

# JOURNEYS *with* INTENTION



*outdoor  
adventure*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Trail Run	Vinyasa Yoga
	Smoothies at The Nest	Preserve Hike	Breakfast	Breakfast
	Climbing Wall	Hatchet Throwing	Mindful Kayaking	Pool Time
MID-DAY	Lunch	Miraval Deep Massage	Lunch	Tibetan Bowl Massage
	Nature Walk	Lunch	Hill Country Challenge Course	Lunch
	Stand Up Paddleboard Yoga	Hive Mind	Photography Stroll	Rhythmic Riding
EVENING	Dinner	Swing and a Prayer	Happy Hips	Five Tips for More Energy
	Cocktails in the Kitchen	Dinner	Dinner	Smoothies at The Nest
	Astro Forecast	Jacuzzi Time	Floating Meditation	Departure

**MINDFUL TIPS**  
Remember to bring a hat, sunscreen, and your bathing suit!

*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.*