

JOURNEYS *with* INTENTION



reconnection
getaway

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Aqua Barre
	Smoothies at The Nest	Preserve Hike	Happy Hips	Breakfast
	Cardio Drumming	Honey Tasting	Intro to Tarot	River Flower Wrap
MID-DAY	Lunch	Tex Zen Yoga	Lunch	Pool Time
	Hill Country Challenge Course	Blood Orange Mani/Pedi	An Unforgettable Canvas	Lunch
	Pool Time	Lunch	Pilates Fusion	Hatchet Throwing
EVENING	Wine & Your Sign	Stand Up Paddleboarding	Cocktails in the Kitchen	The Sweet Side of Baking
	Dinner	Floating Meditation	Dinner	Yin Yoga
	Miraval Relax Massage	Just Cook For Me	Jacuzzi Time	Departure

MINDFUL TIPS
Set your phone to airplane mode so you can take group pictures while remaining present.

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.