

JOURNEYS *with* INTENTION



grief & loss

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Cardio Drumming
	Smoothies at The Nest	Cypress Creek Farm Tour	Walking The Labyrinth	Breakfast
	Nature Walk	Crystal Energy Healing	Jacuzzi Time	Mindful Kayaking
MID-DAY	Lunch	Qoya	Lunch	Decoding Desires
	Life Beyond Loss	Pool Time	Shanti Pranam	Lunch
	Journaling Time	Lunch	The Astral Body	Manifestation Meditation
EVENING	Dinner	Quantum Leap	Private Common Ground	Smoothies at The Nest
	Moonlight Meditation	Pravasana	Vitamin C Facial	Cleansing Ceremony
	Reiki	Dinner	Dinner	Departure

MINDFUL TIPS
Want to dive deeper on a particular subject? Schedule a private session with our specialists.

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.