

GUEST GUIDE

# MIRAVAL

## berkshires

**JULY**

*Intentional Connections*

Learn more about practicing digital mindfulness to foster connection on *pg. 28 - 29*.







GILBERT SANTANA  
*General Manager*

Welcome to Miraval Berkshires. Each new season lets us appreciate the one behind us and use it as a catapult to continue our journey in the present moment. Summer in New England is unpredictable, and keeps us evolving and adapting to nature's ever-changing elements. This same principle guides our activities and offerings that foster resilience and keep us balanced in uncertain times.

I am a New Yorker and worked primarily in major cities with a rapid pace of life. I realize how easy it is for the years to bump into each other as we race from task to task. We forget to be inquisitive about or invested in the present. Several guests have told me that being here created a map to their most authentic selves.

I encourage you to be curious about your own cartography and wellbeing. Your experiences here might be life-altering, as they are for many, but they won't change who you are. They might, however, reveal unseen aspects of yourself.

Please remember to take peaceful time to accept all that nature has to offer, unplug from your devices, and rebuild your ability to be present in every moment. I hope you will join me in discovering our transformational experiences— from hatchet throwing to sound bathing— as we create balance through mindfulness together in this season.

*Gilbert Santana*



## WELCOME PAGE 2 - 5

*A Miraval State of Mind*

The / in Miraval represents the individual. We recognize your intention as a unique individual and an integral part of the greater whole. You are the / in Miraval.

## MIRAVAL SPECIALISTS PAGES 6 - 9

Our specialists and experts are pioneers in their respective fields who are committed to enhancing your personal journey.

## EXPERIENCES PAGES 10 - 27

*Activities & Private Sessions Menu*

## DISCOVER & UNPLUG PAGES 28 - 29

*Mindful Retreats*

*Digital Mindfulness*

## LIFE IN BALANCE SPA PAGES 30 - 33

*Spa Menu*

## MINDFUL REMINDERS PAGE 34 - 35

*Mindful Reminders*

*Restaurant & Boutique Hours*

## WEEKLY SCHEDULE PAGES 36 - 42

Just like you, we're always changing. Our daily schedule tells you what is happening while you're here. Please note that all classes require advance sign-up with Guest Services.

## MIRAVAL RESORT MAPS PAGE 43 - BACK COVER



PROUD WINNER:  
*Massachusetts's Best  
Wellness Retreat*



DISCOVER MIRAVAL RESORTS

   @miravalresorts @miravalberkshires



INTENTIONAL CONNECTIONS  
*In the Summer Sun*

The Summer sun brings new life to the Berkshires, allowing you to recharge by making the most of longer days, perfect temperatures, and bright blue skies. At Miraval Berkshires, your journey can include guided outdoor adventures, creative programming to express yourself, farm and garden activities to connect with nature, cultural explorations just a short drive away, and revitalizing spa treatments to truly relax. Inhale a breath of self-care this season under the invigorating warmth of the Berkshire sun.

FEATURED EXPERIENCES

MORNING HARVEST

Greet the day at the Meadowview Acres farm and help gather its bounty. We will collect eggs and harvest herbs and fresh produce from a perspective of gratitude as a component of overall wellbeing.

EQUINE OFF-PROPERTY EXCURSION

Join us for this exclusive off-site trail ride at our community partner, Cinch ‘em Up Stables, and explore 430 acres of open fields and wooded mountain trails with stunning mountain views. This three-hour excursion includes a one-hour trail ride and offers an immersive experience and connection with our equine partners. \$

EVENING KAYAKING IN THE BERKSHIRES

This kayaking event is an exhilarating way to experience a premier paddling destination for breathtaking sunsets. Learn basic paddle strokes and efficient boat movement while you connect to the water, nature, and spectacular scenery. Gather with new friends around the firepit to enjoy post-paddle refreshments. \$



To learn more or add these experiences to your itinerary, please visit Guest Services.

SPA FEATURES

INNER RADIANCE FACIAL

Reveal your natural radiance with customized techniques and a powerhouse of targeted ingredients developed by Dr. Dennis Gross. A complexion-smoothing peel, collagen-boosting light therapy, and a double mask address your skin’s unique needs, while massage calms the mind. \$

MANUKA BODY PEEL

This peel is the ultimate softening and hydrating full-body treatment. A vitamin-rich blend of enzymes and fruit acids eases dryness, while lightweight botanical oils nourish and condition. Skin-quenching manuka honey, green tea, and licorice root seal in moisture for smoother, softer skin. \$

PURIFYING BACK FACIAL

Restore balance with this relaxing treatment geared to clarify and repair those harder-to-reach areas of the back and shoulders. Carefully selected products purify and hydrate, leaving you with a restored glow. \$



Tee it Up  
GOLF SEASON IS OPEN

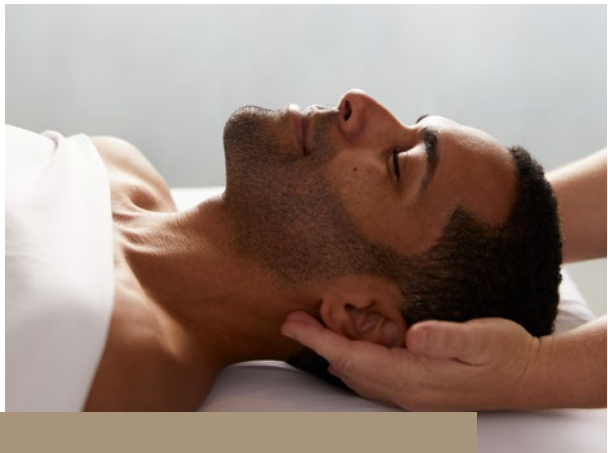
Our historic 18-hole Massachusetts golf course combines spectacular views with challenging golf.

Visit an experience planner to book a tee time or private golf experience.

culinary week  
JULY 14 - 20



Celebrate our chefs & culinary experts at Miraval Berkshires and our newly launched cookbook *Recipes For a Life in Balance* with an exclusive Culinary Week event. Indulge in a menu of experiences that take you on a journey through mindful eating.



CONTACT US

Need to change a class, make dinner reservations, or book a spa treatment? Text us and let us know.



Rediscover Gilded Age glamour and gastronomy with exclusive dinner experiences including a prix fixe menu.

1894 FINE DINING

Spend an enchanted evening at Wyndhurst Mansion’s gourmet 1894 Restaurant, named for the year of its construction. Our fine-dining prix fixe meals (90 min) feature local farms and fresh ingredients. Resort credits can be applied.

1894 5:00 - 8:30PM | FRIDAY & SATURDAY  
Closed Sunday - Thursday.

MANSION BAR | 4:00 - 10:00PM | WEDNESDAY - SUNDAY  
Bar menu items offered Friday & Saturday. Closed Monday & Tuesday.



Limited reservations available, please visit our Experience Planners to make your reservation.



# OUR SPECIALISTS

These experts in fields from nutrition to spiritual exploration offer workshops, lectures, and one-on-one sessions to educate and motivate. They illuminate the path from you to you.



**WILL BOYCE**  
*Meditation Specialist*  
Will is a 20+ year mind-body teacher, certified Kripalu mindful outdoor guide, yoga, integral Tai Chi and Qigong teacher, level 2 unified mindfulness coach, and certified HeartMath mentor. A United States Army veteran, Will supports addiction recovery and aims to change the world, one person at a time, through contemplative practices.  
**LECTURES:** Qigong • Mindfulness at Miraval Berkshires • Gratitude Meditation • Meditation for Superior Sleep  
**WORKSHOPS:** The Way to Superior Sleep • See, Hear, Feel • The Method to Mindful Self-Compassion • The Path to Gratitude • Qigong: Flowing Movement • Calm & Clarity for Work  
**PRIVATE SESSIONS:** Breathe Your Stress Away • How to Meditate • From Stress to Rest • Qigong: Flowing Movement



**CASSANDRA KENNEDY**  
*Creative Expression Specialist*  
Cassie is a lifelong artist and ceramicist who helps guests explore creativity to align their lives with their truest selves through courage, patience, and determination. She holds a bachelor's degree in nutritional and exercise science, is a certified Budokon Yoga teacher, and self-taught potter and sculptor.  
**LECTURES:** Art Studio Tour  
**WORKSHOPS:** Pottery: Way of the Wheel • Pottery: Handbuilding with Clay • The Beauty of Imperfection • Painting in Perspective: Watercolors & Wine • Raku Pottery: Transformed by Fire  
**PRIVATE SESSIONS:** The Beauty of Imperfection • Painting in Perspective



**JULIA ROSE PORTELA**  
*Astrologer & Tarot Reader*  
Julia's 12 years as a Reiki master, Integrated Energy therapist, astrologer, and tarot reader reflect her curious nature and growth-focused choices. She helps you align with your authentic self with compassion-centered sessions that offer clarity, guidance, and validation. Julia takes you on journeys ranging from lighthearted conversation to deep exploration with her intuitive skills.  
**LECTURES:** Mysteries of the Tarot • Astrology Exploration • Astrology Forecast 2024 • Ancient Mysteries, Modern Magic • Cosmic Connections • Cultivating Conscious Communication  
**WORKSHOPS:** Past Life Regression • The Magic of Manifesting • Sacred Surrender Ceremony • Redesign Your Reality • The Language of Listening • Wine & Your Sign  
**PRIVATE SESSIONS:** Astrology Reading • Tarot Card Reading • Akashic Soul Record Reading • Karmic Contract Reading • Intuitive Energy Session • Decoding Dreams • Living with Intention • Intuitive Relationship Building



**DAYLA ROBINSON**  
*Spiritual Guide & Ceremonialist*  
Dayla, a Reiki Master, Bach Flower Remedy practitioner, massage therapist, and professional sound healer, studied Native peoples' Shamanic traditions after a near-death experience. She addresses emotional wounds and energy blocks by re-harmonizing bioenergetic fields and chakras to help guests align with their soul's greatest potential.

