

JOURNEYS *with* INTENTION



relaxation

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Floating Meditation
	Smoothies at The Roost	Quiet time in your room	Meadowview Equine Experience	Breakfast
	Simple Shampot	Ginger Healer	Coffee/Tea at The Roost	Read at The Roost
MID-DAY	Lunch	Pinnacle Nature Walk	Lunch	Pool Time
	Artful Photography Stroll	Lunch	Private Harmonic Vibrations	Aerial Yoga
	Private Himalayan Sound Bath	Pool Time	Custom Pilates	Lecture
EVENING	Dinner	Drinks in the lounge	Snapshots of Splendor	Miraval Relaxation Massage
	Drinks in the lounge	Dinner	Dinner	Quiet time in your room
	Quiet time in room	Meditation for Superior Sleep	Probiotic Healing Facial	Departure

MINDFUL TIPS
Indulging in a little downtime is important – and what better way to do so than by lounging poolside, with cold drinks and healthy snacks!

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.