

GROUP PROGRAMMING

Balance is better when created together



MIRAVAL[®]
arizona

5000 E VIA ESTANCIA, TUCSON, AZ 85739
MIRAVALRESORTS.COM/ARIZONA

Discover Miraval Arizona

   @miravalarizona



GROUP PROGRAMMING GUIDE

Gathering with your group—for pleasure, celebration, or team-building—creates shared memories and strengthens bonds. Our group experiences provide an unforgettable backdrop for sharing, compassion, and connection.

We develop customized adventures based on your intentions and goals to help you create a life in balance.



Great for a Leadership Retreat



Great for a Social Group Getaway

866.343.4114 | 5000 E. VIA ESTANCIA | TUCSON, AZ 85739

MIRAVALGROUPS@MIRAVALRESORTS.COM

GROUP CAPACITY

	<i>Large Groups</i> 20+ OR LESS	<i>Small Groups</i> 12 OR LESS
OUTDOOR ADVENTURE	LOW ROPES INSIGHT HIKE OUTBACK HIKE HIGH ROPES	SKY ISLAND TRAVERSE THE WAY OF THE ARCHER SWING AND A PRAYER GIANT'S LADDER QUANTUM LEAP II
FITNESS	HIIT CLASSES STRETCH CLASSES STRENGTH CLASSES	CARDIO DRUMMING SPIN CLASSES WATER CLASSES
YOGA & MEDITATION	CUSTOM YOGA MINDFUL MEDITATION GUIDED MEDITATION PEACEFUL PELVIS YOGA	AERIAL YOGA FLOATING MEDITATION DAVINCI BODY BOARDS
CREATIVE EXPRESSION	CHAKRA CREATIONS THE MAKING OF MALAS	SPIRIT OF THE HORSE CREATE A MIRAVAL MOMENT
WELLNESS LECTURES	THE GIFT OF GRATITUDE LIVING A TRUE LIFE IN BALANCE ENHANCE YOUR MENTAL POTENTIAL NUTRITION WORKSHOPS HOW TO SUPPORT SLEEP HEALTH HEALTHY SLEEP: BEYOND THE BASICS	THRIVING THROUGH CHANGE PELVIC FLOOR WISDOM
SPIRIT & SOUL	SPIRITUAL DRUMMING ASTRAL PROJECTIONS PAST LIFE REGRESSION WINE & YOUR SIGN CELESTIAL CAMPFIRE LUNAR RITUALS AWAKENING THE DREAM	DREAM MANIFESTING CHORUS OF CRYSTALS
FARM & EQUINE		MIRAVAL EQUINE EXPERIENCE COMMON GROUND JOURNEY TO SELF
CULINARY & BEVERAGE	ARTISANAL TACOS SALSA & TEQUILA CHALLENGE CHARCUTERIE BOARD CHALLENGE BLEND 'N' BALANCE SMOOTHIE COCKTAILS IN THE KITCHEN JUST COOK FOR ME HONEY: A SENSUAL JOURNEY IN THE SPIRIT OF GRAPES PASTA A MANO PLANT-BASED COOKING	

OUTDOOR ADVENTURE



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



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INSIGHT HIKE

DURATION: 2 hours

GROUP SIZE: 8 - 50 people

PRICE: \$50 per person

With the beautiful Sonoran Desert as a breathtaking backdrop, you can ease into walking and talking through nature with thought-provoking activities, challenges, and facilitated discussion.

SKY ISLAND TRAVERSE

DURATION: 2 - 3 hours

GROUP SIZE: 8 - 12 people

PRICE: \$200 per person

Discover our new custom-designed course featuring 10 elements, from zip lines to ropes, suspended 35-45 feet above the Sonoran Desert. Reach new heights and break through perceived limits by challenging yourself physically, mentally, and emotionally. Reflect on your journey of self-discovery as you conclude by gliding into the grounding embrace of the desert floor.

HIGH ROPES

DURATION: 2 - 4 hours

GROUP SIZE: 8 - 30 people

PRICE: \$79 - \$115 per person

Experience enhanced team-building with our expansive high-ropes course that fosters diverse collaboration skills and personal growth. Large groups are split into smaller teams, simultaneously conquering multiple challenge course activities. Afterward, the teams reunite to reflect, evaluate, and discuss their individual learnings.