**LECTURES:** Exploring the Chakras • Labyrinth Wisdom Walk  
**WORKSHOPS:** Chakra Sound Levitation • Cleansing Chakras with Sound • Soul Flower Workshop • Sound Journey Meditation • Cacao & Sound Ceremony • Illumination Ritual  
**PRIVATE SESSIONS:** Spirit Quest • Celestial Sound Bath • Chakra Oracle Reading • Chakra Oracle Reading with Sound Healing



**JENAE HALSTED**  
*Registered Dietitian & Nutritionist*  
With a master's degree in nutrition, Jenae focuses on health and prevention. She has worked with doctors, personal trainers, and chefs to assist with weight goals and disease prevention through individual counseling and teaching. She believes working holistically with body, mind, and emotions produces the most long-term success.  
**LECTURES:** Exploring Emotional Eating • Mindful Eating • Food for Thought  
**WORKSHOPS:** Nutrition for Healthy Skin • Swing & Sip • Herbal Alchemy • Conscious Cocktails  
**PRIVATE SESSIONS:** General Nutrition Consultation • Nutrition Consultation for: Healthy Weight, Promoting Gut Health & Decreasing Inflammation, Specific Conditions, Stress Management, or Healthy Eating as We Age



**ALEXIA SILVA**  
*Medium, Clairvoyant & Certified Grief Counselor*  
Alexia, a certified spirit medium, Reiki practitioner, and end-of-life doula, blends traditional counseling with spirit medium abilities to offer grief and loss support. She holds a master's degree in mental health counseling and trauma and was a bereavement counselor at an in-patient hospice facility.  
**LECTURES:** Demystifying Mediumship • The Naming of Souls  
**WORKSHOPS:** Clarity & Connection: Intuition as Your Guide • Raise Your Vibration: Ascending Awareness  
**PRIVATE SESSIONS:** Mediumship Reading • Grief Counseling Session • Clairvoyant Reading



**RUDRA BACH**  
*Sound Meditation Practitioner*  
Rudra, a Harmonic Therapy Association member with a 17-year counseling practice, studied sonic theology and sound therapy, taught sound meditation for 20 years, and holds advanced voice dialogue, relationships, and psychology-of-selves certificates. He guides guests with antique Himalayan bowls and offers counseling sessions.  
**LECTURES:** Tibetan Tones • Understanding the Self & Its Parts  
**WORKSHOPS:** Exploring the Self • Vibrational Sound Chamber  
**PRIVATE SESSIONS:** Himalayan Sound Bath • Yojana • Integrating the Self • Relationship Toolkit



**BETH TIMLEGE**  
*Equine Specialist & Certified Life Coach*  
A PATH-certified equine specialist and life coach, Beth taps into the horse's power to transform and enhance wellbeing. Beth is uniquely skilled at facilitating programs that provide a reflective and nurturing experience. Her patient guidance and teaching create a space for learning, self-awareness, and growth.  
**LECTURE:** Meet the Herd  
**WORKSHOPS:** Heart of the Herd • Miraval Equine Experience • Common Ground • Donkey Discovery  
**PRIVATE SESSIONS:** Mindful Motion • Equine Life Coaching for Grief Support • Heart of the Herd • Miraval Equine Experience • Common Ground • Donkey Discovery



**NICK GRIMALDI**  
*Cultural Connoisseur*  
Nick brings 30+ years of service, a connoisseur's knowledge, and a fun-loving approach to mindfulness. His art, textile, and interior design background adds to his signature flair for exploring taste, texture, cuisine, and culture. Nick loves to share life's essential pleasures with guests: sustenance, creativity, and connection.  
**WORKSHOPS:** East Coast Oysters & Bubbles • Sensory Wine Tasting • Seasonal Elixir Cocktails • Sparkling Spirits • Farm to Glass • Steeped in Culture • Miraval's Farm-to-Basket Experience • The Joy of Java • Sip & Sketch • Wine & Your Sign



**BART STAUB** *Ayurvedic Specialist*  
Bart, an Ayurvedic diet & lifestyle practitioner and certified Kripalu yoga teacher, studied philosophical and metaphysical systems in India for 15 years with Guru Satya Narayana Dasa and periodically returns to teach and study global health. He educates and motivates guests to achieve optimal health through simple practices.  
**LECTURES:** Grounding on the Great Lawn • Gifts of Grounding • Soul Discovery • Circadian Rhythms • Yoga for Your Dosha • Ayurveda & Yoga: Sister Sciences for Optimal Wellbeing  
**WORKSHOPS:** Taste & the Kama Sutra: Secrets of Sensual Health • Riding the Wave of Routines: Circadian Rhythms & Cycles • A Tour of Your Tastebuds: Lunch through an Ayurvedic Lens • Discover Your Dosha • Core Quality Communication • Sole to Soul  
**PRIVATE SESSIONS:** Customized Ayurveda Consult • 6 Tastes for Customized Optimal Health • Guided Grounding Private



**MARK GEROW**  
*Spiritual Coach & Outdoor Guide*  
Mark's 20+ years in the military, recovery rehabilitation, and outdoor guiding inspired him to create therapeutic tools for people suffering from pain, disconnection, and trauma. Mark uses his Daily Dose method, nature, and mind/body techniques to help people reprogram neural pathways, build mindful habits, and release blocks.  
**LECTURES:** Qigong • Gratitude Meditation • The Power of Breath  
**WORKSHOPS:** Tension Release Exercises (TRE) • Transformational Breathwork Journey • Sensory Silk Cocoon Meditation • Build Resilience with Cold Plunge & Breathwork  
**PRIVATE SESSIONS:** Tension Release Exercise (TRE) • Breathing Techniques for Optimal Health • Daily Dose Wellness • Customized Transformational Breathwork • Coherence Through HeartMath™





**RAYA ALEXANDER**  
*Spiritual Guide & Energy Worker*  
Raya, a Yale graduate with an MBA, has been practicing healing modalities since she was 17. As a Reiki master, holistic health counselor, and aura photographer, she channels spiritual energy and soul messages from higher planes.

Her compassionate approach helps people connect with their higher self to further their own personal journey.  
**LECTURES:** Your Intuitive Awareness: The Key to Health & Personal Growth • Exploring the Chakras  
**WORKSHOPS:** Crystal Clarity • Capture Your Aura • Your Healing Energy: From Heart to Hand • Access Your Intuition for Higher Guidance  
**PRIVATE SESSIONS:** Aura Imaging • Relationship Aura Imaging • Energy Clearing & Renewal with Aura Photos • Akashic Soul Record Reading • Akashic Soul Record Reading with Energy Work • Channel Your Higher Self • Holistic Health Counseling



**SARAH DUPREY**  
*Farm, Garden & Nature Connection Specialist*  
Sarah, a nature and equine enthusiast, loves discovering native plant communities. She holds a wild mushroom food safety certificate and enjoys plant and fungi foraging while introducing guests to nature's abundance.

With landscaping and horticultural credentials, her passion has evolved to include regenerative agriculture practices.  
**LECTURE:** The Magic of Mushrooms  
**WORKSHOPS:** Mindful Mushroom Discovery • Fantastic Fungi • Mastering Microgreens • Morning Harvest • Embracing Transition: Lessons from our Landscape • Eco-Printing with Plants  
**PRIVATE SESSIONS:** Mindful Mushroom Discovery • Fantastic Fungi • Mastering Microgreens • Evening Garden Meditation • Eco-Printing with Plants: Celebrating Milestones



**GREG DILISIO**  
*Spiritual & Outdoor Guide*  
Greg, a research scientist, oceanographer, and environmental educator, guides outdoors with scientifically informed observation and reflection for spiritual renewal. His acupuncture sessions treat pain, fatigue, and stress. Classes in positional therapy, yoga, and tai chi promote postural and musculoskeletal self-correction.

**LECTURES:** Principles of Positional Therapy • Functional Exercise  
**WORKSHOPS:** Aerial Yoga • Kayaking • Stand-up Paddle-Boarding • Tai Chi Hike • Spirit of the Saber  
**PRIVATE SESSIONS:** Becoming Balance • Qi Flow • Qi Grounding • Acupuncture • Beyond Acupuncture • Balancing the Body with Positional Therapy



**VERONICA MARTIN**  
*Creative Expression Specialist*  
Veronica is a ceramic artist and writer native to the Berkshires. Her delight and love for people are at the forefront of her artistic process. When she's not creating art and teaching, she's focused on building a balanced, love-filled life of cultural events, nature exploration, healthy personal relationships, and authentic self-care.

**LECTURES:** Journaling Without Judgment  
**WORKSHOPS:** Way of the Wheel • Pottery: Handbuilding with Clay • Beauty of Imperfection



**JESS DIAMONDSTONE** *Channeler*  
Jess has channeled for over fifteen years. In 2011, she discovered her connection with Ommara, a group of benevolent souls who speak to those seeking clarity. These Light Beings work as one to address questions about health, relationships, careers, and other issues.

Jess has been sharing Ommara's loving guidance ever since.  
**LECTURE:** Guidance from the Unseen World: How Channeling Works  
**WORKSHOP:** Group Channeling Workshop  
**PRIVATE SESSION:** Private Channeling Session



**BRIDGET DESROSIERS**  
*Master Stylist*  
With 20 years in hair care, Bridget's holistic approach has made her a beloved Berkshires figure and celebrated stylist to iconic celebrities. An American Medical Association Board-certified Trichologist with a Medicinal Plants Certification from Cornell, Bridget creates herbal treatments from local plants. She offers private hair and scalp consultations with a certified scalp scope.

**LECTURE:** Hair Aware  
**WORKSHOP:** Herbal Remedies for Healthy Hair  
**PRIVATE CONSULTATIONS:** Scalp Scope Consultation • Hair Hacks



**CAROLYN VALENTI**  
*Flower & Decor Specialist*  
A Berkshire native, Carolyn embraces seasonal transitions with flowers and foliage. She has over 30 years of experience creating floral installations from Tanglewood to Mass MOCA. She inspires creativity with an appreciation for nature's bounty. Specializing in wedding flowers has given her a passion for creating beauty for joyful living and entertaining.

**WORKSHOPS:** Floral Designs for a Joyful Home • Awakening Your Joy of Flowers



**RHIANNON BELLVEAU**  
*Spiritual Guide*  
Rhiannon is a ceremonialist and channel for sacred sound. While healing from a car accident in her teens, she was initiated into the spirit realm and has spent more than 30 years working and training in the healing arts. A wife and mother of two boys, Rhiannon brings a practical approach to spiritual awakening and the wellness journey.

**LECTURES:** Exploring the Chakras • Labyrinth Wisdom Walk  
**WORKSHOPS:** Chakra Sound Levitation • Cleansing Chakras with Sound • Soul Flower Workshop • Sound Journey Meditation • Cacao & Sound Ceremony • Illumination Ritual



**ANNIE SOUTHARD**  
*Voice Therapist & Ceremonialist*  
Annie, a singer-songwriter, voice therapist, and ceremonialist, creates a playful yet sacred environment. Self-renewal and authenticity are the keys she shares for well-being through the unfolding of music and sound. With certifications in sound healing and voice therapy, she has over 20 years of experience working with individuals through various transformational processes.

**WORKSHOPS:** Perception of Sound • Connection through Toning • Holistic Sound & Movement • Shadow Ceremony • Soul Reclamation Ceremony • Vibrational Sound Chamber • Sound Journey Meditation  
**PRIVATE SESSION:** Sound Release Session



**CHRIS POLIDORO**  
*PGA Head Golf Professional & Lead Instructor*  
Chris, a Berkshires native, played for the Pittsfield High and Massachusetts College of Liberal Arts golf teams and worked at Palm Beach Gardens PGA National Golf Club and Cranwell Resort and Spa. He holds Class-A PGA and NENY PGA Section memberships, is a certified Callaway Golf Club fitter, and offers lessons and custom-designed golf schools.

**PRIVATE SESSION:** Private Golf Instruction



**MATTHEW CUEVAS**  
*Assistant Golf Professional*  
Matthew is a Berkshire native who competed with the Lee High School and Sacred Heart University golf teams, where he participated in numerous tournaments, including the NEC men's golf championship. Matt has been a member of the Wyndhurst team since 2016 and an assistant golf professional since 2019.

**PRIVATE SESSION:** Private Golf Instruction



**TYLER PHILLIPS**  
*Nature Connection Specialist & Certified Animal Tracker*  
Tyler Phillips, a wildlife researcher and naturalist, has led outdoor explorations for over 10 years. He holds a degree in environmental science and is a certified

animal tracker. His passion lies in assisting people to rediscover their primitive instincts and reconnect with the natural world using mindfulness techniques.

