

Please note offerings are subject to change due to restrictions surrounding the ongoing pandemic

MONDAY JULY

All experiences require advanced sign-up.

Please DIAL ext. 4740 on a resort phone to schedule your activities.

NEW Experiences this month.

JULY Shaded boxes indicate periodically offered dates.

6:00-8:45	Monument Mountain Hike (Meet at Millhouse Court) • \$45 p. 23
8:00-8:50	Mindful Property Stroll (Meet at Millhouse Court) • p. 22
8:00-8:45	Morning Stretch (BMC) • p. 28
8:00-8:45	Blend N' Balance Smoothies (Life In Balance Kitchen) • \$25 p. 16
8:00-9:45	Pleasant Valley Hike (Meet at Millhouse Court) • p. 22
9:00-9:45	Yoga Groove (Millhouse) • p. 27
9:00-9:45	Step It Up (BMC) • p. 28
9:00-10:45	Flying Squirrel (Meet at Millhouse Court) • p. 20
9:00-10:45	Quantum Leap (Meet at Millhouse Court) • p. 20
9:00-10:50	Horse Sense (Meet at Millhouse Court) • \$75 p. 26
9:30-11:15	Country Road Ride (Meet at Millhouse Court) • \$55 p. 20
10:00-10:45	Power Flow Yoga (Millhouse) • p. 27
10:00-10:45	TRX (BMC) • p. 28
10:00-10:45	Gluten Free Baking (Life In Balance Kitchen) • \$45 p. 16
10:00-11:15	NEW Create Your Own Apothecary (Meet at Millhouse Court) • \$75 p. 15
11:00-11:45	Spin and Sculpt (BMC) • p. 28
11:00-12:50	An Unforgettable Canvas (Meet at Millhouse Court) • \$75 p. 26
11:30-1:15	October Mountain Hike (Meet at Millhouse Court) • p. 22
11:30-1:15	Miraval Warrior Challenge (Meet at Millhouse Court) • \$200 p. 20
12:00-12:45	Happy Hips (BMC) • p. 28
12:00-12:50	JUL 5, 19, 26 Meadowview Farm and Barn Tour (Meet at Millhouse Court) • p. 18
12:00-1:15	Appreciating Chocolate (Life In Balance Kitchen) • \$75 p. 16

12:00-1:30	The Way of the Wheel (Meet at Millhouse Court) • \$75 p. 15
1:00-1:45	Pilates Fusion (BMC) • p. 29
1:00-1:45	NEW Functional Strength (BMC) • p. 28
1:00-1:50	NEW Vibrational Sound Chamber (Millhouse) • \$75 p. 12
1:00-2:45	Ice Glen Hike (Meet at Millhouse Court) • p. 22
2:00-2:45	That's My Jam (Life In Balance Kitchen) • \$45 p. 16
2:00-2:45	Release the Barre (BMC) • p. 28
2:00-2:45	Meditation with Music (Millhouse) • p. 14
2:00-2:50	Hatchet Throwing (Meet at Millhouse Court) • \$55 p. 19
2:00-3:45	Fundamentals of Kayaking (Meet at Millhouse Court) • p. 25
2:00-3:50	JUL 5, 19, 26 Mindful Mushroom Discovery (Meet at Millhouse Court) • \$45 p. 18
2:30-4:20	Craft Your Own Mala (Meet at Millhouse Court) • \$125 p. 15
3:00-3:45	Kickboxing (BMC) • p. 28
3:30-5:15	The Way of the Archer (Meet at Millhouse Court) • \$55 p. 19
4:00-4:45	Restorative Yoga (Millhouse) • p. 27
4:00-4:45	NEW Making S'more Memories (Life In Balance Kitchen) • \$65 p. 16
4:00-4:50	Tibetan Tones (Meet at Moonlight Pass) • p. 12
4:30-6:15	Stand Up Paddleboarding (Meet at Millhouse Court) • \$75 p. 25
5:00-5:45	Roll with It (BMC) • p. 28
5:00-6:15	NEW Create Your Own Apothecary (Meet at Millhouse Court) • \$75 p. 15
6:00-6:45	Floating Meditation (Millhouse) • \$75 p. 14
7:00-7:50	NEW Vibrational Sound Chamber (Millhouse) • \$75 p. 12

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TUESDAY JULY

All experiences require advanced sign-up.

Please DIAL ext. 4740 on a resort phone to schedule your activities.

NEW Experiences this month.

JULY Shaded boxes indicate periodically offered dates.

