

JOURNEYS *with* INTENTION



*mental
wellbeing*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Slow Flow Yoga
	Smoothies at The Nest	Journaling Time	Shinrin-Yoku	Breakfast
	Yoga Essentials	The Beauty of Imperfection	Jacuzzi Time	Mindful Kayaking
MID-DAY	Lunch	Boundary Setting for Success	Lunch	Pool Time
	Nature Walk	Pool Time	Spiritual Warrior Facial	Lunch
	Finding Your Inner Calm	Lunch	Let's Talk Sleep	Cypress Creek Farm Tour
EVENING	Dinner	Pravasana	Journey To Self	Cleansing Ceremony
	Crystal Meditation	Dinner	Dinner	Journaling Time
	Abhyanga	Astro Forecast	Shanti Pranam	Departure

MINDFUL TIPS
Bring your journal and pen with you for note-taking and self-reflection.

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.