

JOURNEYS *with* INTENTION



*couples
retreat*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Yin Yang Aerial Yoga	Morning Yoga
	Smoothies at The Roost	Joy of Java	Breakfast	Breakfast
	Connection Through Percussion	Chinese Astrology: Relationship Reading	Jacuzzi Time	Pool Time
MID-DAY	Lunch	Quiet time in your room	Manuka Honey Pedicure + Sweet Birch Pedicure	Lunch
	Common Ground: Understanding Barriers to Connection	Jacuzzi Time	Lunch	Beautiful Mother To Be
	Pool Time	Lunch	Yojana	Read at the Roost
EVENING	Dinner	Metamorphosis: Emerging from Chrysalis	Drinks in the lounge	Mindful Property Stroll
	Drinks in the lounge	East Coast Oysters & Bubbles	Just Cook For Me	Quiet time in your room
	Miraval Relaxation Massage	Dinner	Quiet time in your room	Departure

MINDFUL TIPS
Mindfulness is the core of the Miraval philosophy. In everything we do, we encourage our guests to live in the present moment, conscious of the unique intersection of mind, body and spirit.

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.