7:00-7:50	Shire Road Run (Meet at Millhouse Court) • p. 22
7:00-7:45	Power Cycle (Meet at Millhouse Court) • p. 28
8:00-8:45	Qigong (Millhouse) • p. 14
8:00-8:45	NEW Wake Up & Warm Up (BMC) • p. 28
8:00-9:00	NEW All About the Egg (Life In Balance Kitchen) • \$60 p. 16
8:00-12:00	NEW Goose Pond Kayak & Hike (Meet at Millhouse Court) • \$250 p. 22
9:00-9:45	The Art of Movement (Millhouse) • p. 14
9:00-9:45	HIIT with Intention (BMC) • p. 28
9:00-9:45	Slow Flow Yoga (Millhouse) • p. 27
9:00-10:50	Miraval Equine Experience (Meet at Millhouse Court) • \$75 p. 26
9:00-10:45	Laura's Tower Hike (Meet at Millhouse Court) • p. 22
10:00-10:45	NEW Solid Core (BMC) • p. 28
10:00-10:45	Power Flow Yoga (Millhouse) • p. 27
10:00-11:15	Creative Cake Decorating (Life In Balance Kitchen) • \$75 p. 16
10:30-11:20	Hatchet Throwing (Meet at Millhouse Court) • \$55 p. 18
10:30-12:15	Steven's Glen Hike (Meet at Millhouse Court) • p. 22
11:00-11:45	Abs and Glutes (BMC) • p. 28
11:00-11:45	Pilates Mat (BMC) • p. 29
11:00-12:30	The Way of the Wheel (Meet at Millhouse Court) • \$75 p. 15
11:00-12:45	JUL 13 Fundamentals of Stand Up Paddleboarding (Meet at Millhouse Court) • p. 25
11:00-12:50	JUL 6, 20, 27 NEW Fantastic Fungi (Meet at Millhouse Court) • \$75 p. 18
11:30-1:00	Outdoor BBQ Lunch (Meet at Millhouse Court) • \$125 p. 16
12:00-12:45	Meditation with Music (Millhouse) • p. 14
12:00-12:45	Release the Barre (BMC) • p. 28
12:00-12:45	NEW In a Nutshell (Life In Balance Kitchen) • \$25 p. 16
12:00-12:50	NEW Crystal Clarity (Meet at Moonlight Pass) • \$55 p. 11
12:00-1:45	Vertical Playpen (Meet at Millhouse Court) • p. 20
12:00-1:50	Beekeeping (Meet at Millhouse Court) • \$150 p. 18

1:00-1:45	Roll with It (BMC) • p. 28
1:00-1:45	Gratitude Meditation (Millhouse) • p. 14
1:00-1:45	Balance Board (Millhouse) • \$45 p. 27
1:00-1:50	JUL 6, 20, 27 NEW The Art of Playing Tibetan Tones (Millhouse) • \$75 p. 11
1:00-2:45	The Way of the Archer (Meet at Millhouse Court) • \$55 p. 19
1:00-2:45	Miraval Warrior Challenge (Meet at Millhouse Court) • \$200 p. 20
1:30-3:00	Handbuilding with Clay (Meet at Millhouse Court) • \$75 p. 15
2:00-2:45	Floating Meditation (Millhouse) • \$75 p. 14
2:00-2:45	NEW Yin Yang Aerial Yoga (Millhouse) • \$75 p. 27
2:00-2:45	NEW Rhythm & Writing (Meet at Moonlight Pass) • \$45 p. 15
2:00-3:15	Appreciating Chocolate (Life In Balance Kitchen) • \$75 p. 16
2:00-3:45	JUL 6, 20, 27 Fundamentals of Stand Up Paddleboarding (Meet at Millhouse Court) • p. 25
2:00-3:45	Farm Sense (Meet at Millhouse Court) \$45 p.18
3:00-3:45	NEW Movement, Mobility and More! (BMC) • p. 28
3:00-3:45	Floating Meditation (Millhouse) • \$75 p. 14
3:00-3:50	NEW Vibrational Sound Chamber (Millhouse) • \$75 p. 12
3:30-5:15	Olivia's Overlook Hike (Meet at Millhouse Court) • p. 22
4:00-4:45	That's My Jam (Life In Balance Kitchen) • \$45 p. 16
4:00-4:45	Yin Yoga (Millhouse) • p. 27
4:00-4:45	Happy Hips (BMC) • p. 28
4:00-4:50	NEW Capture Your Aura (Meet at Moonlight Pass) • \$75 p. 11
4:00-5:45	NEW The Beauty of Imperfection (Meet at Millhouse Court) • \$115 p. 10
5:00-5:45	Stretch & Relax (BMC) • p. 28
6:00-6:45	Yoga Nidra Meditation (Millhouse) • p. 14
6:00-8:00	Just Cook for Me (Life In Balance Kitchen) • \$175 p. 16
7:00-7:50	NEW The Art of Playing Tibetan Tones (Millhouse) • \$75 p. 11

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WEDNESDAY JULY

All experiences require advanced sign-up.

Please DIAL ext. 4740 on a resort phone to schedule your activities.

NEW Experiences this month.

JULY Shaded boxes indicate periodically offered dates.

