

# JOURNEYS *with* INTENTION



*leadership  
fulfillment*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Yoga
	<b>Tea with Intention</b>	<b>Functional Strength</b>	<b>Miraval Equine Experience</b>	Breakfast
	<b>Becoming Balanced</b>	<b>Quiet time in your room</b>	<b>Meditation with Music</b>	<b>Nia</b>
MID-DAY	Lunch	<b>Soul Flight Experience</b>	Lunch	Pool Time
	<b>Flying Squirrel</b>	Pool Time	<b>Lemongrass Escape</b>	Lunch
	<b>Principles of Positional Therapy</b>	Lunch	<b>Smoothies at The Roost</b>	<b>Deep Mountain Massage</b>
EVENING	Dinner	<b>The Spirit of the Saber</b>	<b>Qi Flow</b>	Smoothies at <b>The Roost</b>
	Drinks in lounge	<b>Forge a Fire</b>	Dinner	Quiet time in your room
	<b>Spiritual Warrior Facial</b>	Dinner	<b>Drinks in the lounge</b>	Departure

**MINDFUL TIPS**  
Challenge Courses are great for leaders to participate in, and might get them thinking about a group retreat for their team to connect and bond!

*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.*