

Authentic Circle Appreciation Week

EXCLUSIVE EXPERIENCES

MONDAY <i>September 8</i>	1:00 - 2:15 pm	The Pelvic Floor in Menopause with Dr. Lauren Luke*
	5:00 - 6:00 pm	Welcome Reception: Authentic Circle Exclusive
TUESDAY <i>September 9</i>	1:00 - 2:00 pm	Beauty Beware: Swap Smarter, Glow Safer with Samantha Harris*
	4:00 - 5:15 pm	Yoga for Menopause Support with Dr. Lauren Luke*
WEDNESDAY <i>September 10</i>	11:00 - 12:00 pm	Ditch the Drama, Keep the Joy: Your Healthy Relationship Circle with Samantha Harris*
	12:00 - 1:00 pm	Authentic Circle Community Lunch*
THURSDAY <i>September 11</i>	3:00 - 3:50 pm	(Lean Into) Your New Chapter with Elise Banks-Lovely*
	5:00 - 6:00 pm	Welcome Reception: Authentic Circle Exclusive
FRIDAY <i>September 12</i>	2:00 - 4:30 pm	Living a Life in Balance with our General Manager, Kim Rossi*
	5:00 - 6:30 pm	Vision Board with Elise Banks-Lovely*
	6:30 - 8:30 pm	Live Music Performance with JD Casper
SATURDAY <i>September 13</i>	9:00 - 9:15 am	Farewell Gong Ceremony*
	12:00 - 1:00 pm	Authentic Circle Community Lunch*

Items marked with an asterisk () must be booked in advance through an Experience Planner or via the Booking Portal. All other activities are available as drop-ins.*

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EXCLUSIVE EXPERIENCES

THE PELVIC FLOOR IN MENOPAUSE *

Explore how menopause impacts pelvic floor health through breathwork and gentle movement with physical therapist Dr. Lauren Luke. Learn daily practices to support strength, intimacy, and confidence during this life transition.

YOGA FOR MENOPAUSE SUPPORT *

Support your menopausal journey with Yin Yoga and hormone education. Physical therapist Dr. Lauren Luke offers calming practices to ease symptoms such as hot flashes, insomnia, and joint stiffness.

(LEAN INTO) YOUR NEW CHAPTER *

The narrative of our lives can bring twists, turns, highlights, and low points. Join NAMI National Ambassador Elise Banks-Lovely to gain tools and resources for embracing a new life chapter with healthy coping skills and a positive mindset.

COMMUNITY LUNCH *

Join us for a special community lunch honoring our Authentic Circle members. Connect with fellow guests, share meaningful conversations, and enjoy a nourishing meal as we celebrate connection, gratitude, and the Miraval journey together.

WELCOME RECEPTION

Join us for the Authentic Circle Reception, a warm gathering to celebrate our community. Connect with fellow members, enjoy light refreshments, and embrace meaningful conversations that inspire gratitude, connection, and wellness on your Miraval journey.

VISION BOARD *

Simplify the path to accomplishing your goals by visually representing what you want to achieve in this class with NAMI National Ambassador Elise Banks-Lovely. Discuss the importance of goal setting and enjoy a glass of wine while you explore vision-board-making techniques to create a personalized board to take home.

BEAUTY BEWARE:

SWAP SMARTER, GLOW SAFER *

Emmy-winning TV Host & Certified Health Coach Samantha Harris explains which beauty ingredients to avoid, their health risks, and how to choose safer alternatives for a cleaner, more informed personal care routine.

DITCH THE DRAMA, KEEP THE JOY:

YOUR HEALTHY RELATIONSHIP CIRCLE *

Join Emmy-winning TV Host & Certified Health Coach Samantha Harris to set better boundaries, clear emotional clutter, and surround yourself with people who fuel your happiness, health, and purpose.

LIVING A LIFE IN BALANCE *

What does balance mean to you? Join a conversation to explore personal definitions, what supports or hinders balance, and gain insights from Ayurveda and Miraval Austin General Manager Kim Rossi.

LIVE MUSIC PERFORMANCE WITH JD CASPER

Enjoy an intimate live performance by local artist JD Casper, exclusively for our Authentic Circle members. Unwind with soulful sounds, refreshing drinks, and a serene setting that invites connection, reflection, and a shared Miraval moment.

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