LOW ROPES

DURATION: 2 - 3 hours

GROUP SIZE: 8 - 100 people

PRICE: \$79 per person

Navigate a series of fun problem-solving challenges such as Tension Traverse, Whale Watch, Helium Stick, Key punch, and Spider's Web. These activities focus on improving trust, communication, cooperation, and leadership skills. Indoor option available.

OUTBACK HIKE

DURATION: 2 hours

GROUP SIZE: 8 - 50 people

PRICE: \$50 per person

Start the day with a hike designed for all abilities. This is an excellent introduction to the desert environment.

OTHER GROUP OFFERINGS

DURATION: 2 hours

GROUP SIZE: 8 - 15

PRICE: \$59 - \$200 per person

**QUANTUM LEAP
THE WAY OF THE ARCHER
SWING & A PRAYER
QUANTUM LEAP II
GIANT'S LADDER**

Custom physical levels available for all Outdoor Adventure activities. Closed-toe shoes required.

FITNESS



Discover new ways to get up and move while having fun. From aquatic exercises to the rhythm of drum beats, you can bond with your group in an active way.



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STRETCH & FOAM ROLLING CLASSES

DURATION: 45 minutes

GROUP SIZE: 8 - 25 people

PRICE: \$50 per person

- Afternoon Stretch
- Foam Rolling
- Morning Stretch

STRENGTH CLASSES

DURATION: 45 minutes

GROUP SIZE: 8 - 25 people

PRICE: \$50 per person

- Cardio & Strength Machines
- Glute Strength
- Women's Wellness with Weights

SPIN CLASSES

DURATION: 45 minutes

GROUP SIZE: 8 - 20 people

PRICE: \$50 per person

- Power Cycle
- Ride & Release

HIIT CLASSES

DURATION: 45 minutes

GROUP SIZE: 8 - 25 people

PRICE: \$50 per person

- Bodyweight HiiT
- HiiT with Props
- HiiT with TRX

WATER CLASSES

DURATION: 45 minutes

GROUP SIZE: 8 - 20 people

PRICE: \$50 per person

- Water Fitness

CARDIO DRUMMING

DURATION: 45 minutes

GROUP SIZE: 8 - 24 people

PRICE: \$50 per person

This high-energy cardio workout combines traditional aerobic movements with the powerful beat and rhythm of drums.



For other group Fitness activities or questions, please reach out to your Miraval sales and events planner.

YOGA & MEDITATION



Learn to center the mind, be present, breathe deeply, focus better, and strengthen the body. At Miraval Arizona, you can find your breath and your flow.



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GROUP FAVORITES

FLOATING MEDITATION

DURATION: 45 minutes

GROUP SIZE: 8 - 12 people

PRICE: \$75 per person

Experience the calming benefits of induced meditation while you are gently elevated above the floor in a silk hammock and rocked to the soothing vibrations of crystal bowls. Release your mind's stress, tension, or worry while you "float" weightlessly in the air. Please wear Yoga attire. *May cause motion sickness. Please wear yoga attire.*

MIXED LEVEL YOGA

DURATION: 45 minutes

GROUP SIZE: 8 - 20 people

PRICE: \$50 per person

- Aroma Flow Yoga
- Aroma Essence Yoga
- Trust & Compassion Yoga
- Rise & Shine Yoga
- Slow Flow Yoga

For other group Yoga & Meditation activities or questions, please reach out to your Miraval sales and events planner.

AERIAL YOGA

DURATION: 45 minutes

GROUP SIZE: 8 - 9 people

PRICE: \$75 per person

Breathe, flow, and fly in this exciting new yoga practice that improves overall health and physical agility, lengthens muscles, and releases tension throughout your entire body.

May cause motion sickness. Please wear yoga attire.