6:00-7:45	Gould Meadow Hike (Meet at Millhouse Court) • p. 22	1:00-1:45	Shoulders Set Free (BMC) • p. 28
7:00-8:45	NEW Tyringham Cobble Hike (Meet at Millhouse Court) • p. 22	1:00-2:20	NEW Ask the Oracle (Meet at Moonlight Pass) • \$75 p. 11
8:00-8:45	Morning Stretch (BMC) • p. 28	2:00-2:45	Meditation for Superior Sleep (Millhouse) • p. 14
8:30-9:15	Morning Meditation (Millhouse) • p. 14	2:00-2:45	NEW Miraval Recipes: Finding Wellness Through Food (Life In Balance Kitchen) • \$45 p. 16
8:30-9:20	NEW Nature Walk (Meet at Millhouse Court) • p. 22	2:00-2:50	NEW Connecting With Plants (Millhouse) • \$75 p. 12
9:00-9:30	The Joy of Java (Meet at Harvest Moon) • p. 16	2:00-3:45	Monks Pond Hike (Meet at Millhouse Court) • p. 21
9:00-9:45	Pilates Mat (BMC) • p. 29	2:00-3:50	Horse Sense (Meet at Millhouse Court) • \$75 p. 26
9:00-9:50	Meadowview Farm and Barn Tour (Meet at Millhouse Court) • p. 18	2:30-3:45	Highlights of the Season: Chef's Garden Tour (Meet at Millhouse Court) • \$60 p. 16
9:30-11:15	Country Road Ride (Meet at Millhouse Court) • \$55 p. 20	2:30-4:15	Kayaking (Meet at Millhouse Court) • \$75 p. 24
9:30-11:15	Soul Flight (Meet at Millhouse Court) • \$175 p. 21	2:30-4:20	Craft Your Own Mala (Meet at Millhouse Court) • \$125 p. 15
10:00-10:45	Blend N' Balance Smoothies (Life In Balance Kitchen) • \$25 p. 16	3:00-3:45	Roll with It (BMC) • p. 28
10:00-10:45	Vinyasa Yoga (Millhouse) • p. 27	3:00-3:50	Hatchet Throwing (Meet at Millhouse Court) • \$55 p. 19
10:00-11:15	NEW Create Your Own Apothecary (Meet at Millhouse Court) • \$75 p. 15	4:00-4:45	Kickboxing (BMC) • p. 28
10:00-11:45	Wild Woosey (Meet at Millhouse Court) • p. 20	4:00-4:45	QiGong (Millhouse) • p. 14
10:00-11:45	Stand Up Paddleboarding (Meet at Millhouse Court) • \$75 p. 25	4:00-4:45	Aerial Yoga (Millhouse) • \$75 p. 27
11:00-11:45	NEW Farm-To-Glass: Beyond The Bloody Mary (Meet at Moonlight Pass) • \$75 p. 16	4:00-4:45	NEW The Modern Art of Sauces (Life In Balance Kitchen) • \$45 p. 17
11:00-11:45	Spin and Sculpt (BMC) • p. 28	4:00-4:50	Exploring Chakras (Millhouse) • p. 12
11:00-12:50	JUL 7, 21, 28 NEW Grounded & Grateful: Garden Care (Meet at Millhouse Court) • \$45 p. 18	5:00-5:45	East Coast Oysters and Bubbles (Life In Balance Kitchen) • \$75 p. 16
11:30-1:15	Fundamentals of Kayaking (Meet at Millhouse Court) • p. 25	5:00-5:45	Aerial Yoga (Millhouse) • \$75 p. 27
12:00-12:45	Slow Flow Yoga (Millhouse) • p. 27	5:00-5:45	Cardio Drumming (BMC) • p. 28
12:00-12:45	NEW Functional Strength • p. 28	5:00-6:15	Mindful Mandalas (Meet at Millhouse Court) • \$45 p. 15
12:00-12:50	NEW Capture Your Aura (Meet at Millhouse Court) • \$75 p. 11	5:30-6:15	Restorative Yoga (Millhouse) • p. 27
12:00-1:30	The Way of the Wheel (Meet at Millhouse Court) • \$75 p. 15	6:00-7:15	NEW Awakening Your 2021 Superpowers (Meet at Moonlight Pass) • \$75 p. 11
12:00-1:45	October Mountain Hike (Meet at Millhouse Court) • p. 22	6:00-7:20	NEW Connection Through Percussion (Meet at Millhouse Court) • \$75 p. 14
12:00-1:45	The Way of the Archer (Meet at Millhouse Court) • \$55 p. 19	6:00-8:00	Just Cook for Me (Life In Balance Kitchen) • \$175 p. 16
12:30-1:15	Flower to Root Cooking (Life In Balance Kitchen) • \$45 p. 16	6:30-7:15	Evening Meditation (Millhouse) • p. 14
12:30-1:20	The Spirit of the Saber (Meet at Millhouse Court) • \$45 p. 19	7:00-7:50	Cleansing Chakras with Sound (Millhouse) • \$75 p. 11
		7:00-8:15	NEW Seasonal Elixirs (Meet at Moonlight Pass) • \$75 p. 17

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THURSDAY JULY

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NEW Experiences this month.

