

HOTELS — NORTH AMERICA — USA



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*HOTEL INTEL: MIRAVAL  
BERKSHIRES' ALL-NEW  
APPROACH TO 'I DO'*

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## *Mindfulness, magic and marriage at this bucolic Berkshires bolt-hole*

Mindfulness is at the core of Hyatt's Miraval Resorts & Spas. Its motto, "Life in balance", forms the basis of the one-of-a-kind wellness itineraries crafted on guests' personal goals. Starting this autumn, the destination wellness spa resort will introduce its first wellbeing wedding offering at *Miraval Berkshires*. The bucolic Berkshires provide a picture-perfect background for an immersive experience customised to honour a couple's intentions. Through a bespoke wellness itinerary, each wedding focuses on connection and communication. A personalised wedding journey led by a spiritual guide includes a wellbeing itinerary, experiential reconnection opportunities, and a ceremony filled with mindful touch points.





In the days leading up to the ceremony, couples can set intentions and engage without distractions from digital devices and social media, bond with guests and each other through challenge course activities, culinary workshops, meditation, forest-bathing, and outdoor adventures. During the ceremony, couples will use the mindfulness skills learned in their immersion, including breath work, meditation, and gratitude practices. Following a farewell group yoga or qigong session, the newlyweds will ring the Tibetan gong together, signifying the beginning of their life together.





[www.miravalberkshires.com](http://www.miravalberkshires.com)