

# JOURNEYS *with* INTENTION



*fitness  
focus*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Wake Up and Warm Up	Shire Road Run	Solid Core
	Smoothies at The Roost	Breakfast	Breakfast	Breakfast
	Movement, Mobility, and More	Power Flow Yoga	Jacuzzi Time	Laura's Tower Hike
MID-DAY	Lunch	Quiet time in your room	Release and Rebuild	Aqua Cardio Class
	Goose Pond Kayak & Hike	Pool Time	Lunch	Lunch
	Quiet time in your room	Lunch	Read in The Roost	Outdoor Aerial Yoga
EVENING	Thai Chi	Miraval Warrior Challenge	Personal Training	Smoothies at The Roost
	Dinner	Smoothies at The Roost	Dinner	Quiet time in your room
	Body in Balance Massage	Dinner	Thai Massage	Departure

**MINDFUL TIPS**  
 Incorporate fun types of exercise into your routine, like Cardio Drumming, and allow yourself to let go of worries and stressors and have a good time.

*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.*