

JOURNEYS *with* INTENTION



self-connection

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Stretch and Relax	Breakfast	Morning Yoga
	Herbal Scalp Treatment	Breakfast	Meditation with Music	Breakfast
	Quiet time in room	Private How to Meditate	Journal in room	Align and Refine
MID-DAY	Lunch	Quiet time in your room	Lunch	Pool Time
	Mindful Grooming	Pool Time	Yin Yoga	Lunch
	Private Beauty of Imperfection	Lunch	Create Your Own Apothecary	Rhythm & Writing
EVENING	Dinner	Capture Your Aura	Journal in your room	Smoothies at The Roost
	Drinks in lounge	Dinner	Dinner	Quiet time in your room
	Restore and Renew Facial	Privste From Stress to Rest	Drinks in the lounge	Departure

MINDFUL TIPS
 In search of a quiet spot to meditate? Visit one of our mindful locations on property that were chosen for their sacred energies, like the meditation garden.

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.