JULY Shaded boxes indicate periodically offered dates.

8:00-8:45	Qigong (Millhouse) • p. 14
8:00-8:45	NEW Wake Up & Warm Up (BMC) • p. 28
8:00-9:45	Olivia's Overlook Hike (Meet at Millhouse Court) • p. 22
8:00-9:50	Beekeeping (Meet at Millhouse Court) • \$150 p. 18
8:30-9:15	The Art of Movement (Millhouse) • p. 14
9:00-9:45	Zen Bootcamp (BMC) • p. 28
9:00-9:30	The Joy of Java (Meet at Harvest Moon) • p. 16
9:00-9:45	Restoring Bone Broth (Life In Balance Kitchen) • p. 17
9:00-9:45	Slow Flow Yoga (Millhouse) • p. 27
9:00-9:50	Chicken Keeping (Meet at Millhouse Court) • \$45 p. 18
9:00-1:00	NEW Goose Pond Kayak & Hike (Meet at Millhouse Court) • \$250 p. 22
10:00-10:45	HIIT with Intention (BMC) • p. 28
10:00-10:45	Vinyasa Yoga (Millhouse) • p. 27
10:00-11:45	Climbing Wall (Meet at Millhouse Court) • p. 20
10:30-11:15	Conquer the Blade (Life In Balance Kitchen) • \$75 p. 16
11:00-11:45	Meditation with Music (Millhouse) • p. 14
11:00-11:45	JUL 1, 7 NEW Boga Bootcamp (BMC Pool) • \$45 p. 28
11:00-12:30	The Way of the Wheel (Meet at Millhouse Court) • \$75 p. 15
11:00-12:45	JUL 1, 8, 22, 29 Fundamentals of Stand Up Paddleboarding (Meet at Millhouse Court) • p. 25
11:00-12:45	The Way of the Archer (Meet at Millhouse Court) • \$55 p. 19
11:00-12:50	Common Ground (Meet at Millhouse Court) \$75 p. 26
12:00-12:45	Cardio Drumming (BMC) • p. 28
12:00-12:45	Balance Board (Millhouse) • \$45 p. 27
12:00-1:15	Plant Based BBQ • \$75 p.
12:00-1:15	NEW Miraval Farm-to-Basket Picnic Experience (Meet at Millhouse Court) • \$75 p. 16
1:00-1:45	Pilates Fusion (BMC) • p. 29
1:00-1:45	Yoga Nidra Meditation (Millhouse) • p. 14
1:00-1:45	NEW Align & Refine (Millhouse) • p. 27
1:00-1:50	Meadowview Farm and Barn Tour (Meet at Millhouse Court) • p. 18
1:00-2:15	NEW Chinese Astrology: Year of the Ox (Meet at Moonlight Pass) • \$75 p. 11
1:00-2:45	Pleasant Valley Hike (Meet at Millhouse Court) • p. 22
1:30-2:20	Hatchet Throwing (Meet at Millhouse Court) • \$55 p. 19

1:30-3:00	Handbuilding with Clay (Meet at Millhouse Court) • \$75 p. 15
1:30-3:15	Soul Flight (Meet at Millhouse Court) • \$175 p. 21
2:00-2:45	Power Flow Yoga (Millhouse) • p. 27
2:00-2:45	NEW The Modern Art of Sauces (Life In Balance Kitchen) • \$45 p. 17
2:00-2:50	Cleansing Chakras with Sound (Millhouse) • \$75 p. 11
2:00-3:45	Ice Glen Hike (Meet at Millhouse Court) • p. 22
3:00-3:45	Happy Hips (BMC) • p. 28
3:00-3:45	Floating Meditation (Millhouse) • \$75 p. 14
3:00-3:45	NEW Rhythm & Writing (Meet at Moonlight Pass) • \$45 p. 15
3:00-3:45	When Life Gives You Lemons; Make Lemonade (Meet at Millhouse Court) • \$75 p. 17
3:00-3:50	The Magic of Mushrooms (Meet at Millhouse Court) • p. 18
3:00-4:45	Vertical Playpen (Meet at Millhouse Court) • p. 20
4:00-4:45	Yoga Groove (Millhouse) • p. 27
4:00-4:45	Cocktails with the Chef (Life In Balance Kitchen) • \$75 p. 16
4:00-4:50	NEW Metamorphosis: Emerging From Chrysalis (Millhouse) • \$75 p. 12
4:00-5:45	Miraval Warrior Challenge (Meet at Millhouse Court) • \$200 p. 21
4:00-5:45	NEW The Beauty of Imperfection (Meet at Millhouse Court) • \$115 p. 10
5:00-5:45	Stretch & Relax (BMC) • p. 28
5:00-5:45	Aerial Yoga (Millhouse) • \$75 p. 27
5:00-5:45	East Coast Oysters and Bubbles (Life In Balance Kitchen) • \$75 p. 16
6:00-6:50	Ancient Wisdom for Empowered Living (Meet at Moonlight Pass) • p. 10
6:00-7:20	NEW Connection Through Percussion (Meet at Millhouse Court) • \$75 p. 14
6:00-8:00	Just Cook for Me (Life In Balance Kitchen) • \$175 p. 16
6:30-7:15	Restorative Yoga (Millhouse) • p. 27
6:30-8:00	NEW Forge A Fire (Meet at Millhouse Court) • \$45 p. 19
7:00-8:15	NEW Tree Ceremony: Grandfather Ginkgo (Meet at Moonlight Pass) • \$75 p. 12
7:00-8:15	NEW Seasonal Elixirs (Meet at Moonlight Pass) • \$75 p. 17