OTHER GROUP OFFERINGS

DURATION: 45 minutes

GROUP SIZE: 8 - 40 people

PRICE: \$50 - \$75 per person

Yoga

CORE YOGA

ADVANCED YOGA

RESTORATIVE YOGA

GENTLE STRETCH YOGA

PEACEFUL PELVIS

Meditation

MINDFUL MEDITATIONS

GUIDED MEDITATIONS

BREATHWORK

CREATIVE EXPRESSION



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



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JUST LET IT GO: IMPROVISATIONAL GAMES, FUN & LAUGHTER



DURATION: 75 minutes

GROUP SIZE: 8 - 50 people

PRICE: \$75 per person

Join Bonnie Pisik as you experience the joy, creativity, and empowerment of “taking a leap” into the world of improvisation. Embrace the opportunity to be spontaneous, collaborative, positive, and present, all within a safe space. No experience necessary.

PAINT THE MUSIC

DURATION: 90 minutes

GROUP SIZE: 8 - 20 people

PRICE: \$109 per person

Immerse yourself in an artistic, interpretive experience and allow music to inspire and guide you to create a work of art.

CREATE A MIRAVAL MOMENT: RESIN ART



DURATION: 90 minutes

GROUP SIZE: 8 - 10 people

PRICE: \$95 per person

Capture your “Miraval Moment” in time by gathering natural materials to express yourself artistically. Take a brief, guided, meditative stroll to connect with nature and collect your materials. Return to the studio to assemble each element into a unique work of resin art. This project takes 24 hours to cure, so plan this experience early in your stay.

CHAKRA CREATIONS

DURATION: 2 - 3 hours

GROUP SIZE: 8 - 28 people

PRICE: \$129 per person

Join Carolyn Fike in this hands-on workshop and create a custom bracelet with gemstones that match the chakras you wish to represent. Learn about the seven major chakras, their characteristics, corresponding gemstones, and significance for you in the present moment. We supply all materials, instructions, and a velvet pouch for safekeeping.

OTHER GROUP OFFERINGS

DURATION: 60 - 120 minutes

PRICE: \$95 - \$129 per person

8 guest minimum financial guarantee

GROUP MAX SIZE:

MAGIC OF MALAS 28

MANIFESTING JOY & HARMONY 28

SPIRIT OF THE HORSE 15

For other group Creative Expression activities or questions, please reach out to your Miraval sales and events planner.

WELLNESS LECTURES



Work alongside our expert guides to create a lasting sense of wellness that encompasses your whole being. Find balance—emotionally, physically, spiritually and mentally.



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ENHANCE YOUR MENTAL POTENTIAL



DURATION: 45 minutes

GROUP SIZE: 10 - 50 people

PRICE: \$75 per person

The brain is the nervous system's command center and shapes your essence as a person. The state of your brain influences happiness, productivity, and the quality of your interactions. You can change and improve at any age or stage. Join Lyndi Rivers to learn accessible tools to support a healthier, happier, lucid brain..

LIVING A TRUE LIFE IN BALANCE



DURATION: 45 minutes

GROUP SIZE: 50 people

PRICE: \$75 per person

When life feels out of balance, it helps to look at the choices and priorities that compete for our attention and energy. Learn what balance looks and feels like in family life, work tasks, personal values, and self-care. Our wellness counselors offer practical alternatives to misconceptions and unrealistic expectations about balance.

THE BEAUTY OF IMPERFECTION

DURATION: 1 - 2 hours

GROUP SIZE: 8 - 20 people

PRICE: \$125 per person

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.

NUTRITION WORKSHOPS

DURATION: 45 - 60 minutes

GROUP SIZE: 8 - 80 people

PRICE: \$75 - \$125 per person

- Healthy Gut, Healthy You
- Tips to Master Your Metabolism
- Curb Inflammation with Food



WELLNESS LECTURES *continued*

OTHER GROUP OFFERINGS

DURATION: 45 - 90 minutes

PRICE: \$75 - \$125 per person

8 guest minimum financial guarantee

GROUP MAX SIZE:

THE GIFT OF GRATITUDE	50
THRIVING THROUGH CHANGE	20
BALANCE & EMPOWERMENT	20
PELVIC FLOOR WISDOM	20
PLEASURE: WOMEN, SEX & DESIRE	20
POSITIVITY PRACTICES TO MASTER YOUR MINDSET	20

For other group Wellness lectures or questions, please reach out to your Miraval sales and events planner.