**LECTURES:** Birding in the Berkshires • Grounding on the Great Lawn • Gifts of Grounding  
**WORKSHOPS:** Animal Tracking • Awaken the Senses: Forest Meditation • Silent Forest Walk • Sole to Soul

**RACHEL BARKER**  
*Spiritual Guide, Tarot Reader & Clairvoyant*  
Rachel uses tarot cards, the Akashic Record, and her clairvoyant gifts to help guide connection with self and spirit, using a variety of modalities to facilitate compassion, alignment, and understanding. Also a yoga and meditation practitioner, Rachel has trained extensively in intuitive counseling, clairvoyance, religious studies, reiki, and ancient spiritualities.

**LECTURE:** Yin Yoga & Journaling  
**WORKSHOPS:** Crystal Infused Intuitive Tarot • Clarity and Connection: Intuition as Your Guide  
**PRIVATE SESSIONS:** Tarot Card Reading • Akashic Soul Record Reading • Akashic Soul Record Reading with Energy Work • Clairvoyant Reading



**ANDREA PANG**  
*Chef & Culinary Programming Director*  
Chef Andy has always had a passion for the intersection of cuisine, culture, and wellness. She believes food can have a powerful impact on our lives, whether through learning and honing techniques, intentional choices for feeding our bodies, or the memories and connection that comes from sharing a meal.



**ERIC TRAGER**  
*Culinary Specialist*  
Eric uses innovative cooking styles while utilizing ingredients from local ranchers, farmers, butchers, foragers and fisherman. Eric became passionate about sustainability practices during his 24 years in Red Lodge, Montana, where he was honored as the 2009 Chef of the Year from the Chefs and Cooks of Montana.



# EXPERIENCES MENU

CHALLENGE. IMPROVE. INDULGE. RENEW.

Whether you are coping with change or looking to make it, our broad activity and private session offerings help you create balance and nurture wellbeing.

## WELLNESS COUNSELING

Wellbeing Activities

**AYURVEDA & YOGA:**  
*Sister Sciences for Optimal Wellbeing*  
This lecture explains how Ayurveda can help you tailor and optimize your yoga practice and wellbeing routine to be more efficient and deliver maximum benefit. Your elemental constitution (also known as your dosha type) can inform when you practice and how you combine types and styles of different kinds of yoga, breathwork, and exercises.

**THE BEAUTY OF IMPERFECTION**  
Reassemble shards of pottery by highlighting the repairs with gold paint in this unique Kintsugi-inspired workshop. Examine your ideas about vulnerability, flaws, and wholeness through compassionate reflection. Instead of disguising or discarding cracks in art or life, we can trace imperfections with beauty and strength. **\$**

**BUILD RESILIENCE WITH COLD PLUNGE & BREATHWORK**  
Learn how to use the alchemy of breathwork, cold immersion, and mindset meditation to build a stronger foundation of resilience and adaptability in stressful times. In this physiological, science-based experience, Mark Gerow guides you with intention-setting and transformative breath techniques to help you build resilience and unlock dormant potential. **\$**

**CALM & CLARITY FOR WORK**  
Practice proven techniques to help reduce stress while working. These methods include simple ways to reset your nervous system by manipulating your breath, stretches that can be done while seated in your office chair, and short meditations that can help increase brain efficiency. Leave with a personal program to help you find calm throughout your workday. **\$**

**NEW**  
**CORE QUALITY COMMUNICATION**  
Miraval Berkshires Specialist Bart Staub offers the only USA-based certified instruction in the Core Quality Quadrant™ Model. This theory helps you pinpoint personality traits in yourself and others and examines how balancing and regulating behaviors can positively reframe your perspective. Cooperate with people by recognizing how viewing our differences with empathy can fortify bonds and decrease friction. **\$**

**DISCOVER YOUR DOSHA**  
According to Ayurveda, everything is composed of five elements: Space, Air, Fire, Water, and Earth. The different ratios make up the variety we see all around us. Knowing our dosha type and how it changes throughout the year and our lives can guide us to make optimal choices in food, drinks, yoga, exercise, breathwork, and meditation. **\$**

**EXPLORING THE SELF:**  
*From Fragments to Connections*  
Examine how other people’s behavior affects yours and find common ground through perceived disconnections. By recognizing that other people’s traits that make you uncomfortable might reveal a constructive counterpart within yourself, you can forge positive bonds and examine your inner aspects that collide or combine with others. **\$**

**FUNCTIONAL EXERCISE**  
Work smarter, not harder, to balance your body with techniques that reduce pain and increase range of motion and functional strength. This evidence-based approach features using your own body with good posture, practical movement, and breath. Rebalance your muscles with a grounding routine that relieves hips and shoulder stress and tones and lengthens muscles. **\$**

**GIFTS OF GROUNDING**  
Explore the benefits of this indoor or outdoor practice to shift your electrical charge. Step on a specially designed indoor grounding mat and feel the difference in your body’s charge when you remove the border between you and the ground. Ayurvedic Expert Bart Staub uses a machine to measure your charge before and after to demonstrate the change. *Seasonally offered*

**GROUNDING ON THE GREAT LAWN**  
Shed your shoes, glide barefoot across the iconic Wyndhurst great lawn, and open to a higher vibration with the earth’s ancient balancing energy. This 25-minute experience will give you the basics of grounding, or earthing, and how it can help balance body, mind, and spirit. Be prepared to be barefoot. *Seasonally offered*

**HAIR AWARE**  
Learn about the importance of scalp care and creating a routine to help maintain (or restore) good scalp health. Explore issues that all people experience—whether they know it or not—like hair loss, genetic factors, or habits, and investigate natural and safe practices that can lead to a healthier scalp and hair.

**HEALTHY BACK WORKSHOP**  
Using breath, movement, and meditation, this class offers research-backed tools to help build a stronger and more supple back. We will move the spine in all directions, giving you access to a greater range of motion and a broader understanding of how to maintain a healthy back. **\$**

**HERBAL REMEDIES FOR HEALTHY HAIR**  
Join the movement to embrace clean living and a healthy lifestyle by discovering herbal remedies and recipes that speak directly to scalp and hair health with readily available and effective ingredients. Create an herbal recipe that addresses your personal needs—from beards to brows—and brings your Miraval Berkshires journey home. **\$**

**JOURNALING WITHOUT JUDGMENT**  
Free your mind with this stream-of-consciousness-style writing class. Explore—without judgment—your thoughts in each moment by writing continuously. This method of journaling illuminates self-reflection, self-realization, and self-care. Discover limitless mental fluidity and emotional confidence that can bring personal clarity and soulful wellbeing.

**MAKE THE MOST OF YOUR MIRAVAL BERKSHIRES EXPERIENCE**  
Sign up today—whether it’s your first or fifth visit—to make the most of your experience. Join a specialist and fellow guests for a communal gathering to chat about Miraval Mode, mindfulness, experiences, and intentions. Ask a specialist about their craft, discuss the property’s history, and connect with others.

**THE METHOD TO MINDFUL SELF-COMPASSION**  
Explore the neuroscience behind what makes mindful self-compassion such a powerful life-changing practice. Studies have shown that regularly practicing mindful self-compassion can lower stress levels and increase emotional resilience and happiness. Learn simple take-home techniques to elevate your capacity for self-compassion for maximal living in today’s fast-paced world. **\$**

**THE PATH TO GRATITUDE:**  
*Hardwire Yourself for Happiness*  
Gratitude consistently emerges as thriving people’s number-one trait. Dive deep, explore the science behind gratitude, and learn how to orient your brain to reach higher levels of peace, contentment, and love. Become aware of negative default programming and learn strategies for raising baseline gratitude in just four weeks. **\$**

**PERCEPTION OF SOUND:**  
*A Sensory Journey into Mindfulness*  
Annie Southard creates a therapeutic soundscape that uses sound and vibration for inner perception. Practice mindfulness by focusing solely on your ears’ communications. Annie’s surround-sound symphony of contemporary, indigenous, and vocal instruments directs your attention, while plush eye pillows remove optical stimuli and hanging silks suspend your sense of gravity. **\$**

**THE POWER OF BREATH**  
Mark Gerow, certified in Buteyko Breathing, offers breathing techniques that support people with asthma, sleep disorders, and insomnia. Learn about life-changing breathwork used by athletes and artists to develop resilience and thrive through tough times in this introduction to Build Resilience with Cold Plunge & Breathwork.

**PRINCIPLES OF POSITIONAL THERAPY**  
Examine the principles of Positional Therapy, a technique that explores posture, structural alignment, and muscle use. Learn how to skillfully apply proper corrections to common muscle imbalances to reduce pain and improve muscle function. Experience these principles in action in the private session *Becoming Balance*.

**RIDING THE WAVES OF ROUTINES:**  
*Circadian Rhythms & Cycles*  
Use Ayurveda’s ancient tools and routines to align with nature’s established rhythms. Explore how nature’s circadian cycles pair with your individual nature and how harnessing day and night rhythms can enhance anything from nutrition, exercise, and skin or hair care to delegating times for sleep, work, and communication. **\$**

**NEW**  
**SOLE TO SOUL:**  
*The Nature of Grounding*  
The simple act of touching the ground with our bare feet can help transform our bodies, minds, and spirits. Kick off your shoes, feel the earth under your feet and experience a sensory pathway as we explore the changes that occur within the human body and soul when we embrace nature’s various elements beneath our feet. **\$**

**TASTE & THE KAMA SUTRA:**  
*Secrets of Sensual Health*  
Your sense of taste can help you explore the Kama Sutra, an ancient Indian text on eroticism and emotional fulfillment that shows how sensuality promotes sexuality to support a healthy relationship’s foundation. Learn to nourish bonds through courtship and sex-adjacent activities and taste aphrodisiacs, herbs, and spices that enhance blood flow, circulation, and communication. **\$**

**TENSION RELEASE EXERCISES**  
Mark Gerow guides you to release collected stress by fatiguing muscles surrounding the body’s emotional center. As muscles fatigue, they shake and set off a chain reaction that triggers a reset of the autonomic nervous system. This science-based regulating method uses focused physical exercise to release tension and induce relaxation. **\$**

**A TOUR OF YOUR TASTEBUDS:**  
*Lunch through an Ayurvedic Lens*  
Experience lunch with an interactive, specialist-guided exploration of the six tastes, or Rasa, an Ayurvedic approach to balance and nourishment. Indulge in a tasting menu and discussion while discovering simple formulas for creating a dynamic balance through mindful food preparation. For the adventurous foodie—may not be adjusted for food allergies. **\$**

**TRANSFORMATIONAL BREATHWORK JOURNEY**  
Expand awareness with this transformational technique combining Holotropic Breathwork®, music, and guided meditation. Set aside your conscious mind’s constant chatter by entering a nonverbal state where ideas form freely. Empower yourself to release and rewire subconsciously buried thoughts and emotions through deep, focused breathing. **\$**

**UNDERSTANDING THE SELF & ITS PARTS**  
We each have many parts that make up who we are. Our work self might be different from the self we bring to our homes or communities. Sometimes, these aspects work well together and other times they cause confusion and uncertainty. This lecture offers an overview of effective tools for working with our many pieces more harmoniously.

**THE WAY TO SUPERIOR SLEEP**  
Two-thirds of Americans suffer from a lack of sleep. This workshop and sleep clinic examines the latest research on sleep hygiene and offers tips for falling and staying asleep. Learn cutting-edge strategies for getting better sleep, including gold-star breathing techniques to minimize stress and maximize rest. **\$**

**WHAT IS A CIRCADIAN RHYTHM?**  
In this 25-minute class, we will look at the power of circadian rhythms and chronobiology—how they work and the underlying principles that guide them both from a modern and ancient perspective.

