

MIRAVAL[®] berkshires

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Seasons at Miraval

WINTER WELLNESS SUGGESTED ITINERARY

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
MORNING	Arrival	Breakfast	Breakfast	Pilates Reformer
	Coffee & Tea at The Roost	Quiet time in your room	Winter Labyrinth Walk	Breakfast
	Vasudhara	Pine Tree Ceremony of Peace	Jacuzzi Time	Abundant Harvest Facial
MID-DAY	Lunch	Lunch	Lunch	Mindful Eating
	Ski Archery	Embrace the Ice: Build Resilience with Cold Immersion	Friluftsliv	Lunch
	Quiet Time in your room	Tea with Intention		Boga Meditation
EVENING	Cocktails at The Roost	Dynamic Breathwork Discovery	Dinner	Departure
	Dinner	Dinner	Vibrational Sound Therapy	
	The Way to Superior Sleep	Sweet Slumber Massage	Life in Balance Quiet Lounge	



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.