



WELLBEING RETREATS

*Group Gatherings
with Intention*

MIRAVAL
RESORTS & SPAS

MIRAVAL[®]
RESORTS & SPAS

WELLBEING RETREATS
Group Gatherings with Intention

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There's a different kind of group retreat out there. It's surrounded by nature and nurtures your highest intentions.

It allows your group to rediscover themselves, each other, and a sense of wonder and purpose. This is not simply a group retreat, it is a *wellbeing journey*.

WWW.MIRAVALRESORTS.COM



Do you want to support your group's wellbeing?

DO IT WITH INTENTION

Miraval Resorts & Spas set the scene for transformative experiences that bring people together mindfully and intentionally to reduce stress, make connections, and inspire personal growth.

Our specialist-led activities build emotional resilience in challenging times and offer tools for creating a life in balance.

Leave the printed name tags and forced team building of outdated retreats behind. Swap superficial social gatherings for deeper, mindful moments. Instead, embark on a journey of connection, inspiration, and transformation that endures long after you leave our resorts.

“It’s so beautiful to see that we get to play a small part in bettering lives, taking control, setting boundaries, and asking for what we want and deserve.”



Our Wellbeing Retreats are:

- A sanctuary for mindful gatherings and immersive itineraries
- Journeys of self-reflection and self-care
- Guided by expert specialists and colleagues
- Channels for effective and empathetic communication

Benefits of Unplugging



Being intentional with your attention

Strengthening interpersonal skills

Creating supportive boundaries

Reducing screen-time fatigue

Cultivating mindfulness



Intentionally Disconnect

DIGITAL MINDFULNESS

Our digital device-free resorts give guests permission to unplug and participate in offerings free of distraction.

We ask everyone to use technology only in designated locations to practice being mindful of the moment and respectful of fellow guests.

We created a cell-phone sleeping bag and bed to symbolize the relationship between unplugging from our devices and resting and resetting our bodies and minds.



DIGITAL MINDFULNESS TOOLKIT

Includes a video series, out-of-office vacation messages, screen savers, and suggested packing list to help you successfully unplug and be present.

PACKAGE OPTIONS

- *Social Retreats*
- *Team Retreats*



“The environment at Miraval Resorts supported our team, and we learned new life skills. When it’s done right, it makes a big difference. It’s a life-changing experience.”

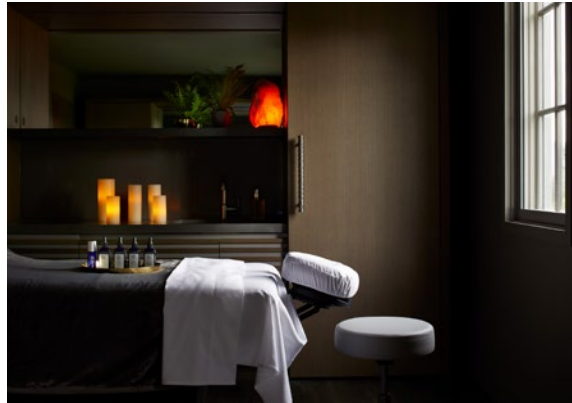
social retreats

*Purposefully Reconnect
with People Who Matter Most*

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Our social retreats celebrate anniversaries, birthdays, time away, and so much more. We provide a backdrop for reconnection among groups and couples seeking restful spa weekends or friends, families, and other social groups bonding through adventures in natural settings.

More than a peaceful getaway, Miraval Resorts can become your shared quest for fun and limitless exploration.



Most Popular Journeys for Social Retreats

- Mindful Celebrations
- Friend Reconnections
- Adjusting to Life Transitions
- Family Reunions
- Support for Grief & Loss



social retreats

Build your social retreat at Miraval Resorts with customized itineraries that leave a lasting positive impact.

SOCIAL RETREAT HIGHLIGHTS:

Mindful intention-setting.

Valuable time for self-care and self-discovery.



Take-home tools and experiences for creating a life in balance.

Feelings of rejuvenation, inspiration, support, and camaraderie.

Gatherings guided by Miraval specialists.

Package Itinerary FOR YOUR SOCIAL RETREAT

	DAY 1	DAY 2	DAY 3	DAY 4
MORNING	-	Individual Fitness Activity	Group Hiking Experience	Group Challenge Course
	-	Individual Breakfast	Individual Breakfast	Individual Breakfast
MIDDAY	-	Group Yoga & Meditation Experience	Group Creative Expression Activity	Individual Miraval Facial
	Arrival	Individual Lunch	Individual Lunch	Individual Lunch
AFTERNOON	Individual Signature Relaxation Massage	Group Spirit & Soul Activity	Group Equine Experience	Departure
EVENING	Individual Dinner	Group Culinary Dinner Experience	Group Dinner	-

- Customizations and additions are welcome for every itinerary based on programming/spa availability; additional fees may apply.
- Programming schedules are available 60 days prior to arrival, and the final itinerary cannot be confirmed until that 60-day-out period.
- No daily resort credit is included in this package; however, activities and spa treatments may be added for an additional fee.
- With final itinerary adjustments, each guest will be charged based on their selections.
- Dinner reservations maximums range from 4-10 guests per table, based on hotel policy and availability. Outside of the pre-outlined group dining experiences or meals, please contact group sales to arrange private dining rooms for group dining experiences.
- Eight guests or more qualify for Group Packages, we suggest booking a minimum of 90 days in advance.
- Pricing may adjust by property and season and is based on availability.