## WELLNESS COUNSELING

Wellbeing Private Sessions

**6 TASTES FOR CUSTOMIZED OPTIMAL HEALTH**  
Did you know your tongue needs six primary tastes daily for optimal health? Ayurvedic Expert Bart Staub helps you determine your elemental makeup or dosha type and guides you through our lunch buffet to help you make the healthiest choices that work with your body’s natural constitution to balance and optimize your energy. **\$**

**ACUPUNCTURE**  
This educational and experiential treatment offers a greater understanding of Chinese medicine. After a brief interview, our acupuncturist will gently insert fine needles into the meridian points of your body to stimulate your natural healing abilities. *Wear loose, comfortable clothing. \$ Optional aromatherapy add-on.*

**BALANCING THE BODY WITH POSITIONAL THERAPY**  
In this private session, learn techniques and exercises to help correct common muscle imbalances using strain-counterstrain (SCS), core strengthening, and reciprocal inhibition (RI). These methods are designed to help improve range of motion, functional strength, agility, and grace for a range of daily activities. *Please wear yoga or exercise attire. \$*

**BECOMING BALANCE**  
This fully clothed, treatment-based session combines two clinically recognized neuromuscular treatments to support muscular-skeletal function and range: strain-counterstrain (SCS) and muscle energy technique (MET). This session includes acupuncture, intuitive massage, light touch, and vibrational therapy with soothing crystals. *Wear yoga or exercise attire. \$*

**BEYOND ACUPUNCTURE** Receive the myriad health benefits of traditional acupuncture treatment, plus more. Your session includes a multi-sensory ritual of aromatherapy, seven chakra Himalayan singing bowls, koshi chimes, and tuning fork vibrations. **\$**

**BREATHING TECHNIQUES FOR OPTIMAL HEALTH** Join Breathwork Specialist Mark Gerow for a detailed evaluation and personalized formula for daily practice tailored to your goals. Co-create a customized practice using Buteyko techniques for sleep, stress and breath issues, Oxygen Advantage for athletes, or general breathwork routines for health, mood, sleep, or stress reduction. **\$**

**COHERENCE THROUGH HEARTMATH™** Mark Gerow uses biofeedback technology to balance heart rate, brainwaves, and emotions in synchronized "coherence" using the science of HeartMath™. Receive a printout of your chart chronicling your low, medium, and high coherence levels and techniques for regulating pulse and heart rate variability through breathwork, meditation, and visualization. **\$**

**CUSTOMIZED AYURVEDIC CONSULT** Work with Ayurvedic Expert Bart Staub to explore personalized elements of Ayurveda. You can develop a plan for better sleep patterns, food combinations, exercise routines, and lifestyle habits using your dosha type and Bart's expertise. **\$**

**CUSTOMIZED TRANSFORMATIONAL BREATHWORK** This 100-minute deep dive into breathwork offers a transformational experience through Holotropic circular breathing and reawakening techniques. This unique combination of guided breathwork uses specific methods to help you release and process blocked emotions and energy, leaving you with a sense of relief. **\$**

**DAILY DOSE WELLNESS** Mark Gerow shares his compelling story of recovery and resilience to demonstrate a method of attainable, small steps that anyone can successfully navigate. If you have ever felt overwhelmed by stress, sadness, or the confusing barrage of available solutions, see how this simple, easy-to-follow method can elevate your wellbeing. **\$**

**GRIEF COUNSELING SESSION** This private session offers you an opportunity to share your grief journey with Alexia Silva, an experienced grief counselor. She can help you navigate the confusing and disorienting space of loss, grief, and transition. **\$**

**GUIDED GROUNDING PRIVATE** Harness the earth's energy to balance body, mind, and spirit with an eco-ethically produced ground sheet and topical gel to enhance its effects. This is a great technique for alleviating pain, insomnia, inflammation, anxiety, or imbalance. The recommended daily allowance is 40 - 180 minutes. **\$**

**INTEGRATING THE SELF** Explore the self's various aspects and examine the sometimes scattered or elusive parts and partitions that keep us from feeling connected to ourselves and others. This personalized session offers space to address issues, concerns, or goals and identify tools and techniques for integration, attunement, and understanding. **\$**

**QI FLOW** Invoke Chinese medicine's five elements with a take-home Qigong practice to manage stress and strengthen your mind/body connection. Balance energy with guided Thai/Shiatsu-massage-inspired stretches and CranioSacral therapy. A singing bowl sound bath and crystal chakra-balancing session leave you profoundly relaxed. **\$**

**QI GROUNDING** This treatment regulates the spiritual, emotional, mental, and physical harmony of the body using traditional Chinese medicine and acupuncture, as well as energy therapies to clear acupuncture meridians and physical restrictions. Experience the calming effects of the life force of Qi and feel more grounded and centered. *Wear yoga or exercise attire.* **\$**

**RELATIONSHIP TOOLKIT** We all need communication tools in our relationships, from newlyweds and friends to longtime partners, family, or co-workers. Learn how to make joint decisions, mitigate conflict, or understand each other better. Rather than debating fault, you can gain practical tools for addressing conflicting thoughts, emotions, or values. **\$**

## SPIRIT & SOUL Wellbeing Activities

*\*Guests must be 21 and over with valid ID to consume alcohol.*

**ACCESS YOUR INTUITION FOR HIGHER GUIDANCE** Our intuitive mind is a rich resource that extends beyond the conscious mind and gives us access to our unique navigation systems and higher guidance. Experience tapping into this aspect of your mind by raising your vibration and stepping into a flow state. **\$**

**ANCIENT MYSTERIES, MODERN MAGIC** The foundation of most modern spiritual tools has been mined from ancient civilizations that were developed thousands of years ago. Explore ancient rituals, sigils, sacred geometry, and herbalism, and discover how you can transform these earliest tools into the modern world to help you lead a more fulfilling life.

**ASTROLOGY EXPLORATION** Astrology helps us understand that we are influenced by more than hereditary or environmental factors. The solar system's state at the moment of our birth shapes the basis of who we are and how we awaken to our potential. This conversational lecture explains how astrology can enhance self-knowledge. *To follow up with a personalized astrological reading, sign up for a private session and supply your birth date, time, and location.*

**ASTROLOGY FORECAST 2024** Join Miraval Berkshires Astrologer Julia Portela to learn about what the New Year has in store and how to use this energy for better health, prosperity, improved relationships, and success with plans and aspirations.

**CACAO & SOUND CEREMONY** Cacao, an ancient medicinal plant from South America, opens hearts and brings communities together. Sip ceremonial-grade cacao and immerse yourself in an extraordinary sound journey guided by voice, movement, and singing bowls. This uplifting ceremony lets you observe and participate in a timeless ritual of bliss. *No food or caffeine for one hour before ceremony. Come hydrated and bring water bottle, journal, and pen.* **\$**

**CAPTURE YOUR AURA:** *Through Aura Photography* Unseen by the naked eye, your body, mind, and spirit resonate as energy and color. Learn how your unique energy field can be shown using the Aura Camera 6000 and what the colors of the aura mean. Aura photos will be taken and developed as take-home 4x6 prints. **\$**

**CHAKRA SOUND LEVITATION** This gentle sound immersion renews your chakra system with the harmonious vibrations of crystal singing bowls. Wrap yourself in a warm and cozy yoga silk swing and enjoy the beautiful and peaceful tones that allow your mind, body, and spirit to synthesize and relax. **\$**

**CLARITY & CONNECTION:** *Intuition as Your Guide* Learn to harness the power of your inner knowing to bring clarity to your work and relationships and create a deeper connection to yourself. We all have the ability to tap into the tools of intuition. Learn the inner workings of this universal force to help change your life. **\$**

**CLEANSING CHAKRAS WITH SOUND** This gentle sound immersion uses the resounding vibrations of crystal singing bowls to allow mind, body, and spirit to synthesize energy. A guided meditation into your heart chakra reveals the divine love vibration that lives inside you. Explore the healing power of sound with tones and mantras that balance your chakra energy system. **\$**

**CONNECTION THROUGH TONING** Explore your vibrational power in this interactive experience of playing crystal singing bowls. This fun group session uses our oldest instrument—the voice—alongside crystal bowls to connect with ourselves and the world around us. **\$**

**COSMIC CONNECTIONS** Did you know we all have a soul family? This soul family is here to support, teach, and help us grow on our soul journey. Learn how you can use astrology as a tool to help understand the lessons and blessings within your soul family.

**CRYSTAL CLARITY** Learn to intuitively select a crystal with the benefits you desire, using color vibration as a guide. Enhance its strengths by imprinting your intention into the stone and attuning it to your personal energy. Leave the workshop with your chosen crystal and understand how it can support your wellbeing and chakra energy flow. **\$**

**CRYSTAL-INFUSED INTUITIVE TAROT** Practice your intuition and access your curiosity with an Intuitive Tarot Workshop. Participate in a group tarot card reading, using your inner compass to guide you and learning to unlock the symbols and messages of the Tarot. You'll pause and reflect, connect with your intuition, and walk away with a sense of guidance and inner knowing. **\$**

**CULTIVATING CONSCIOUS COMMUNICATION** Being intentional about communication can lead to a better relationship with yourself and the world around you. Learn five important pillars of conscious communication and how to use them in your daily life.

**DEMYSTIFYING MEDIUMSHIP** Learn about mediumship's history and evolution and how people access spiritual messages through a multi-faceted process, from practical mechanics to esoteric mysteries. Address mediumship uncertainties, questions, and concerns with an open discussion that lets you focus on your experience when committing to a personal reading.

**EXPLORING THE CHAKRAS** Peruse the seven chakras of your energy system. Learn how they affect your mind, emotions, body, and spirit. Clarify how you balance each chakra to create more harmony within your whole being.

**FULL MOON CEREMONY:** *Reflection & Release* The full moon brings its bright beam of cleansing energy to help us lean into reflection, release, and celebration of our intentions. Learn to protect, ground, and expand your intentions and visualize openings for future goals. Bask in the full moon's light to illuminate your sense of expression and connection. **\$**

**GROUP CHANNELING SESSION** Gather in a sacred circle to receive insight and guidance with Ommara, a collective of benevolent souls who speak through Jess Diamondstone. Jess begins with a light-hearted trust-building introduction, then metaphorically steps aside to allow Ommara to speak through her. Each guest is welcome to bring a question to the circle. **\$**

**GUIDANCE FROM THE UNSEEN WORLD:** *How Channeling Works* Jess Diamondstone discusses the nature of channeling and her experience with the non-physical source of wider wisdom—or Light Beings—called Ommara. Jess supports others as they explore their experiences with the unseen world and invites guests to bring their curiosity and open hearts to this fascinating conversation.

**HOLISTIC SOUND & MOVEMENT** Learn how to connect your voice, breath, and body as a form of holistic therapy. Tap into the primal sounds of a human being's voice and explore your own dissonance and resonance as you deeply connect with your emotional and physical body. **\$**

**ILLUMINATION RITUAL:** *Release & Restore* Join a releasing and renewal ritual that guides you to let go of past negative energy and summon positive present and future energy. Manifest your dreams and receive a mini oracle card reading for guidance. In this space, we can invite our desires, restore hope, and illuminate our intent for the future. **\$**

**LABYRINTH WISDOM WALK** The labyrinth is a sacred meditation tool for profound self-discovery. This workshop teaches ancient wisdom and powerful techniques for meditation and inner connection. Discover the labyrinth's twists and turns for a meditative journey that helps you release, quiet your mind, and explore life's mysteries.

