

MIRAVAL AUSTIN TO HOST 'TODAY' THREE-DAY WELLNESS EVENT WITH HODA KOTB

“Making Space: A Wellness Weekend with Hoda Kotb” to take place October 25 - 27 at Austin’s top transformative wellbeing resort with celebrity guests and Miraval specialists

NEW YORK – September 12, 2024 – This Fall, TODAY comes to Miraval Austin Resort & Spa to host a special three-day luxury wellness event as part of its popular *Making Space with Hoda Kotb* franchise. The event kicks off in the peaceful Hill Country of Austin, Texas Friday, October 25 at the award-winning Miraval Austin Resort & Spa and concludes Sunday, October 27.

An exploration of Kotb’s four pillars of personal growth: Mind, Body, Emotion, & Spirit, the “Making Space: A Wellness Weekend with Hoda Kotb” and Miraval Austin will bring together TODAY friends and fans for a one-of-a-kind weekend journey of intention featuring enriching Miraval workshops, mindful practices and wellbeing exploration. Complementing the brand’s 360-approach to wellness, guests will have the opportunity to engage in meaningful conversation, mindfulness exercises, meditation, and more with the goal of helping them achieve a life in balance.

Providing the perfect setting for a transformative weekend, Miraval Austin’s immersive and enriching ethos on wellness empowers guests to explore the connection between body, mind and spirit. In addition to having access to exclusive *Making Space* programming, visitors will also have the opportunity to explore and engage in the property’s many experiences including the Life in Balance Spa, fitness classes, equine center and more. Exclusive wellness programming has been designed for this special weekend, led by Kotb along with celebrity guests and thought leaders, including Maria Shriver, Arthur C. Brooks, Manjit Devgun, Anthony Abbagnano, Amy Rachele, Suzy Welch and Christine Goulding.

For those unable to attend the Making Space: A Wellness Weekend event in person, *TODAY with Hoda & Jenna* will broadcast a special show live from Austin, TX on Thursday, October 24th, celebrating *Making Space* and giving a glimpse into the weekend ahead. During this episode, Hoda and Jenna will conduct in-depth conversations with artists, changemakers, and experts about how to live your most authentic life.

The Wellness Weekend event is sponsored by Miraval Resorts & Spas, a global leader in experiential wellbeing resorts and spas. Pioneering the destination wellness spa resort category 30 years ago, Miraval offers a comprehensive program of mindfulness activities, destination-inspired experiences and spa treatments that incorporate modalities from around the globe.

With three locations across the country, the brand's portfolio includes Miraval Arizona, Miraval Austin and Miraval Berkshires.

Highlights for “Making Space: A Wellness Weekend with Hoda Kotb” include:

- Celebrity appearances & expert-led mindfulness sessions from Miraval specialists
- Welcome reception and exclusive dinner events
- Live “Making Space” podcast recording with special guests
- Access to Miraval Austin’s stunning 280 acres, including the renowned Life in Balance Spa, Cypress Creek Farm, equine center, labyrinths, nature trails throughout the Balcones Canyonland Preserve, Lake Travis views and more
- Consciously curated meals, healthy snacks, smoothies, and non-alcoholic beverages from Miraval Austin’s culinary team
- Live entertainment
- Group wellbeing activities including reflections, intentions, and mantra making

To register and learn more about the full experience go to [TODAY.com/MakingSpaceEvent](https://www.miravalresorts.com/austin/makingspace) Or visit Miraval Austin’s website, <https://www.miravalresorts.com/austin/makingspace>.

About Miraval

The [Miraval](#) brand is a global leader in wellness resorts and spas. Miraval Arizona in Tucson, Ariz. pioneered the destination wellness spa resort category 30 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](#). Follow the Miraval brand on [Facebook](#) and [Instagram](#).