Please contact Group Sales for pricing and availability - Contact information is listed on the last page.

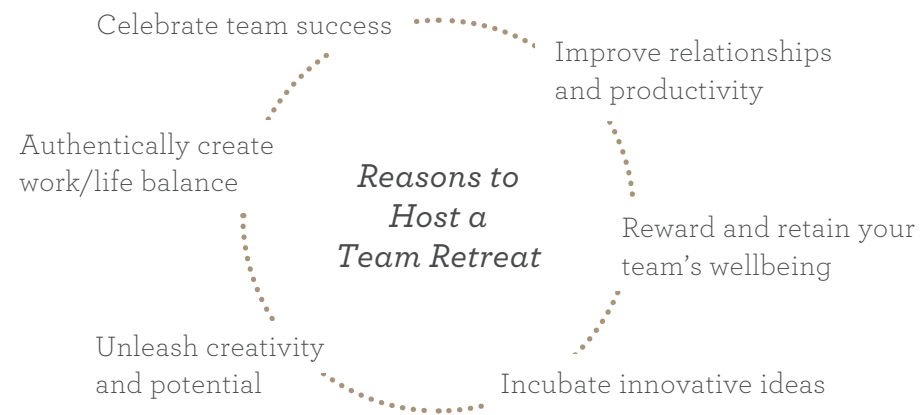
team retreats

Make Workplace Wellbeing as Important as Personal Wellbeing

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Our retreats go beyond conventional team building, creating a platform for professionals to forge deep connections, nurture innovative ideas, and foster a culture centered on wellbeing.

We provide an environment that enhances leadership skills and empowers individuals to thrive personally and professionally.





Team retreats

Each team retreat is designed to cultivate balance and build a resilient culture that stands at the forefront of success.

TEAM RETREAT HIGHLIGHTS:

Open with a Gong Ceremony to set intentions.

Meet mindfully for strategic planning and team meetings in a soothing environment.

Reflect, bond, and celebrate as a team.

Shift your perspective through curated activities.

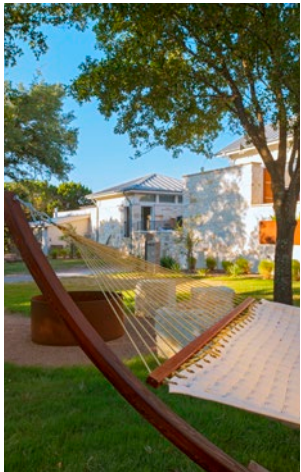
Nourish your senses with healthful meals and snacks.

Package Itinerary FOR YOUR TEAM RETREAT

	DAY 1	DAY 2	DAY 3	DAY 4
MORNING	-	Group Challenge Course	Individual Breakfast	Group Morning Hike
MIDDAY	-	Group Mindful Meeting	Group Mindful Meeting	Group Mindful Meeting
	Arrival	Individual Lunch	Individual Lunch	Individual Lunch
AFTERNOON	Group Gong Ceremony	Individual Rest & Restore Time	Group Spirit & Soul Activity	Reflection Gathering & Departure
EVENING	Individual Dinner	Group Culinary Dinner Experience	Individual Signature Relaxation Massage	-

- Customizations and additions are welcome for every itinerary based on programming/spa availability; additional fees may apply.
- Programming schedules are available 60 days prior to arrival, and the final itinerary cannot be confirmed until that 60-day-out period.
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The Details

SOCIAL & TEAM PACKAGES

Included in Your Package Price:

- Group discount on overnight accommodations.
- Individual healthful & flavorful meals, snacks, smoothies, & non-alcoholic beverages.
 - *Served non-privately & on a flow.*
- One private group culinary experience.
- Some group experiences may not be private to your group. Inquire with your Group Sales contact.
- Complimentary experiences from the daily activity schedule:
 - *Individual non-private wellbeing lectures, fitness classes, hiking, challenge course activities, yoga, meditation, & more.*
- Full access to Miraval Resorts' extensive resort amenities, including the Body Mindfulness Center & the Life in Balance Spa.
 - *One Signature Relaxation Massage per person per stay.*
- Miraval Resorts tote or sling bag, branded water bottle & specially selected book to match your group's intention.
- Complimentary airport shuttle to/from nearest major airport or self & valet parking.
- Miraval Resorts is a gratuity-free resort & spa.