**THE LANGUAGE OF LISTENING** Becoming a better listener can help create more intimacy with yourself and others around you. Learn various forms of listening and practice listening to yourself and others. Leave feeling more connected with tools you can bring back to your community. **\$**

**THE MAGIC OF MANIFESTING** Sometimes, we have a hard time clarifying our goals or specifying intentions. This workshop helps you clear a route to your best self through self-awareness and anticipatory gratitude. Learn how to direct the Universe's energy in your favor, gain clarity, release blockages, and step into your authentic self. **\$**

**MYSTERIES OF THE TAROT** Using three unique decks, learn how to read and interpret universal symbols with tarot cards. Discover how the tarot can help you explore the meaning of events or crossroads in your life. This conversational class demonstrates how using the tarot can illuminate our stories and help us share them visually and intuitively. *For a personalized reading, please sign up for a private session.*

**THE NAMING OF SOULS:** *Honoring the Departed* Gather with fellow guests for a ceremonial reading of names of lost loved ones (people or pets) and witness the comforting aspect of saying and hearing their names while honoring ancient theological traditions. In a world that hesitates to name losses, we can create a circle of remembrance and love through recitation and transformation.

**NEW MOON CEREMONY:** *Manifestation* Learn about the current astrological sign of the new moon, the time in our lunar cycle when manifestation energy is potent in our dark sky. New moons offer immense energetic influence for setting intentions and fresh starts and help you reach inward to receive your highest good through meditation and acceptance. **\$**

**PAST LIFE REGRESSION** Explore your inner processes and reveal aspects of yourself in this guided group meditation that takes you into a deeply introspective state. Discover influences and past-life reflections of your personality and purpose through a guided journey. Share your impressions with the group or journal privately to process and integrate your experience. **\$**

**RAISE YOUR VIBRATION:** *Ascending Awareness* Everything is energy, continually moving at different levels or vibrations. Learn how to identify your own vibration and discover simple tools to raise and maintain a higher frequency. Raising your vibration can remove blocks and allow greater flow into your life. **\$**

**REDESIGN YOUR REALITY** Our individual realities are created through our perceptions. So much of what we perceive is taken at face value as we move through our lives on autopilot. Discover the limitless possibilities of change and growth as you bring awareness to your senses and shift your perspective. **\$**



**SACRED SURRENDER CEREMONY** Do you hold onto people, places, or scenarios that aren't aligned with your highest good? Perhaps you are in a period of transformation and need additional support during a challenging moment. This ceremony offers a safe space to release unwanted energy and build yourself up with hope, vitality, and joy. **\$**

**NEW**  
**SHADOW CEREMONY** Learn how to embrace your radiant light as well as your shadow side to cultivate balance. Through storytelling, a guided sound journey meditation, and sharing your unique experiences, this ceremony will help you to shed old skins and integrate both shadow and light into your life. **\$**

**SOUL DISCOVERY:**  
*An Ancient Perspective* Ayurveda, an ancient holistic system, offers a simple way to explore the complex concept of the soul. Join a discussion that steps outside our emotional or physical spheres to help us glimpse that part of our being that transcends thought and connects with the soul's timeless realm.

**SOUL RECLAMATION CEREMONY** Inspired by *Women Who Run with the Wolves*, this workshop uncovers the archetypal nature of the divine feminine through storytelling, guided sound journey, visualization, and meditation. Share experiences in a joint search to reclaim and cultivate your inner divine feminine soul through nurturing practices. **\$** *For anyone who identifies as female.*

**SOUND JOURNEY MEDITATION** This guided sound journey balances your body's elements through a four-step metamorphosis: earth (caterpillar), water (cocoon), fire (chrysalis), and air (butterfly). Rattles, drums, flutes, bowls, harps, and a monochord immerse you in vibrations, relax your nervous system, and shepherd you through transformative states of change. **\$**

**TIBETAN TONES** Learn the fundamentals of sound perception with a discussion of singing bowls' origins, uses, and benefits. Discover how tones, vibrations, and frequencies can promote relaxation, quiet the mind, and support the body. Participate in a brief meditation and guided breath-awareness practice to experience the soothing influence of sound.

**VIBRATIONAL SOUND CHAMBER** This uniquely designed room helps you unplug from the outside world's demands. A rare collection of antique singing bowls from Nepal is played to ease you into a relaxed state of mind and body. The Vibrational Sound Chamber offers an opportunity to become acquainted with the source of your calm through harmonic sounds and self-reflection. **\$**

**WINE & YOUR SIGN\*** Explore the four elements of the zodiac's 12 signs as you sample four exquisite wines that represent each element and pair them with corresponding foods. Learn how your elemental sign informs your response to each tasting and bring awareness to how the stars can help you create balance. **\$**

**YOUR HEALING ENERGY:**  
*From Heart to Hand* Rebalance your heart's healing energy with your hands and align with higher frequencies by practicing handholds that amplify the celestial light emanating from your core throughout your entire being. An aura photo captures your electromagnetic energy colors, offering a visual and right-brained awareness of your subtle energy field. *Often paired with Capture Your Aura for interpreting aura photos.* **\$**

**YOUR INTUITIVE AWARENESS:**  
*The Key to Health & Personal Growth* When we cultivate awareness of our energy and intuition, we open space for self-love and self-care. Energy Worker and Spiritual Guide Raya Alexander shares pieces of her journey to health and illuminates how we can empower ourselves to reach our highest potential by listening to our intuition and becoming more aware of our energetic fields.

## SPIRIT & SOUL

### Wellbeing Private Sessions

**AKASHIC SOUL RECORD READING** The Akashic vibrational field contains your soul's wisdom and experiences over many lifetimes and helps you figure out how to move toward self-actualization. A spiritual specialist will access your unique Akashic records to bring insight into life's challenges and reveal authentic, fulfilling choices based on ancient wisdom. **\$**

**AKASHIC SOUL RECORD READING WITH ENERGY WORK** In this combination of two powerful spiritual approaches, a specialist accesses your Akashic Soul Records to illuminate the past-life origins of your ongoing challenges. She will then use hands-on energy work to help release those old energy patterns and attune to your higher vibrations, leaving you feeling renewed and empowered to create the life you want. **\$**

**ASTROLOGY READING** Using the date, time, and place of your birth, a Miraval Berkshires Astrologer creates a profile that targets your specific talents and skills, plus future possibilities. Receive a printout of your star chart. *Supply exact date, time, and place of birth at booking.* **\$**

**AURA IMAGING** This session includes a detailed reading of your individual 4x6 Aura Photo and a live-action imaging session, which shows how your energy field's colors shift in real time using biofeedback and imaging technology. Raya Alexander provides recommendations for making the most of your unique energy field. *See Relationship Aura Imaging for 2 - 4 people.* **\$**

**CELESTIAL SOUND BATH** This immersive vibrational sound-healing session invites blissful relaxation. Crystal and Himalayan bowls, tuning forks, and a body monochord produce gentle, rhythmic pulsations throughout your body and are strategically placed around and on you, massaging the cells while they cleanse, reset, and harmonize your body's energy. **\$**

**CHAKRA ORACLE READING** Release hidden emotions and patterns that may stem from chakra-system blockages directly related to life's challenges. This unique reading gives direct feedback from your chakras for wellbeing-friendly lifestyle changes that access your highest potential. Take home a personalized flower essence to integrate your renewed energy. *Available with a Sound Healing add-on.* **\$**

**CHANNEL YOUR HIGHER SELF** Raya Alexander guides you through a "coloring up" process that raises your vibration and allows you to contact your higher self and guides that resonate at higher frequencies. You'll be able to ask questions, receive guidance, and capture this guidance in writing that comes through while you're in a flow state. **\$**

**CLAIRVOYANT READING** Tap into abilities of clairvoyance (clear seeing), clairaudience (clear hearing), clairsentience (clear feeling), and claircognizance (clear knowing) with a reading that connects you with the spiritual realm. Identify your personal spirit guides so you can leave the session confidently, knowing you are always protected. **\$**

**DECODING DREAMS** Your dreams often hold deep spiritual truths that emerge from your subconscious space to bring you clarity and guidance. Come with a dream—old or new—that feels significant to you and discover the true soul message it holds. **\$**

**ENERGY CLEARING & RENEWAL WITH AURA PHOTOS** This energy work session combines master-level Reiki with color therapy and crystal frequencies. Aura Photos taken before and after show the benefit of the hands-on energy work when combined with the colors and crystals your field needs for balance. **\$**

**HIMALAYAN SOUND BATH** This private sound meditation is a spa treatment for the soul. Relax into a soothing, spiritual journey with the rhythmic tones and frequencies of antique Himalayan sound bowls, Koshi chimes, and voice. Your guide may gently place bowls on your body to deepen vibrations as you bathe in waves of sound. **\$**

**HOLISTIC COUNSELING SESSION** This private session invites you to share your journey with a holistic health, wellness, and empowerment coach. They create a safe space to talk about feelings such as shame and sadness and provide tools and techniques to help lighten your emotional load and emerge with a renewed sense of hope. **\$**

**INTUITIVE ENERGY SESSION** Utilizing Reiki and IET (Integrated Energy Therapy), this session helps you align and interpret your energy field's sacred symbolism. Create balance and clear your energy body while receiving intuitive messages that resonate within your energy field. This is a gentle, relaxing session for exploring the intersection between energy and intuition. **\$**

**INTUITIVE RELATIONSHIP BUILDING** Come with a friend, partner, or loved one and learn how to improve your relationship. This intuitively guided session pairs various spiritual modalities with techniques Gottman-Institute-based techniques and your unique energy dynamic to help increase levels of intimacy. Take home tools to deepen your connection on your journey forward. **\$**

**KARMIC CONTRACT READING** This reading helps you discover your soul's mission in this lifetime and how it connects to your past and future lives. Julia Portela combines numerology and astrology to help you find your soul's mission and practical ways to embody it in this lifetime. *Supply exact date, time, and place of birth at booking.* **\$**

**LIVING WITH INTENTION** Collaborate with Julia Portela to create a mission statement for your life and learn how to use it as a compass for energetic alignment. Taking a mind-body-spirit approach, Julia uses sacred tools, symbols, and her intuition to guide you in creating a customized pathway to living your highest potential. **\$**

**MEDIUMSHIP READING** Alexia Silva uses her clairvoyance, clairaudience, clairsentience, and claircognizance abilities to connect with the spiritual realm and receive evidential messages of the soul's continuance beyond death. The notion that the soul endures can be a source of great solace. **\$**

**PRIVATE CHANNELING SESSION** Ask questions and receive information from Ommara—a non-physical source of wider wisdom—channeled by Jess Diamondstone. Ommara is a soul group that speaks as one and offers a loving presence and insights to those with open hearts. **\$**

**RELATIONSHIP AURA IMAGING** Come with partners, friends, or family to see what your aura energy looks like, alone and together, while holding hands. You will also experience "live-action" aura imaging, which shows how energy colors shift in real time. Take home your aura photos as a memento and reminder of the experience. **\$**

**SOUND RELEASE SESSION** This therapeutic sound session guides you into deep self-inquiry to help locate and clear energetic blockages using reflective techniques. Combining tonal and rhythmic instruments, including the voice and gentle-touch energy healing, you can raise your vibration and clear out energy that no longer serves you. **\$**

**SPIRIT QUEST** This unifying quest balances energy, sound healing, and Indigenous practices. Crystal singing bowls, vocal toning, and Reiki cleanse energy to restore natural chakra and meridian flow. Hands-on Zen Shiatsu balances your body, while drums and rattles create rhythmic brain and nervous system states for your mind to relax, release, and expand. **\$**

**TAROT CARD READING** Learn a new way to tap into your intuition for personal guidance with this consultation that uses Tarot cards. These readings access your inner wisdom by using ancient, mystical imagery to gain direction and clarity. Discover answers to your unique life questions. **\$**

**YOJANA DUET** Yojana (*union between spirits*) harnesses vibrational power to restore alignment and harmony for couples. Experience the power of intention and harmonic resonance through ritual and perform a joint Himalayan bowl-ringing ceremony that honors your partner's intention as you weightlessly transcend space together, awash in sound. **\$**

## MEDITATION

### Wellbeing Activities

**EVENING MEDITATION** Access inner tranquility by finding or creating sensations of rest in the body. This meditation helps minimize suffering and maximize fulfillment by finding peace through states of physical and emotional repose.

