

Authentic Circle Appreciation Week 2025

CLASS DESCRIPTIONS

Thought Leader Workshops & Lectures

THE STORIES WE CARRY WITH BARRINGTON STAGE COMPANY

Join actor and associate artist Mark H. Dold in this two-part workshop blending storytelling, emotional insight, and empathy. Write a brief autobiographical story, hear it read aloud by a fellow participant, and reflect or revise it. Life is a series of stories. Use this opportunity to deepen your empathy for experiences unlike yours and find a more authentic connection to your own.

✦ Day 1

You'll write a short, first-person story from your life. Something funny, meaningful, maybe even hard to share. Then here's the twist: you'll give it to someone else to read aloud. They won't know it's yours. You'll hear your own experience reflected through a stranger's voice, and they'll get a glimpse into a life they've never lived.

✦ Day 2

We reveal who wrote what. You'll have the chance to read your own story, revise it, or simply reflect on what it felt like to hear it shared by someone else.

HEAR MY SOUL SPEAK

Explore how Shakespeare's stories still resonate today to inform, inspire, and reflect our world through themes of awareness, nature, strength, and voice. Join Romeo and Juliet Director Kevin Coleman and Vocal Coach Ariel Bock for an engaging discussion on the power of persuasion, passion, and the full expression of our emotional truths.

MAKE A VISION BOARD

Simplify the path to accomplishing your goals by visually representing what you want to achieve in this class with NAMI National Ambassador Elise Banks-Lovely. Discuss the importance of goal setting and enjoy a glass of wine while you explore vision-board-making techniques to create a personalized board to take home.

EMBRACE YOUR NEW CHAPTER

The narrative of our lives can bring twists, turns, highlights, and low points. Join NAMI National Ambassador Elise Banks-Lovely to gain tools and resources for embracing a new life chapter with healthy coping skills and a positive mindset.



STAY & PLAY
Golf Now Included

Enjoy complimentary greens, cart,
and range usage, now included with
your Miraval Berkshires stay.

*All activities and spa services are subject to availability.
Please connect with a Miraval Berkshires Experience Planner to schedule your experiences.*

Experiences

GRATITUDE GONG CEREMONY

Please join us for a moment of gratitude at the Miraval Gong. Its ring invites us all to pause and acknowledge what makes us grateful.

MOON CEREMONY

Throughout history, the moon has illuminated a gathering place for people to care for others and connect with their deepest selves. The moon's cyclical nature encourages us to greet ourselves with compassion and supports our goals while holding space for a return to our most authentic selves. \$

MOONLIGHT GLOW: EVENING PADDLEBOARD MEDITATION

Immerse yourself in the serenity of the evening's starry sky as you glide on a paddleboard across Laurel Lake. This guided experience blends mindfulness, storytelling, and nature connection to create a unique opportunity for self-reflection and inner peace. \$

UPPER GOOSE POND SUMMIT & SWIM

Hike the renowned Appalachian Trail and float in one of New England's most spectacular high-alpine lakes. Bring swimwear and enter the spring-fed waters of Upper Goose Pond while embracing the power of nature to release restrictive energy. \$

Local Attractions

ENJOY A SHOW

Immerse yourself in the local arts community. Enjoy a seamless experience with complimentary shuttle service to and from the venue from us.

✦ BOSTON POP, STAR WARS *at Tanglewood*
Conducted by Damon Gupton

✦ ROMEO & JULIET *at Shakespeare & Company*
Directed by Kevin G. Coleman & Jonathan Epstein



LEATHER & STITCH: CRAFT YOUR JOURNAL

Immerse yourself in the world of leathercraft and bookbinding, where each stitch becomes a moment of mindfulness and each page a testament to your creativity. Learn traditional hand-stitching and binding techniques to craft a personalized journal for reflections, sketches, or notes. \$

ESSENTIAL OILS FOR WELLBEING

Discover the restorative power of essential oils and how various scents can help bring us into equilibrium. For example, lavender can elicit feelings of calm, while citrus can lift the spirits and boost energy. Create a personalized take-home blend that helps you continue your wellbeing journey. \$

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Experiences (continued)

EQUINE ENERGY RELEASE RITUAL

Gather in a supported circle to reflect and release with a guided, equine-inspired meditation and fire ceremony. You will engage in journaling to experience how a horse can inspire your thoughts and energy. The element of fire invites transformation and an illuminating ritual that helps you create balance and alignment within. \$

Culinary

MEET THE CHEF

Get to know our culinary program chefs as they demonstrate how to make a mindful snack and explore the food philosophy at Miraval Berkshires that inspires their lives and craft.

FOOD FOR THOUGHT CHEF EDITION

Join us in Harvest Moon for a unique lunchtime experience. You'll sit with the Chef at a community table and hear the inspirations and stories behind the menu. Learn about the Journey that brought them to Miraval and what Miraval means to them through a culinary lens.

NIGHTCAP WITH THE CHEF

Wind down in the Life in Balance Kitchen with a mindful treat and learn to craft a digestif-inspired cocktail or mocktail. \$

BLUE ZONE CUISINE

Discover the culinary components of Blue Zone cuisines and enjoy a light meal that includes examples of them. Learn how to incorporate these foods and dietary habits into your daily life with take-home recipes. \$

RAKU POTTERY: TRANSFORMED BY FIRE

Join Cassandra Kennedy in the process of Raku, an outdoor pottery firing, where vessels are engulfed in flame giving rise to lustrous arrays of color. Care for your piece, guiding it through its transformation. When the flames burn out, wash away the ashes to reveal the beauty of your own creation to take home. \$

JUST COOK FOR ME CHEF: SENSORY WINE DINNER

Our classic Chef's Table dining experience with a twist! Enjoy a four-course menu featuring one sweet and three savory dishes paired with wines served in Nick Grimaldi's unique Miraval fashion—focus on being present by leaning into your sense of smell and taste using special blind tasting glasses. This experience is designed for the adventurous foodie; please arrive with an open mind and notify us of any food allergies and dietary restrictions at the time of booking. \$

CHEESE & CHARCUTERIE

This hands-on class introduces you to the Berkshires' high-quality, local charcuterie and cheeses. Explore how to match and select different types and learn professional tips and tricks for creating a miniature elegant display to take with you. \$

Golf

GLOW BALL

Come join us for golf contests under the stars. We will feature a Longest Drive competition as well as a Closest to the Pin Challenge with glow in the dark golf balls.

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