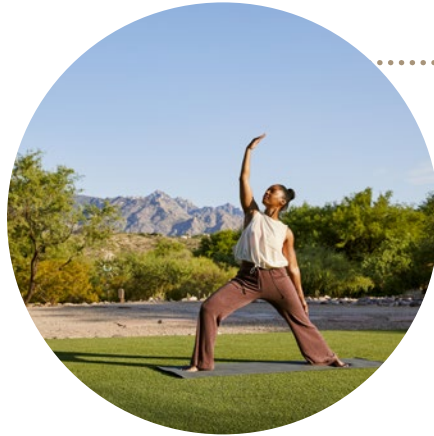
Added Fees by Request:

- Additional Meeting Package: Meeting room add ons, all-day beverage service, and snack breaks at additional charge.
- Additional private group dining and private group programming at additional charge.

“Miraval Resorts does a great job at creating organic spaces for people to cluster and connect.”

Where Will Your Journey Take You?

CHOOSE YOUR
MIRAVAL RESORTS
ADVENTURE



MIRAVAL ARIZONA

*Promises **reflection and connection** with the Sonoran desert’s quiet, calm, and healing energy.*



MIRAVAL AUSTIN

*Delivers **wellness and growth** through caring for the earth and each other in Texas Hill Country.*



MIRAVAL BERKSHIRES

*Offers experiences that harness each **season’s transformational energy** in the bucolic hills of New England.*

miraval arizona

LOCATION *Tucson, AZ*
YEAR ESTABLISHED *1995*
GUEST ROOMS *143*



TOP FACTS

- 400 acres at the base of the majestic Catalina Mountains
- 118 casita-style guest spaces, 3 Villas, & 22 Retreats
- Life in Balance Spa, Sky Island Traverse Challenge Course, Purple Sage Ranch, Chef's Garden, Life in Balance Culinary Kitchen, 3 serene pools, & Body Mindfulness Center

GROUP SIZE	
IDEAL	BUY-OUT
10-50 rooms per night, up to 85 guests	80-143 rooms per night, up to 86-225 guests
MEETING SPACE	
LARGEST INDOOR	LARGEST OUTDOOR
1,700 square feet	5,000 square feet
LARGEST MEETING ROOM	TOTAL MEETING ROOMS
Arizona Room	7
SEASONS	
OPPORTUNITY MONTHS	PEAK SEASON
July, August & December	January-April September-Mid-November

Click [HERE](#) to watch the Miraval Arizona property tour.

Click [HERE](#) to explore the Miraval Arizona group programming guide.

miraval austin

LOCATION *Austin, TX*
YEAR ESTABLISHED *2019*
GUEST ROOMS *117*



TOP FACTS

- 220 acres in the Balcones Canyonlands Preserve
- 117 spa-inspired guest rooms & suites
- 2 infinity pools, Cypress Creek Farm, Life in Balance Culinary Kitchen, 2 challenge courses, Body Mindfulness Center, & Life in Balance Spa

GROUP SIZE	
IDEAL	BUY-OUT
10-50 rooms per night, up to 100 guests	75-117 rooms per night, up to 100-234 guests
MEETING SPACE	
LARGEST INDOOR	LARGEST OUTDOOR
2,795 square feet	1,200 square feet
LARGEST MEETING ROOM	TOTAL MEETING ROOMS
Balcones Hall	5
SEASONS	
OPPORTUNITY MONTHS	PEAK SEASON
June, July & August	March, May & October

Click [HERE](#) to watch the Miraval Austin property tour.

Click [HERE](#) to explore the Miraval Austin group programming guide.

miraval berkshires



LOCATION *Lenox, MA*
 YEAR ESTABLISHED *2020*
 GUEST ROOMS *121*

TOP FACTS

- 380 protected acres in the Berkshires countryside
- 121 spa-inspired guest rooms & suites
- Life in Balance Culinary Kitchen, Meadowview Acres, apiary, gardens & stables, Wyndhurst Mansion, historic 18-hole golf course, Life in Balance Spa, & Body Mindfulness Center

GROUP SIZE	
IDEAL	BUY-OUT
10-65 rooms per night, up to 130 guests	30 rooms per night Mansion & Cottages 121 rooms per night - full property, up to 60-242 guests
MEETING SPACE	
LARGEST INDOOR	LARGEST OUTDOOR
2,750 square feet	2,000 square feet
LARGEST MEETING ROOM	TOTAL MEETING ROOMS
Ballroom	10
SEASONS	
OPPORTUNITY MONTHS	PEAK SEASON
January-June & November-December	June-October

Click [HERE](#) to watch the Miraval Berkshires property tour.

Click [HERE](#) to explore the Miraval Berkshires group programming guide.

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