**FLOATING MEDITATION** Experience the calming benefits of induced meditation while you are gently elevated above the floor in a silk hammock and rocked to the soothing vibrations of crystal bowls. Release your mind's stress, tension, or worry while you "float" weightlessly in the air. *May cause motion sickness. Please wear yoga attire.* **\$**

**GRATITUDE MEDITATION** This ancient Buddhist practice cultivates gratitude, loving-kindness, happiness, and compassion. Learn a powerful technique designed to create positive emotions that can be helpful to yourself and others around you.

**MEADOWVIEW EQUINE MEDITATION** Description featured in the Equine activities menu on page 24. **\$**

**MEDITATION WITH MUSIC** This fun, easy-to-learn sound meditation uses a curated musical compilation to elicit positive feelings and emotions.

**MEDITATION FOR SUPERIOR SLEEP** Have you faced mood changes, weakened immunity, decreased concentration, weight gain, or depression? Lack of quality sleep could be the culprit. This experiential class shows you how meditation can help you fall asleep faster and support the quality of your sleep cycle.

**MINDFULNESS AT MIRAVAL BERKSHIRES** Practice living your life fully with simple tools designed to keep you engaged in the present moment.

**MORNING MEDITATION** Profoundly impact the rest of your day by starting your morning in the serenity of sitting meditation.

**QIGONG** Engage in the moving meditation of Qigong, an ancient Chinese art integrating controlled breathing, posture, and movement exercises.



**SEE, HEAR, FEEL:**  
*An Alternative Path to Mindfulness & Meditation* This unique meditation method is perfect for overactive minds, works for novices to Zen masters, and sharpens senses and attention spans while cultivating emotional balance in just 12 minutes a day. Take home a comprehensive four-week meditation program and plan that makes it easy to integrate meditation into your daily routine. **\$**

**SENSORY SILK COCOON MEDITATION** Take floating meditation to the next level with a meditative journey through frequency, sound, and narration. Brainwaves enter a calming, creative theta state, creating a profound state of relaxation and self-connection with music, light restriction, weightlessness, essential oils, and gentle grounding touch. **\$**

**SHINRIN YOKU** Take a guided, calming nature walk, known in Japan as “forest bathing,” to open senses, hone intuition, and rediscover the outdoors. Learn about the compounds trees release that support immune function. Participate in guided activities based on mindfulness practices and develop a deeper connection with nature. **\$ Seasonally offered**

**TAI CHI HIKE** Enjoy a walk and practice Tai Chi among the wise hemlocks and birches of Pleasant Valley Audubon Society, where beavers have shaped the landscape, and many species of birds gather in the ponds. This lesson in posture, breath, and core movement helps you move more fluidly with renewed energy, power, and grace. **\$ Seasonally offered**

**YOGA NIDRA MEDITATION** Be guided into a state of deep, meditative relaxation while staying awake and expanding your conscious awareness.

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## CREATIVE EXPRESSION

### Wellbeing Activities

### MEDITATION

#### Wellbeing Private Sessions

*Please visit the Discovery Cottage to book any Meditation experience as a private session.*

**BREATHE YOUR STRESS AWAY** Breathwork can transform how you feel profoundly. For centuries, used by yogis to experience greater health and spiritual connection, conscious breathwork has provided a quick route to releasing stress and feeling better. Acquire a series of take-home breathing techniques you can use daily to live a more centered, happy life. **\$**

**CUSTOM MEDITATION** Meditation is a powerful tool for stress reduction, concentration, and the deepening of wisdom. Develop or strengthen your practice. **\$**

**FLOATING MEDITATION** Description featured in Meditation activities menu on page 15. **\$**

**FROM STRESS TO REST** Access deep levels of rest and tranquility with gentle stretching, self-massage, breathwork, and meditation to rebalance the system and release accumulated stress. These simple techniques offer a powerful way to reboot your body’s natural capacity to heal and restore itself. **\$**

**HOW TO MEDITATE** This session introduces you to everything you need to know to begin mindfulness meditation. We demonstrate efficient and effective practices that can maximize fulfillment. **\$**

**QIGONG:**  
*Flowing Movement* Qigong is an ancient Chinese practice of flowing movement. Its many benefits may include diminishing stress, increasing energy, and fostering a sense of balance. Practice a complete and simple series of qigong movements that you can take into your life and use as a form of moving meditation. **\$**

**QIGONG FOR LIFE** Qigong is an ancient mind-body-aligning practice from China using flowing movement, breathwork, and meditation. Learn a special form that includes meditative movement, a simple acupressure protocol, and ancient meditation to take home for daily use. Benefits include stress reduction, elevated wellbeing, and a supported immune system. **\$**

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## CREATIVE EXPRESSION

### Wellbeing Activities

**ART STUDIO TOUR** Get an inside look at the studios in Meadowview Hall and meet our resident artists. Enjoy a pottery demonstration, get a sneak peek at works in progress, and view completed pieces. Come with your questions and let your imagination inspire you.

**AWAKEN YOUR JOY OF FLOWERS** Learn different ways to arrange a beautiful vase of flowers with a simple technique that engages your creative spirit to brighten your space. Invite fresh flowers and each changing season’s colors, aromas, and textures into your home. Practice setting a dinner table with your creations and adding candles and other items to create a visually balanced table. **\$**

**ECO-PRINTING WITH PLANTS:**  
*Celebrating Milestones* Harvest leaves and flowers from our grounds and gardens in this customized session and print them on fabric to celebrate a personal milestone, including anniversaries, engagements, reunions, or other special occasions. **\$ Seasonally offered**

**ESSENTIAL OILS FOR LIVING WELL** Discover the health benefits of incorporating essential oils into your daily routine. Learn what they are, where they come from, their unique properties, and ways they can enhance healthy living. Work with three essential oils and formulate a take-home blend.

**FLORAL DESIGNS FOR A JOYFUL HOME** Joy begins at home, and you can learn how to create more of it with this hands-on flower-arranging class. Explore the art of simple, all-season arrangements and learn three different methods to fill a glass vase with foliage and flowers that bring the outside in year-round. **\$**

**NEW**  
**HERBAL SALVE CREATION** Description in the Farm & Garden activities menu on page 19. **\$**

**PAINTING IN PERSPECTIVE:**  
*Watercolors & Wine* Join our artist in this fun and freeing paint-and-sip workshop. Participate in a painting exercise that releases your creative muse and reduces pressure and uncertainty. Unlock your intuition as you sip fine wine and find inspiration in the pigments in your glass and the canvas. **\$**

**POTTERY:**  
*Handbuilding with Clay* Hand build a vessel from pre-rolled clay slabs and create a mug in this community-oriented experience that explores the concepts of giving and receiving. Offer your creation to a future guest, who will receive its nurturing benefits. In turn, you may take home a previous guest’s hand-made mug. **\$**

**POTTERY:**  
*The Way of the Wheel* Learn to center yourself in this journey from clay to vessel by connecting to your body and breath. Allow the spinning clay to free your mind of spinning thoughts and worries, grounding yourself through the task. Explore this process with an open heart as you discover the stillness of connecting with clay in motion. **\$**

**NEW**  
**RAKU POTTERY:**  
*Transformed by Fire* Join Cassandra Kennedy in the process of Raku, an outdoor pottery firing, where vessels are engulfed in flame giving rise to lustrous arrays of color. Care for your piece, guiding it through its transformation. When the flames burn out, wash away the ashes to reveal the beauty of your own creation to take home. **\$**

**SIP & SKETCH:**  
*A Gilded-Age Gathering* William Cullen Bryant’s Sketch Club cultivated creativity through art and literature. Notable members included Asher B. Durand, George Inness, Thomas Cole, and Samuel Morse. Visit Wyndhurst Mansion for a glass of wine and a reimagined club to unleash your pictorial and narrative vision of the Berkshires to take home with you. **\$**

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## CREATIVE EXPRESSION

### Wellbeing Private Sessions

*Please visit the Discovery Cottage to book any Creative Expression experience as a private session.*

**PAINTING IN PERSPECTIVE**  
*Watercolors & Wine* Description in Creative Expression activities menu on page 16. **\$**

**POTTERY:**  
*Handbuilding with Clay & The Way of the Wheel* Descriptions in Creative Expression activities menu on page 16. **\$**

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## CULINARY

### Culinary & Nutrition Activities

*\*Guests must be 21 and over with valid ID to consume alcohol.*

**ALL ABOUT THE EGG** This 45-minute workshop dives into the foundational culinary techniques of cooking eggs. Discuss nutritional values and flavors while learning our chef’s personal tips and tricks for preparation and presentation. Finish up with a light breakfast item. **\$ Seasonally offered**

**ALL ABOUT OLIVE OIL:**  
*Tastes & Techniques* Learn about the unexpected joys and health benefits of olive oil through this blind tasting. Use your senses to determine the highest quality oil and understand how and when to use it properly in cooking and baking. Discover creative uses for olive oil and have fun doing it in this interactive workshop. **\$**

**APPRECIATING CHOCOLATE** Join us for a brief history of chocolate along with a tasting flight that includes a glass of paired wine. Learn about the effects of terroir, sample chocolates from around the world, and see first-hand how chocolate is tempered. Leave class with a box of your own hand-crafted truffles. **\$**

**ARTISANAL TACOS** Become the perfect Taco Tuesday host for friends and family by learning how to make your own tortillas from various types of masa and filling them with homemade salsas and protein-based fillings. Explore planning ideas to make components ahead of time and enjoy a light meal. **\$**

**BLEND ‘N’ BALANCE SMOOTHIES** Join us in The Life in Balance Culinary Kitchen for an educational smoothie experience. Learn which ingredients offer the most balanced nutrient absorption and health benefits. **\$**

**BREWING KOMBUCHA** Take a look into Kombucha’s benefits and the science behind SCOBY (symbiotic culture of bacteria and yeast), which forms after the completion of a unique fermentation process of lactic acid, acetic acid, and yeast. This class offers Kombucha tastings and instructions for brewing Kombucha at home.

