

# JOURNEYS *with* INTENTION



*relaxation*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Yoga Essentials
	Smoothies at The Nest	Pool Time	Blend 'N' Balance Smoothie	Breakfast
	Nature Walk	Let's Talk Sleep	Jacuzzi Time	Vitamin C Facial
MID-DAY	Lunch	Lunch	Lunch	Mindful Relationships
	Cypress Creek Farm Tour	Reflexology	Miraval Relax Massage	Lunch
	Living A Life in Balance	Miraval Equine Experience	Crystal Ball Photography	Finding Your Inner Calm
EVENING	Journaling Time	Dinner	Digital Mindfulness	Smoothies at The Nest
	Dinner	Walking The Labyrinth	Dinner	Solutions for Stress Eating
	Vasudhara	Good Night Meditation	Journaling Time	Departure

**MINDFUL TIPS**  
Remember to leave time to simply be present with yourself. This is how you'll integrate all your new tools and knowledge!

*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.*