FRIDAY JULY

All experiences require advanced sign-up.

Please DIAL ext. 4740 on a resort phone to schedule your activities.

NEW Experiences this month.

JULY Shaded boxes indicate periodically offered dates.

6:00-7:45	Olivia's Overlook Hike (Meet at Millhouse Court) • p. 22
7:00-8:45	Cardio Kayaking (Meet at Millhouse Court) • \$75 p. 24
8:00-8:45	Qigong (Millhouse) • p. 14
8:00-8:45	Morning Stretch (BMC) • p. 28
8:00-10:45	Monument Mountain Hike (Meet at Millhouse Court) • \$45 p. 22
9:00-9:30	The Joy of Java (Meet at Harvest Moon) • p. 16
9:00-9:45	Morning Meditation (Millhouse) • p. 14
9:00-9:45	Step It Up (BMC) • p. 28
9:00-9:45	Blend N' Balance Smoothies (Life In Balance Kitchen) • \$25 p. 16
9:00-9:45	The Art of Movement (Millhouse) • p. 14
9:00-10:45	Miraval Warrior Challenge (Meet at Millhouse Court) • \$200 p. 21
9:00-10:50	Miraval Equine Experience (Meet at Millhouse Court) • \$75 p. 26
10:00-10:45	Release the Barre (BMC) • p. 28
10:00-10:50	Mindful Property Stroll (Meet at Millhouse Court) • p. 22
11:00-11:45	Cardio Drumming (BMC) • p. 28
11:00-11:45	Slow Flow Yoga (Millhouse) • p. 27
11:00-11:45	Flower to Root Cooking (Life In Balance Kitchen) • \$45 p. 16
11:00-11:45	NEW Sparkling Spirits (Meet at Moonlight Pass) • \$75 p. 17
11:00-12:30	The Way of the Wheel (Meet at Millhouse Court) • \$75 p. 15
11:00-12:45	Country Road Ride (Meet at Millhouse Court) • \$55 p. 20
11:00-11:50	Meadowview Farm and Barn Tour (Meet at Millhouse Court) • p. 18
11:30-12:15	NEW Boga Bootcamp (BMC Pool) • \$45 p. 28
11:30-1:15	Fundamentals of Kayaking (Meet at Millhouse Court) • p. 25
11:30-1:15	JUL 16, 23, 30 October Mountain Hike (Meet at Millhouse Court) • p. 22
11:30-1:15	Giant's Ladder (Meet at Millhouse Court) • p. 20
11:30-1:15	Climbing Wall (Meet at Millhouse Court) • p. 20
12:00-12:45	Gratitude Meditation (Millhouse) • p. 14
12:00-12:45	Kickboxing (BMC) • p. 28
12:00-12:50	NEW Crystal Clarity (Meet at Moonlight Pass) • \$55 p. 11
12:30-1:45	Highlights of the Season: Chef's Garden Tour (Meet at Millhouse Court) • \$60 p. 16
1:00-1:45	TRX (BMC) • p. 28
1:00-1:45	HIIT with Intention (BMC) • p. 28
1:00-1:45	NEW Yin Yang Aerial Yoga (Millhouse) • p. 27