**COCKTAILS WITH THE CHEF\*** Enjoy a chef-created appetizer and cocktail while you learn about our food philosophy and hear about healthy cooking tips and tricks. **\$**

**CONQUER THE BLADE** Chop your food like a seasoned chef. Learn about the anatomy of a knife, blade variations, and critical cutting techniques. **\$**

**CONSCIENTIOUS BAKING** Grab the oven mitts and start baking alongside our chef in this 60-minute workshop. Learn strategies for incorporating seasonal ingredients and how and when to use alternative, local, and specialty flours. *Gluten-free options are available in a private session.* **\$**

**CONSCIOUS COCKTAILS** Miraval Berkshires’ dietitian and nutritionist explains the science behind making healthy wine choices for your next night out and offers tips for selecting better cocktail ingredients. Play a light-hearted trivia game as you taste health-conscious cocktails. **\$**

**CREATIVE CAKE DECORATING** Join our chef to master whipping, creaming, and piping for miniature and multi-level cakes you can take home with you. *Gluten-free options available.* **\$**

**DELIGHTFUL PLATED DESSERTS** Learn time-saving recipes that will delight your guests and loved ones. Make a dessert ranging from cakes, pies, tarts to frozen desserts and discover professional plating tricks to take your creations to the next level. **\$**

**EAST COAST OYSTERS & BUBBLES\*** Few food combinations resonate with Gilded-Age excess and extravagance as oysters and champagne. Stroll back in time to the sumptuous suppers of the past, roll up your sleeves, and learn how to shuck raw East Coast oysters and pair them with effervescent flutes of champagne or sparkling wine. **\$**

**FARM-TO-GLASS:\***  
*Beyond the Bloody Mary* Let your creativity loose in this hands-on mixology session that teaches you to craft the perfect Bloody Mary. Gain an understanding of your tastes and how ingredients interact to change the profile of a drink. Locally sourced fresh ingredients make this class an authentic farm-to-glass experience. **\$**

**FLOWER TO ROOT COOKING** This interactive experience will teach you to create and cook satisfying plant-based dishes. Please alert staff of allergies before booking this event. **\$**

**IN A NUTSHELL** This hands-on workshop teaches you how to get more nutrition and flavor from nut-derived dairy alternatives. Create fresh, smooth, and nutrient-rich plant-based beverages without artificial additives or fillers; explore the healthy and delicious benefits of making your own non-dairy beverages.

**THE JOY OF JAVA** Learn about coffee’s origins and history by exploring bean choice, roasting techniques, caffeine content, and taste-influencing factors like brewing methods and cup preparation. Perfect your coffee-making skills by discussing add-ins and the many dimensions of coffee that affect consumption, from bean to beverage. **\$**

**JUST COOK FOR ME\*** Take a seat at our connoisseur’s table and savor our chef’s choice of fresh, seasonal, and innovative culinary delights. This four-course menu features one sweet and three savory dishes paired with red, rosé, or white wines. *This experience is designed for the adventurous foodie; please arrive with an open mind and notify us of any food allergies and dietary restrictions at the time of booking.* **\$**



**NEW**  
**LIFE IN BALANCE LUNCHEON** Feed your body and mind with a three-course lunch in the Life in Balance Culinary Kitchen. Observe how meals are prepared and plated while discussing local, seasonal ingredients and simple culinary techniques. Leave inspired to spice up your midday meals and infuse more moments of joy into your daily routine.

**MAKE YOUR OWN FERMENTED VEGETABLES** Taste a selection of different house-made pickles while learning about the history, techniques, and health benefits of vegetable fermentation in a hands-on demonstration using local and seasonal produce. **\$**

**MIRAVAL BERKSHIRES FARM-TO-BASKET PICNIC EXPERIENCE** Gilded Age society loved their teas, lawn parties, and luncheons. Sit outside our historic mansion with Cultural Connoisseur Nick Grimaldi to redefine a modern and mindful picnic-chic meal. This hosted lunch invites you to slow down and enjoy nutritious and locally sourced ingredients while absorbing the surrounding scenery. *Select menu choices with an experience planner when booking.* **\$ Seasonally offered**

**THE MODERN ART OF SAUCES\*** This hands-on class demonstrates the techniques of making innovative, nutritious sauces. Chop, sauté, and simmer while learning a professional chef's approach to developing and pairing flavors. Enjoy a plated appetizer featuring local, seasonal ingredients. **\$**

**PASTA A MANO** Join us for this hands-on pasta-making experience to nourish your mind, body, and soul. Together, we will experience the ancient art of handmade pasta as we explore fresh ingredients and flours that help our dishes and hearts flourish. *Gluten-free options are available in a private session.* **\$**

**PLANT-BASED COOKING FOR EVERYONE** This interactive experience helps all kinds of eaters to maximize the flavor and quantity of plant-based foods in their diet. Learn to shift the focus on your plate to create vibrant, satisfying plant-based dishes that boost daily nutrition and variety. Enjoy a light snack featuring the recipes demonstrated in class. **\$**

**RESTORING BONE BROTH** Embark on a journey through the labor of love that is bone broth. Learn how it can help restore your brain, gut, skin, ligaments, and joints while preventing ailments. Bring this robust ancestral recipe home with you.

**SEASONAL ELIXIR COCKTAILS** For centuries, Asian, Indian, European, and Middle Eastern countries have harnessed the health properties of roots, herbs, and spices in tinctures and elixirs. Learn how to use natural ingredients to make unique and tasty cocktails that are healthy and fun when applied with balance and moderation. **\$**

**SENSORY WINE TASTING\*** Nick Grimaldi puts a Miraval Berkshires spin on a typical wine tasting with his unique, interactive, and sensory approach to staying present through awareness of the senses. Lean into what your tongue and nose tell you as you blindly sample diverse wines. Have fun, challenge yourself, and—most importantly—savor the present moment. **\$**

**SPARKLING SPIRITS\*** Create a uniquely mixed Bellini with locally sourced ingredients to give you a vibrant glow. Continue with a mini flight of sparkling wines to explore how we bring effervescence to our drinks and lives. **\$**

**STEEPED IN CULTURE:**  
*Afternoon Tea at Wyndhurst Mansion* Stroll over to our historic Gilded Age mansion and lift your spirits with a ritual that redefines conventional afternoon tea. Slow down, use your senses, and be fully present while making and drinking soothing tea and nibbling on small bites. See how this traditional snack time can become a mindful and nourishing experience. **\$**

**SWING-DANCE & SIP\*** Transport yourself back in time as you walk through the doors of Miraval Berkshire's picturesque Wyndhurst Mansion. Let loose as you enjoy a 1920s-inspired cocktail from a bygone era while learning the basic steps of swing dancing. *No dancing experience or dancing partner necessary.* **\$**

**THAT'S MY JAM** Following our local farmers' seasonal recommendations, make and preserve perfect jams or jellies. Take home your newly learned techniques and the fruits of your labor to enjoy in your own kitchen. **\$**

**A TOUR OF YOUR TASTEBUDS:**  
*Lunch through an Ayurvedic Lens* Description in Wellness Counseling activities menu on page 11. **\$**

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## CULINARY

*Culinary & Nutrition Private Sessions*

*Please visit the Discovery Cottage to book any Culinary class as a private session.*

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## NUTRITION

*Culinary & Nutrition Activities*

**EXPLORING EMOTIONAL EATING** While nutrition can mean counting calories or measuring serving sizes, it can also reveal the symbiotic relationship between emotions and eating habits. Learn techniques to identify emotional barriers that may hinder your health efforts and discover how your mindset can be a catalyst in reaching nutritional targets.

**FOOD FOR THOUGHT** A certified registered dietitian and nutritionist takes you on a tour of our lunch buffet and helps you make choices from portions to plate methods to help you eat sensibly. Topics include balancing your plate, eating while on vacation, and approaching the dessert bar. Chat about food while you eat lunch in a private space.

**HERBAL ALCHEMY**  
*Tincture For Stress Management* Discover the extensive health benefits of specific herbs and learn to hone their natural healing abilities in a concentrated liquid extract or tincture. Our nutritionist and dietitian guides you to create an herbal remedy for stress relief and serenity. Take your tincture home to invite calm and tranquility into your daily life. **\$**

**MINDFUL EATING** Sometimes, we use food as a coping mechanism. Instead, we can look to mindfulness as a type of meditation that can serve as a strategy for changing habits. Mindful eating is a transformative practice that, over time, can shift your emotional relationship with food.

**NUTRITION FOR HEALTHY SKIN** Discover key nutrients in foods that nourish and protect skin to improve hydration, lighten dark spots, and strengthen the barrier for a healthy and vibrant appearance. Create and apply a facial treatment using foods naturally containing BHA, retinol, and antioxidants. Hot towels & healthy salads included. **\$**

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## NUTRITION

*Culinary & Nutrition Private*

**GENERAL NUTRITION CONSULTATION**  
*Provide information about your condition at booking.* **\$**

**NUTRITION CONSULTATION FOR:**  
**HEALTHY WEIGHT \$**  
**HEALTHY EATING AS WE AGE:**  
*Preparing for & handling menopause, lack of energy, memory loss, etc.* **\$**  
**PROMOTING GUT HEALTH & DECREASING INFLAMMATION \$**  
**STRESS MANAGEMENT \$**  
**SPECIFIC CONDITIONS:**  
*(Diabetes, Heart Disease, Celiac, etc.)*  
*Provide information about your condition at booking.* **\$**

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## FARM & GARDEN

*Farm & Garden Activities*

**AFTERNOON FARM & GARDEN IMMERSION** Take a behind-the-scenes look at farm life by stepping into the cycle of Meadowview Acres Farm and learning about animal husbandry and sustainable practices. You will participate in our afternoon routine of feeding and tending to the horses, farm animals, gardens, and apiary. **\$**

**BEEKEEPING** Our introductory beekeeping workshop welcomes you to the brilliantly complex world of honeybees. Discover the intricate and dynamic system of bee communication and how they work together to survive, thrive, pollinate the plants essential to our survival, and produce honey. *With inclement weather, we will replace entering the apiary with exploring a working hive and sampling honey from around the world.* **\$ Seasonally offered**

**CHICKEN KEEPING** This class covers the life cycle and needs of a chicken. Learn how to raise, handle, and care for a backyard flock and set up a small coop to give hens safe access to a pasture. This fun and hands-on opportunity encourages you to collect eggs in the coop and bond with a hen. **\$**

**COMPOSTING:**  
*Engage in Earth Care* Take part in caring for and regenerating soils at the Meadowview Farm. Help turn food waste into a probiotic superfood for our gardens by distributing food scraps to our worm farm and chickens while learning about our larger composting systems.

**ECO-PRINTING WITH PLANTS** Walk the grounds and forage for plant material that can be arranged on fabric to make your uniquely printed scarf or bandana. Each print is a unique reflection of our individual journey as the tones expressed by the leaves and flowers change daily—sometimes hourly. **\$ Seasonally offered**

**EMBRACING TRANSITION:**  
*Lessons from our Landscape* Take a meditative walk on our grounds and examine what a landscape can teach us about resilience and adaptation. We will explore examples that help us release preconceived notions about appearance, pace, and utility and embrace natural cycles of growth, transition, and the healing process. **\$ Seasonally offered**

**FANTASTIC FUNGI:**  
*Grow Your Own* Try your hand at propagating mushrooms on the farm. In this hands-on experience, we discuss the life cycle of fungi and explore different ways we can grow and utilize mushrooms. Inoculate a small container to take with you and fruit your own mushrooms at home. **\$ Seasonally offered**

**NEW**  
**HERBAL SALVE CREATION** Create your own herbal salve using native plants and herbs. Explore and experience the bounty held in nature while formulating a salve to take home with you. **\$**

**THE MAGIC OF MUSHROOMS** Learn about our history with fungi, medicinal applications, and commonly foraged culinary treats. More than tasty morsels, fungi serve to sustain species in ways we are only starting to understand. Familiarize yourself with mushrooms beyond their fruiting bodies and discover the mysteries of the mycelial network.

