

### Small Wonders 10 towns that prove bigger isn't always better





CHECK IN

# Miraval Austin

It's hard to know where to begin at this 220-acre wellness retreat in the Texas Hill Country. You can study beekeeping at the apiary, master gluten-free baking in the gourmet kitchen, or try stand-up paddleboarding on nearby Lake Travis. At the Yoga Barn, choose from 16 different activities, including "Yoga Twang," a class set to Texas tunes. Looking for something a little less active? Post up by the infinity pool, or head to the spa to sample 60-plus treatments. The on-site organic farm supplies ingredients for healthy meals, snacks, and smoothies. One word of advice: Don't skip the made-from-scratch sourdough bread. In the end, it's all about balance, right? *From \$529*



**WANT MORE?**

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**EXPLORE**

Sign up for the daily nature walk to learn about local flora and fauna, or cover more ground with a guided hike.

**SAY "OM"**

Each room includes a meditation pillow, Tibetan singing bowl, and a TV channel with mindfulness exercises.

**UNPLUG**

"Miraval Mode" means phones should be silent and out of sight. The resort even supplies a "cellphone sleeping bag" for your device.