

# MIRAVAL<sup>®</sup> austin

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## Bluebonnet Festival

### EXAMPLE ITINERARY

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	TexZen Yoga
	Smoothies at The Nest	Quiet time in your room	Suminigashi	Breakfast
	Roots, Fruits, Petals, and Leaves Facial	Nature Walk with Photography Tutorial	Jacuzzi Time	Signature Petal Pecan Pedicure
MID-DAY	Lunch	Creative Canvas	Lunch	Pool Time
	Hill Country Challenge Course	Pool Time	Rhythmic Riding	Lunch
	Wildflower Meditation	Lunch	Essence of Miraval Facial	Common Ground
EVENING	Dinner	Voice of the Soul	Personalized Nutrition Consult	Smoothies at The Nest
	Drinks on Patio	Labyrinth quiet time	Dinner	Quiet time in your room
	Miraval Relax Massage	Dinner	Journal time	Departure



*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.*