

JOURNEYS *with* INTENTION



*fitness
focus*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Yoga Sculpt
	Smoothies at The Nest	Roll With It	Preserve Hike	Cardio Drumming
	Comprehensive Fitness Assessment	Trail Run	Pilates for Home	Breakfast
MID-DAY	Lunch	Stand Up Paddleboard Yoga	Lunch	Pool Time
	Vinyasa Yoga	Shoulders Set Free	Happy Hips	Lunch
	Ginger Healer	Lunch	Aligned Nutrition	Plant Forward Cooking
EVENING	Dinner	Climbing Wall	Let's Talk Sleep	Energy Elixers
	Optimal Metabolism	Just Cook For Me	Dinner	Miraval Relax Massage
	Jacuzzi Time	Moonlight Meditation	Jacuzzi Time	Departure

MINDFUL TIPS
Book fitness, outdoor adventure, nutrition, and spirit & soul classes for a holistic wellness retreat.

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.