HOW TO SUPPORT SLEEP HEALTH

DURATION: 1 hour

GROUP SIZE: 8 - 100 people

PRICE: \$109 per person

Learn from Sleep Specialist Leah Bolen about basic sleep health and how sleep specifically supports success. Discover how you can enhance your natural ability to sleep with tips, techniques, exercises for decompressing from stress, and a guided sleep-supporting meditation.

HEALTHY SLEEP: BEYOND THE BASICS

DURATION: 1.5 hours

GROUP SIZE: 8 - 100 people

PRICE: \$109 per person

Expand on sleep-health basics and learn about pills, supplements, and gadgets that claim to help people sleep better. Explore how to avoid pitfalls that can make it tougher for your team to get the rest they need. This workshop with Sleep Specialist Leah Bolen will set you up for success with intention-setting exercises and sleep-supporting breathwork practices.



SPIRIT & SOUL



Tap into your group's spiritual side. Inspire the soul with a wide range of sessions, from clairvoyant to tarot readings to astrology and beyond.



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SPIRITUAL DRUMMING



DURATION: 60 minutes

GROUP SIZE: 8 - 65 people

PRICE: \$125 per person

A powerful aspect of spiritual drumming is its ability to alter consciousness. The body and spirit can energize and transform through rhythmic repetition and sound for extended periods. When used as a therapeutic tool, it can change the tenor of your inner narrative and create a sense of oneness and a profound connection with your divine self.

WINE & YOUR SIGN

DURATION: 75 minutes

GROUP SIZE: 8 - 60 people

PRICE: \$125 per person

Experience the mystical wonders of astrology and savor the flavor of fine wine as you unveil the secrets of the universe and discover how the alignment of the planets can guide us towards a deeper understanding of ourselves and the world around us.

AWAKENING THE DREAM



DURATION: 90 minutes

GROUP SIZE: 8 - 50 people

PRICE: \$109 per person

This transformative workshop opens your eyes to the power and meaning of dreams. Learn how to enhance recall and connect with dreams for insight and inspiration. Gain an understanding of various types, including reoccurring themes, and practice 'dream incubation,' which helps you tap into your visions for creative solutions.

CELESTIAL CIRCLE

DURATION: 90 minutes

GROUP SIZE: 8 - 50 people

PRICE: \$125 per person

Journey through the cosmos with the warm glow of a fire as you uncover hidden astrological meanings that shape our universe and our place within it. Ashley Leal will lead you in a fireside gathering, unveiling her captivating cosmic theory of unity and individual destiny.

OTHER GROUP OFFERINGS

DURATION: 45 - 90 minutes

PRICE: \$89 - \$159 per person

8 guest minimum financial guarantee

GROUP MAX SIZE:

ASTRAL PROJECTIONS	20
CHORUS OF CRYSTALS	12
PAST LIFE REGRESSION	40
JOURNEYS OF RENEWAL	15
ELEMENTS OF HEALING	15
DREAM MANIFESTING	12
PSYCHIC PROTECTION	24
MINI TAROT READINGS	60
MINI ASTROLOGY READINGS	60
MINI AURA READINGS	60

For other group Spirit & Soul activities or questions, please reach out to your Miraval sales and events planner.

FARM & EQUINE



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



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MIRAVAL EQUINE EXPERIENCE

DURATION: 2 hours

GROUP SIZE: 4 - 12 people

PRICE: \$109 per person

Practice living life in the moment as you work with horses from the Miraval herd and our expert facilitators. Perform what seem to be simple tasks on the ground with horses to notice personal patterns that may be holding you back from the life you want to live.

COMMON GROUND



DURATION: 2 hours

GROUP SIZE: 4 - 12 people

PRICE: \$109 per person

Observe how non-verbal communication influences your ability to lead yourself and others in this unmounted activity. Practice being assertive and inspire a horse to move ahead of you, using communication, collaboration, and creativity without speech, touch, or a rope. The insights and skills you discover may apply to personal and professional relationships.

