

# JOURNEYS *with* INTENTION



reconnection  
getaway

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Cardio Drumming	Morning Yoga
	Steve's Glen Hike	Quiet time in your room	Breakfast	Breakfast
	Smoothies at The Roost	Meditation with Music	Semi-Private Craft Your Own Mala	Nature's Apothecary
MID-DAY	Lunch	Lunch	Lunch	Pool Time
	The Way of the Wheel	Pool Time	Read at The Roost	Lunch
	Semi-Private Horse Sense	Mindful Malas	Vertical Playpen	Release the Barre
EVENING	Dinner	Creative Cake Decorating	Deborah Lippmann Signature Pedicure	Smoothies at The Roost
	Drinks in lounge	Dinner	Sparkling Spirits	Quiet time in your room
	Tulsi Rose Facial	Drinks in the lounge	Dinner	Departure

**MINDFUL TIPS** If scheduling a massage and facial, schedule the facial last, all the great product applied to your skin is not wiped away on the massage face cradle

*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.*