1:00-1:50	NEW Balancing Meridians: Acupuncture Acupressure (Meet at Moonlight Pass) • p. 10
1:00-2:20	NEW Ask the Oracle (Meet at Moonlight Pass) • \$75 p. 11
1:00-2:50	An Unforgettable Canvas (Meet at Millhouse Court) • \$75 p. 26
1:30-2:20	Hatchet Throwing (Meet at Millhouse Court) • \$55 p. 19
1:30-3:00	Outdoor BBQ Lunch (Meet at Millhouse Court) • \$125 p. 16
1:30-3:00	Handbuilding with Clay (Meet at Millhouse Court) • \$75 p. 14
2:00-2:45	Vinyasa Yoga (Millhouse) • p. 27
2:00-2:45	Roll with It (BMC) • p. 28
2:00-2:45	NEW Tai Chi (Millhouse) • p. 28
2:00-2:50	NEW Connecting With Plants (Millhouse) • \$75 p. 12
2:00-3:45	JUL 16, 23, 30 Stand Up Paddleboarding (Meet at Millhouse Court) • \$75 p. 25
2:00-3:45	Monks Pond Hike (Meet at Millhouse Court) • p. 22
2:00-3:45	Ice Glen Hike (Meet at Millhouse Court) • p. 21
3:00-3:45	Shoulders Set Free (BMC) • p. 28
3:00-3:45	Restorative Yoga (Millhouse) • p. 27
3:00-3:45	East Coast Oysters and Bubbles (Life In Balance Kitchen) • \$75 p. 16
3:00-4:15	Avian Adaptation: A Lesson in Resilience (Meet at Millhouse Court) • \$75 p. 18
4:00-4:45	Pilates Mat (BMC) • p. 29
4:00-4:45	Nia (Millhouse) • p. 27
4:00-4:45	Cocktails with the Chef (Life In Balance Kitchen) • \$75 p. 16
4:00-4:50	NEW Capture Your Aura (Meet at Moonlight Pass) • \$75 p. 11
4:00-5:45	The Way of the Archer (Meet at Millhouse Court) • \$55 p. 19
4:00-5:45	NEW The Beauty of Imperfection (Meet at Millhouse Court) • \$115 p. 10
5:00-5:45	Floating Meditation (Millhouse) • \$75 p. 14
5:00-5:45	Yoga Nidra Meditation (Millhouse) • p. 14
5:00-5:50	The Power of Ritual (Meet at Moonlight Pass) • p. 12
5:00-6:15	NEW Awakening Your 2021 Super Powers (Meet at Moonlight Pass) • \$75 p. 11
5:30-6:15	Cardio Drumming (BMC) • p. 28
6:00-6:45	Evening Meditation (Millhouse) • p. 14
6:00-8:00	Just Cook for Me (Life In Balance Kitchen) • \$175 p. 16
7:00-7:45	Floating Meditation (Millhouse) • \$75 p. 14
7:00-7:50	Cleansing Chakras with Sound (Millhouse) • \$75 p. 11

SATURDAY JULY

6:30-8:15	Kayaking (Meet at Millhouse Court) • \$75 p. 24
7:00-7:50	Shire Road Run (Meet at Millhouse Court) • p. 22
7:00-8:45	NEW Birding in the Berkshires Hike (Meet at Millhouse Court) • p. 22
8:00-8:45	Qigong (Millhouse) • p. 14
8:00-8:45	Morning Stretch (BMC) • p. 28
8:00-10:45	JUL 17, 24, 31 NEW Beartown Hike (Meet at Millhouse Court) • \$45 p. 22
8:30-9:15	NEW Wake Up & Warm Up (BMC) • p. 28
9:00-9:30	The Joy of Java (Meet at Harvest Moon) • p. 16
9:00-9:45	NEW Aqua Cardio (BMC Pool) • p. 28
9:00-9:45	NEW Solid Core (BMC) • p. 28
9:00-9:45	Morning Meditation (Millhouse) • p. 14
9:00-10:45	October Mountain Hike (Meet at Millhouse Court) • p. 22
9:00-10:45	Climbing Wall (Meet at Millhouse Court) • p. 20
9:00-10:45	Kennedy Park Hike (Meet at Millhouse Court) • p. 22
9:00-10:50	Common Ground (Meet at Millhouse Court) • \$75 p. 26
10:00-10:45	Slow Flow Yoga (Millhouse) • p. 27
10:00-10:45	Spin and Sculpt (BMC) • p. 28
10:00-10:45	Kickboxing (BMC) • p. 28
10:00-10:45	Restoring Bone Broth (Life In Balance Kitchen) • p. 17
10:00-11:15	NEW Create Your Own Apothecary (Meet at Millhouse Court) • \$75 p. 15
11:00-11:45	Vinyasa Yoga (Millhouse) • p. 27
11:00-11:45	Abs and Glutes (BMC) • p. 28
11:00-11:50	NEW Capture Your Aura (Meet at Moonlight Pass) • \$75 p. 11
11:00-11:50	Chicken Keeping (Meet at Millhouse Court) • \$45 p. 18
11:00-12:45	Quantum Leap (Meet at Millhouse Court) • p. 20
11:00-12:45	Stand Up Paddleboarding (Meet at Millhouse Court) • \$75 p. 25
11:30-12:45	JUL 17, 24, 31 Conquer the Blade (Life In Balance Kitchen) • \$75 p. 16
11:30-1:15	Olivia's Overlook Hike (Meet at Millhouse Court) • p. 22
11:30-1:20	Beekeeping (Meet at Millhouse Court) • \$150 p. 18
11:30-1:45	JUL 17, 24, 31 NEW 3D Archery (Meet at Millhouse Court) • \$95 p. 18
12:00-12:45	JUL 10, 24, 31 Cardio Drumming (BMC) • p. 28
12:00-12:45	NEW Yin Yang Aerial Yoga (Millhouse) • \$75 p. 27
12:00-12:50	Principles of Positional Therapy (Meet at Moonlight Pass) • p. 10
12:00-1:15	NEW Chinese Astrology: Year of the Ox (Meet at Moonlight Pass) • \$75 p. 11
12:00-1:15	NEW Miraval Farm-to-Basket Picnic Experience (Meet at Millhouse Court) • \$75 p. 16
12:00-1:30	Handbuilding with Clay (Meet at Millhouse Court) • \$75 p. 15
12:30-1:20	Hatchet Throwing (Meet at Millhouse Court) • \$55 p. 18
1:00-1:45	Happy Hips (BMC) • p. 28

