

JOURNEYS *with* INTENTION



*culinary &
nutrition*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Nature Walk	Slow Flow Yoga
	Smoothies at The Nest	Personal Nutrition Consult	Farm Harvest	Breakfast
	Creative Canvas	Mindful Grocery Shopping	Chef's Table Brunch	Miraval Relax Massage
MID-DAY	Lunch	Conquer The Blade	In A Nutshell	Pool Time
	Cypress Creek Farm Tour	Lunch	Plant-Based Cooking	Lunch
	Roots, Fruits, Petals, and Leaves Facial	Honey Tasting	Zero-Proof	Taste of Texas Salsa
EVENING	Cocktails in the Kitchen	Pasta A Mano	Restoring Bone Broth	World of Wine
	Dinner	Entertaining with Ease	Quick Sip	Sweet Treats
	Mindfulness in the Moonlight	Just Cook For Me	Dinner	Departure

MINDFUL TIPS
Exploring new dietary preferences? Our classes will empower you to take your meals to the next level!

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.