

JOURNEYS *with* INTENTION



*culinary &
nutrition*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Yoga
	Smoothies at The Roost	Joy of Java	Tea with Intention	Breakfast
	All About the Egg	Quiet time in your room	Jacuzzi Time	Farm-To-Glass: Beyond the Bloody Mary
MID-DAY	Becoming a Beekeeper	Restoring Bone Broth	Lunch	Pool Time
	Lunch	Pool Time	Miraval Relaxation Massage	Lunch
	Pool Time	Lunch	Flower to Root Cooking	Miraval Recipes: Finding Wellness Through Food
EVENING	Private Modern Art of Sauces	Farm Sense	Gluten-Free Baking	Smoothies at The Roost
	Dinner	Quiet time in your room	Dinner	Quiet time in your room
	Appreciating Chocolate	1894 Fireside Dinner	Quiet time in your room	Departure

MINDFUL TIPS
If you're feeling a bit peckish before dinner, drop by **The Roost Lounge** for cocktails and scrumptious hors d'oeuvres!

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.