 hour

GROUP SIZE: available for 30+

PRICE: \$80 - \$100 per person + tax

Discover the symbiosis and sense of place each grape has to offer. Unearth the common questions and understand the myths in this unusual wine tasting as you deductively experience the inherent differences in terroir or sense of place.

*Ask your Sales & Event Planner about how larger groups are handled and how we manage concurrent activities. For optimal availability and choice, please schedule events 60 - 90 days out.

ALL ACTIVITIES ARE SUBJECT TO AVAILABILITY AND CONFIRMATION.

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