

# JOURNEYS *with* INTENTION



*grief & loss*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	<b>Morning Meditation</b>	Breakfast	<b>Mindfulness at Miraval</b>
	<b>Coffee/Tea at The Roost</b>	Quiet time in your room	<b>Tree Ceremony: Grandfather Ginkgo</b>	Breakfast
	<b>Healing Herd</b>	<b>Breakfast</b>	Pool Time	<b>Reiki</b>
MID-DAY	Lunch	<b>Beyond Acupuncture</b>	Lunch	Pool Time
	<b>Cleansing Chakras with Sound</b>	Pool Time	<b>Abhyanga</b>	Lunch
	<b>Tarot Card Reading</b>	Lunch	<b>Smoothies at The Roost</b>	<b>Avian Adaptations: A Lesson in Resilience</b>
EVENING	Dinner	<b>Spirit Quest</b>	<b>Restorative Yoga</b>	Smoothies at Palm Court
	<b>Yoga Nidra Meditation</b>	Dinner	Dinner	Quiet time in your room
	<b>Lemongrass Escape</b>	<b>Probiotic Facial</b>	<b>Quiet time in your room</b>	Departure

**MINDFUL TIPS**  
 Make time to journal during your visit. Journaling is a great way to acknowledge what you are feeling and move the energy in a positive way.

*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.*