1:00-1:50	NEW Metamorphosis: Emerging From Chrysalis (Millhouse) • \$75 p. 12
1:00-2:50	An Unforgettable Canvas (Meet at Millhouse Court) • \$75 p. 26
1:30-3:15	Miraval Warrior Challenge (Meet at Millhouse Court) • \$200 p. 21
2:00-2:45	Yoga Nidra Meditation (Millhouse) • p. 14
2:00-2:45	NEW Tai Chi (Millhouse) • p. 28
2:00-2:45	Pilates Fusion (BMC) • p. 29
2:00-2:50	NEW The Art of Playing Tibetan Tones (Millhouse) • \$75 p. 12
2:00-3:50	Horse Sense (Meet at Millhouse Court) • \$75 p. 26
2:00-3:15	Conscious Seafood (Life In Balance Kitchen) • \$75
2:00-3:45	The Way of the Archer (Meet at Millhouse Court) • \$55 p. 19
2:00-3:45	Ice Glen Hike (Meet at Millhouse Court) • p. 22
2:00-3:45	JUL 17, 24, 31 Fundamentals of Kayaking (Meet at Millhouse Court) • p. 24
2:30-4:20	Craft Your Own Mala (Meet at Millhouse Court) • \$125 p. 15
3:00-3:45	Floating Meditation (Millhouse) • \$75 p. 14
3:00-3:45	Mindfulness at Miraval (Millhouse) • p. 14
3:00-3:45	NEW Tea with Intention (Meet at Moonlight Pass) • \$45 p. 17
3:00-3:50	Cleansing Chakras with Sound (Millhouse) • \$75 p. 11
4:00-4:45	Meditation for Superior Sleep (Millhouse) • p. 14
4:00-4:45	Cocktails with the Chef (Life In Balance Kitchen) • \$75 p. 16
4:00-4:45	NEW Movement, Mobility and More! (BMC) • p. 28
4:00-4:50	Mindful Property Stroll (Meet at Millhouse Court) • p. 22
4:00-5:20	NEW Ask the Oracle (Meet at Moonlight Pass) • \$75 p. 11
5:00-5:45	East Coast Oysters and Bubbles (Life In Balance Kitchen) • \$75 p. 16
5:00-5:45	Floating Meditation (Millhouse) • \$75 p. 14
5:00-5:45	Stretch & Relax (BMC) • p. 28
5:00-5:50	Tibetan Tones (Meet at Moonlight Pass) • p. 12
5:00-6:15	NEW Create Your Own Apothecary (Meet at Millhouse Court) • \$75 p. 15
5:30-6:20	Hatchet Throwing (Meet at Millhouse Court) • \$55 p. 19
6:00-6:45	Restorative Yoga (Millhouse) • p. 27
6:00-6:50	Mindful Photography Stroll (Meet at Millhouse Court) p.15
6:00-7:20	NEW Connection Through Percussion (Meet at Millhouse Court) • \$75 p. 14
6:00-8:00	NEW Chef's Tasting Menu (Life In Balance Kitchen) • \$205 p. 16
7:00-7:45	Floating Meditation (Millhouse) • \$75 p. 14
7:00-7:50	NEW Vibrational Sound Chamber (Millhouse) • \$75 p. 12
7:00-8:15	NEW Tree Ceremony: Grandfather Ginkgo (Meet at Moonlight Pass) • \$75 p. 12
7:00-8:20	Tension Release Exercise (BMC) • \$75 p. 10
7:00-8:30	NEW Forge A Fire (Meet at Millhouse Court) • \$45 p. 19