JOURNEY TO SELF

DURATION: 2 hours

GROUP SIZE: 4 - 12 people

PRICE: \$109 per person

This activity taps into a universal story of challenges, opportunities, and choices we make in life. You will lead your equine partner with a rope through a series of obstacles. By making choices through awareness, you can reframe challenges as opportunities and become the hero of whatever journey you take.

UNBOUND



DURATION: 2 hours

GROUP SIZE: 4 - 8 people

PRICE: \$150 per person

This unmounted class explores how you connect with yourself and the surrounding world by collaborating with horses. Recognize the default states we enter when facing challenges or stress and learn how to mindfully direct your response. Shifts happen naturally when we tune into ourselves and connect with a horse's flowing energy to find shared sacred space.

ALL THE BUZZ

DURATION: 2 hours

GROUP SIZE: 8 - 18 people

PRICE: \$150 per person

Noel Patterson takes you through a hands-on bee experience and shares his love of apiculture. Don a beekeeper suit, complete with gloves and gaiters, and join Noel at the beehives for this truly unique opportunity to view these insects up close and learn more about how they work and survive in today's world.

For other group Equine activities or questions, please reach out to your Miraval sales and events planner.

CULINARY & BEVERAGE



Explore new ways to cook consciously and eat mindfully. Roll up your sleeves and work with your group to prepare culinary creations that you enjoy together.



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JUST COOK FOR ME



DURATION: 90 minutes

GROUP SIZE: 6 - 50 people

PRICE: \$189 - \$329 per person

Sample the culinary creations of our talented chefs with our most intimate dining experience in the heart of Miraval's Life in Balance Kitchen. Savor selections from our daily unique curated menu and freshly formulated, exclusive dishes paired with wine. This offering is for the adventurous foodie. We are glad to accommodate any dietary preferences with advanced notice.

ARTISANAL TACOS

DURATION: 60 - 90 minutes

GROUP SIZE: 6 - 50 people

PRICE: \$79 - \$139 per person

This hands-on experience teaches you the techniques of tortilla making. You will learn all about generational farming, biodiversity, organic production, community, family, and sustainability from masa to taco. Learn how to create delicious tacos with fresh ingredients and herbs in our demonstration kitchen.

PLANT-BASED COOKING

DURATION: 60 - 90 minutes

GROUP SIZE: 6 - 25 people

PRICE: \$89 - \$139 per person

Prepare a dish alongside our chefs and gain tips for entertaining while supporting a healthy, plant-based diet. Our culinary program is built on the idea that plants' phytonutrients offer tremendous antioxidant and anti-inflammatory benefits. Our kitchens serve a variety of freshly farmed food (80% plant-based and 20% protein-based).

COCKTAILS IN THE KITCHEN



DURATION: 45 minutes

GROUP SIZE: 6 - 50 people

PRICE: \$79 - \$129 per person

This interactive experience invites you to learn the basics of cocktail creation and the fundamentals of flavor and balance. Utilize your learning to handcraft a customized version of classic cocktails by using whole ingredients to create something personally tailored to you. Sip, enjoy, and learn easy techniques to show off at your next event.

OTHER GROUP OFFERINGS

DURATION: 45 minutes

PRICE: \$39 - \$129 per person

8 guest minimum financial guarantee

GROUP MAX SIZE:

HONEY: A SENSUAL JOURNEY	65
SALSA & TEQUILA JOURNEY	50
IN THE SPIRIT OF GRAPES	65
BLEND 'N' BALANCE SMOOTHIE	25
CHARCUTERIE BOARD CHALLENGE	40
PASTA A MANO	20

Culinary & Beverage activities are offered Tuesday-Saturday only. For questions about other options, please reach out to your Miraval sales and events planner.

*Ask your Event Planner about how we handle larger groups and manage concurrent activities. For optimal availability and choice, please schedule events 60 - 90 days ahead.

Pricing is based on a minimum of 8 guests, unless otherwise noted. Price is subject to change for groups fewer than 8. Cancellations on private programming made within 7 days must be requested in writing directly to the event manager and will be charged the total amount of the program.

Applicable taxes that are in effect at the time of the event will be added to all private programming.

ALL ACTIVITIES ARE SUBJECT TO AVAILABILITY AND CONFIRMATION.

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