

JOURNEYS *with* INTENTION



*couples
retreat*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Slow Flow Yoga
	Smoothies at The Nest	Common Ground	Preserve Hike	Breakfast
	Mindful Relationships	Parenting with Purpose	Jacuzzi Time	Tarot Reading
MID-DAY	Lunch	Peaceful Picnic	Lunch	Pool Time
	Hill Country Challenge Course	Pool Time	The Way of the Archer	Lunch
	Blood Orange Pedicure and Men's Pedicure	Lunch	Entertaining with Ease	Hive Mind
EVENING	Dinner	Harmonic Yin Yoga	Yojana	Cleansing Ceremony
	Venus & Mars: Love & The Stars	Dinner	Dinner	Smoothies at the Nest
	Floating Meditation	Moonlight Meditation	Journaling Time	Departure

MINDFUL TIPS
Be sure to space your classes out so you have time to get from one to another. Also don't forget to leave time for meals.

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.