

JOURNEYS *with* INTENTION



self-connection

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Cardio Drumming
	Smoothies at The Nest	Journey To Self	Moving Meditation	Breakfast
	Quantum Leap	Rhythmic Riding	Preserve Hike	Common Ground
MID-DAY	Lunch	Lunch	Lunch	Pool Time
	Aligned Nutrition	Pool Time	Ginger Healer	Lunch
	Meet Your Spirit Guides	Hatha Yin/Yang Yoga	Journaling Time	Your Spiritual Connection
EVENING	Dinner	Decoding Desires	Creative Canvas	Smoothies at The Nest
	Intuitive Wisdom	Miraval Relax Massage	Dinner	Journaling Time
	Floating Meditation	Dinner	Photography Stroll	Departure

MINDFUL TIPS
Allow yourself to step outside your comfort zone and try something new!

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.