

# JOURNEYS *with* INTENTION



*leadership  
fulfillment*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Pillars of Peace
	Smoothies at The Nest	Common Ground	Shinrin-Yoku	Breakfast
	Morning Stretch	Journaling Time	Jacuzzi Time	New Habits for a New You
MID-DAY	Lunch	Private Photography	Lunch	Pool Time
	Hill Country Challenge Course	Pool Time	Flourish	Lunch
	Meals Made Easy	Lunch	Spiritual Warrior Facial	Stress Solutions
EVENING	Dinner	Quantum Leap	Your Spiritual Connection	Smoothies at The Nest
	Zen Stroll	Living A Life in Balance	Dinner	Yin Reiki Yoga
	Miraval Deep Massage	Dinner	Floating Meditation	Departure

**MINDFUL TIPS**  
Don't forget to set your out-of-office reply so you can stay in the present moment.

*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.*