

JOURNEYS *with* INTENTION



mental
wellbeing

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Qi Grounding
	Smoothies at The Roost	Quiet time in your room	Grounded and Grateful: Garden Care	Breakfast
	Miraval Grounding Massage	Gratitude Meditation	QiGong	Slow Flow Yoga
MID-DAY	Lunch	Energy Session with Aura Photos	Lunch	Pool Time
	Horse Sense	Pool Time	Hara Soother	Lunch
	Private Daily Dose of Wellness	Lunch	Ask the Oracle	Mindfulness at Miraval
EVENING	Dinner	The Beauty of Imperfection	Cultivate Harmony & Calm with Singing Bowls	Coffee/Tea at The Roost
	Drinks in lounge	Reflex	Dinner	Quiet time in your room
	Splendor of Sound	Dinner	Quiet time in your room	Departure

MINDFUL TIPS
Set time aside to pause, reflect, and be present in the moment. On your guest room TV, use our five-minute meditation video to center and prepare yourself for the day.

This is a suggested itinerary of how to plan your Miraval stay. All activities and spa services are subject to availability and may be periodically offered. Please refer to the daily schedule and connect with a Miraval Experience Planner to schedule your experiences. We highly recommend booking your activities 4-6 weeks in advance of your arrival date.