SUNDAY JULY

7:00-9:45	Monument Mountain Hike (Meet at Millhouse Court) • \$45 p. 23
8:00-8:45	Abs and Glutes (BMC) • p. 28
8:00-8:45	Qigong (Millhouse) • p. 14
8:00-8:45	Morning Stretch (BMC) • p. 28
8:00-9:45	Fundamentals of Stand Up Paddleboarding (Meet at Millhouse Court) • p. 25
8:00-9:45	JUL 11, 18, 25 Climbing Wall (Meet at Millhouse Court) • p. 20
9:00-9:45	Roll with It (BMC) • p. 28
9:00-9:45	Slow Flow Yoga (Millhouse) • p. 27
9:00-9:45	NEW Solid Core (BMC) • p. 28
9:00-10:50	Common Ground (Meet at Millhouse Court) • \$75 p. 26
9:00-11:15	NEW Snapshots of Splendor (Meet at Millhouse Court) • \$55 p. 15
10:00-10:45	Morning Stretch (BMC) • p. 28
10:00-10:45	Mindfulness at Miraval (Millhouse) • p. 14
10:00-10:45	Pilates Fusion (BMC) • p. 29
10:00-10:45	NEW Sunday Brunch Essentials (Life In Balance Kitchen) • \$45 p. 17
10:00-11:45	Stand Up Paddleboard Yoga (Meet at Millhouse Court) • \$100 p. 25
10:30-12:15	Country Road Ride (Meet at Millhouse Court) • \$55 p. 20
10:30-12:15	High Wild Woosey (Meet at Millhouse Court) • p. 20
10:30-12:15	JUL 11, 18, 25 NEW Tyringham Cobble Hike (Meet at Millhouse Court) • p. 22
11:00-11:45	Vinyasa Yoga (Millhouse) • p. 27
11:00-12:50	JUL 4, 18, 25 Miraval Equine Experience (Meet at Millhouse Court) • \$75 p. 26
11:30-12:15	Cardio Drumming (BMC) • p. 28
12:00-12:45	Flower to Root Cooking (Life In Balance Kitchen) • \$45 p. 16
12:00-12:45	Nia (Millhouse) • p. 27
12:00-1:15	Avian Adaptation: A Lesson in Resilience (Meet at Millhouse Court) • \$75 p. 18

12:00-1:45	Mindful Kayaking (Meet at Millhouse Court) • \$75 p. 25
1:00-1:45	Balance Board (Millhouse) • \$45 p. 27
1:00-1:45	Yoga Groove (BMC) • p. 27
1:00-1:50	NEW The Art of Playing Tibetan Tones (Millhouse) • \$75 p. 11
1:00-2:45	Soul Flight (Meet at Millhouse Court) • \$175 p. 21
1:00-2:45	JUL 11, 18, 25 Miraval Warrior Challenge (Meet at Millhouse Court) • \$200 p. 20
1:00-2:45	JUL 11, 18, 25 October Mountain Hike (Meet at Millhouse Court) • p. 21
1:30-3:15	Monks Pond Hike (Meet at Millhouse Court) • p. 22
2:00-2:45	Kickboxing (BMC) • p. 28
2:00-2:45	East Coast Oysters and Bubbles (Life In Balance Kitchen) • \$75 p. 16
2:00 - 3:50	JUL 4, 18, 25 NEW Grounded & Grateful: Garden Care (Meet at Millhouse Court) • \$45 p. 18
3:00-3:45	Power Flow Yoga (Millhouse) • p. 27
3:00-3:45	Gratitude Meditation (Millhouse) • p. 14
3:00-3:50	Hatchet Throwing (Meet at Millhouse Court) • \$55 p. 19
3:00-3:50	NEW Vibrational Sound Chamber (Millhouse) • \$75 p. 12
3:00-4:20	Tension Release Exercise (BMC) • \$75 p. 10
3:30-5:15	JUL 11, 18, 25 Stand Up Paddleboarding (Meet at Millhouse Court) • \$75 p. 25
3:30-5:15	Flying Squirrel (Meet at Millhouse Court) • p. 20
4:00-4:45	Shoulders Set Free (BMC) • p. 28
4:00-4:45	Vinyasa Yoga (Millhouse) • p. 27
4:00-4:45	Cocktails with the Chef (Life In Balance Kitchen) • \$75 p. 16
4:00-5:45	The Way of the Archer (Meet at Millhouse Court) • \$55 p. 19
5:00-5:45	Aerial Yoga (Millhouse) • \$75 p. 27
5:30-6:15	Cardio Drumming (BMC) • p. 28
6:00-6:50	NEW The Art of Playing Tibetan Tones (Millhouse) • \$75 p. 11
6:00-8:00	Outdoor BBQ Dinner (Meet at Millhouse) • \$175 p. 16
6:30 -7:15	Restorative Yoga (Millhouse) • p. 27

DIGITAL MINDFULNESS

A MIRAVAL STATE OF MIND

We at Miraval believe the journey to creating life in balance begins with allowing yourself to be fully present and engaged in the moment. We established device-free zones to support you in having the most rewarding and inspiring Miraval experience – and to give yourself permission to unplug. Use technology only in designated locations noted on the back cover map and honor your Miraval experience by being mindful of the moment and respectful of your fellow guests.

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