

3 Wellness Tips from Miraval Berkshires You Can Do at Home

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Photo: Getty Images/ Vicens Prats / EyeEm Looking down at the sparkly white snow, I was walking in circles, traversing a meditative labyrinth on a winter retreat at the Miraval Resort in the Berkshires. In truth, the feeling of walking in circles—unclear and unsure about the path unwinding afoot—is why a...

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