**MASTERING MICROGREENS** Microgreens are a nutrient-dense food you can grow quickly in tiny spaces. Explore their nutritional offering to select what to grow. Practice seed-sowing in our greenhouse to experience the ease of hands-on cultivation and taste each unique flavor in the Life in Balance Culinary Kitchen. **\$ Seasonally offered**

**MEADOWVIEW FARM & BARN TOUR** Tour the Meadowview farm and gardens and spend time with the more-than-human world. Experience an up-close and personal introduction to our plants and animals, including our bees, horses, donkeys, and chickens.

**MINDFUL MUSHROOM DISCOVERY** Enjoy a fungal adventure! Take a meditative stroll and further explore the many mysterious and magical roles of fungi. Learn about and practice basic mushroom identification skills. Deepen your understanding of the fungal connections that surround us. **\$ Seasonally offered**

**MIRAVAL BERKSHIRES' HONEY TASTING EXPERIENCE** Immerse yourself in the complex world of honey. Explore assorted flavors and aromas through interactive self-tasting exercises. You will be guided through sensory analysis methods through taste as you evaluate honey from around the world. **\$ Seasonally offered**

**MORNING HARVEST** Greet the day at the Meadowview Acres farm and help to gather its bounty. We will be collecting eggs and learning to harvest herbs and fresh produce from a perspective of gratitude as a component of our overall wellbeing. *Seasonally offered*

**THE SEED CIRCLE** Enjoy the meditative process of preparing seeds by hand while exploring concepts of open-sourcing, seed sovereignty, pollinator protection, and nature's impermanence. In the spirit of a traditional New England seed swap, you can relax with fellow guests over a glass of wine and take home seeds from our garden. **\$**

**TWILIGHT ON THE FARM** As our day transitions to evening, so does nature's pace. Join us on the farm for twilight time to slow down and give thanks for today's gift. Tend to our gardens and animals' end-of-day needs as we share the farm's intentions and natural world connections by building a fire together and toasting with a seasonal beverage. **\$ Seasonally offered**



## FARM & GARDEN

### *Farm & Garden Private Sessions*

**BECOMING A BEEKEEPER** This private experience offers an inside look at our on-site apiary’s management and care. Participate in seasonal care, which could include harvesting honey, feeding nectar, observing the hive, or winterization. Gain a deeper understanding of the joys and challenges of caring for an apiary. **\$**

**CHICKEN KEEPING** Description in the Farm & Garden activities menu on page 19. **\$**

**ECO-PRINTING WITH PLANTS:**  
***Celebrating Milestones*** Description in the Creative Expression activities menu on page 16. **\$**

**FANTASTIC FUNGI:**  
***Grow Your Own*** Description featured in the Farm & Garden activities menu on page 19. **\$**

**MINDFUL MUSHROOM DISCOVERY**  
Description featured in the Farm & Garden activities menu on page 19. **\$**

## ADVENTURE

### *Outdoor Adventure Activities*

**ANIMAL TRACKING HIKE** Animal tracking is an art that’s enabled humans to survive for thousands of years. Clues left behind, such as footprints, fur, and droppings, are all pieces of a story waiting to be told. Explore Berkshire forests with a professional outdoor guide and learn to recognize the traces animals leave behind. **\$**

**AWAKEN THE SENSES:**  
***Forest Meditation*** Slow down and open the door to mindfulness as we discover our five senses in the great outdoors. We can shift our perspective to mimic nature’s scavengers and rediscover a child’s sense of wonder through sensory explorations in the Berkshire forests. **\$**

**BIRDING IN THE BERKSHIRES** Immerse yourself in the avian world to mindfully draw your attention to the present moment. Join our bird guide, Tyler Phillips, for an educational walk through Berkshires trails. Your practice, patience, and curiosity may be rewarded with a sighting of local songbirds or even birds of prey. ***Seasonally offered***

**NEW EMBERS OF CONNECTION** Gather under the starlit sky and around a crackling fire that mirrors the warmth of human connection. This class emphasizes that vulnerability can be a strength and that shared stories can create bridges and bonds. Everyone from seasoned storytellers to quiet observers is invited to join this community of soulful connection. **\$**

**FORGE A FIRE** Learn how to light a fire without matches with a centuries-old skill that reconnects us to nature. From the flicker of kindling to a crackling fire, you can enjoy the results of your collective effort. Create a circle of camaraderie and cooperation as we practice this ancient act of creation. **\$**

**HATCHET THROWING** Discover a new way to see why we sometimes miss the target with our intentions. Throw a real hatchet and learn to combine breath, focus, and purpose to hit the mark in one smooth motion. *This is an indoor activity.* **\$**

**NEW MAKE YOUR OWN BUG SPRAY** Being mindful of products we put on our bodies and into the air helps shape the future of our personal and global environments. Learn how to mix a non-toxic, highly effective insect repellent that can bring peace of mind while you are outdoors in nature. **\$**

**SPIRIT OF THE SABER** Practice elements from the traditional Chinese broadsword form, a set of energy-extending Tai Chi movements. This practice can serve as a tool for mind-body alignment while exercising the upper body with a fun, fluid technique. Use the sword as an extension of your physique to clarify energy, improve agility, and enhance mental acuity. **\$**  
***Seasonally offered***

**A WALK THROUGH EDITH WHARTON'S WORLD** Stroll through the manicured grounds of famed writer Edith Wharton’s estate, The Mount. Wharton wrote 40 books in 40 years and was the first woman to win the Pulitzer Prize for Fiction. Our cultural walk meanders through her estate’s sculptures, Italian walled and formal flower gardens, and wooded, mossy, rock-lined paths, ferns, and blankets of myrtle. *Does not include a tour inside the mansion.*

**THE WAY OF THE ARCHER** Find out how archery can be the quintessential activity for practicing mindfulness. Combine intention, focus, presence, stillness, and breathwork to perfect your aim and center yourself. *This is an indoor activity.* **\$**

**NEW WOODLAND WORKOUT** This immersive workout in the woods lets you do anything you can do in the gym in the great outdoors—in any season. Combine the benefits of earthing, forest bathing, mindfulness, digital timeouts, daylight exposure, and mobility and strength training to embark on the path to your best self.

## ADVENTURE

### *Outdoor Adventure Private Sessions*

**3D ARCHERY** This session takes the archery range into the forest to face three-dimensional targets. With recurve bow in hand, walk purposefully through the woods to find targets symbolizing obstacles like fear, self-doubt, or judgment. Release arrows into the targets and seek solutions by applying archery concepts to daily life. **\$**

**HATCHET THROWING** Description in Adventure activities menu to the left. **\$**

**SPIRIT OF THE SABER** Description in Adventure activities menu to the left. **\$**

**THE WAY OF THE ARCHER** Description in Adventure activities menu to the left. **\$**

## BIKING

### *Outdoor Adventure Activities*

**COUNTRY ROAD RIDE:**  
***Intermediate*** Build on the concepts and skills taught in Biking Basics with this physically challenging, five-to-seven-mile, back-country road ride. Learn techniques on a ride that takes you through changing routes with scenic spots, including Downtown Lenox and Laurel Lake. **\$**  
***Seasonally offered***

## BIKING

### *Outdoor Adventure Private Sessions*

**BIKING BASICS:**  
***Beginner*** Gain necessary road riding skills, including balance, control, and navigation. This class covers one-to- three miles and requires no previous biking experience. **\$**  
***Seasonally offered***

**MOUNTAIN BIKING** **\$**

## CHALLENGE COURSE

### *Outdoor Adventure Activities*

***Dynamic belay (instructor-guided activity):***

**CLIMBING WALL** Seize the opportunity to conquer our 45-foot climbing spire in a class-like setting that delves into climbing and belaying techniques with an emphasis on safety.

**EAGLE’S RUN ZIPLINE** Fly like a raptor through our stunning Berkshire forest. Soar over 450 feet at a nine-degree pitch, achieving a maximum speed of 25 mph as you leap off our 50-foot-high canopy platform. **\$**

**FLYING SQUIRREL** Frolic like the playful creatures of the outdoors and take flight 35 feet above the ground. Wearing a full-body harness and helmet, you are lifted up while holding a rope. Work cooperatively with the instructor and your group as they lift and release you in this liberating journey. ***Minimum two people***

**GIANT’S LADDER** This test of teamwork is no solo task. A 35- foot ladder strung between two trees requires two guests to help each other move from level to level while on a dynamic belay. The higher you climb, the more complex the task becomes as the ladder’s rungs get farther apart, requiring heightened collaboration and communication. ***Minimum two people***

**HIGH WILD WOOSEY** Get ready for a wild adventure and climb 25 feet high with a partner onto two angled foot cables while being dynamically belayed. Lean on each other for support as you move, hand-to-hand, along a section that widens as you move into a horizontal body position. This trust and peer experience fosters positive communication. ***Minimum two people***

**QUANTUM LEAP™** Join a small group of Miraval Berkshires guests to climb on a dynamic belay led by an instructor and assist each other to balance on platforms in a 35-foot maple tree. Once situated, leap to your goal by high-fiving a ball that sits six feet away from the platform. **\$**

**VERTICAL PLAYPEN** Engage with a partner in this series of vertical challenges. This tandem climbing activity requires positive communication, planning, and execution of complex tasks at height and demonstrates how we can excel with community support and camaraderie. ***Minimum two people***

***Static belay (self-guided), instructor-supervised activities:***

**LEAP OF FAITH** Climb to the top of our 50-foot-high forest canopy platform, where we will hook you into a Flight Line device that safely allows you to stand at the platform’s edge and take a deep breath. Surrender to a free-fall state, the Leap of Faith: a 25-foot free-fall, followed by a slow descent in this juncture of suspension and release. **\$**  
***Advanced***

**SOUL FLIGHT EXPERIENCE** Challenge your perceived limits and explore concepts of situational identification while perched atop a 50-foot tower. Experience a 25-foot free-fall and gentle glide to the forest floor on our Leap of Faith, followed by the Eagle’s Run zip line propelling you at 20 mph through the beautiful Berkshire forest’s canopy. **\$**

**WARRIOR CHALLENGE** Experience both the Red Tail Hawk and Falcon courses in one climbing session. Comprised of 15 unique elements at heights of 35 -50 feet into the canopy of the trees, this challenge lets you pick your course as we explore the idea of agency and how our choices influence our experiences. **\$**

## CHALLENGE COURSE

### *Outdoor Adventure Private Sessions*

**BLUEBIRD CLIMBING EXPERIENCE** Bluebirds are bright, brilliant, colorful, and mate for life. This experience fosters teamwork, communication, and cooperative problem-solving between partners as you navigate your way into the Meadowview forest. Activities include a combination of the Vertical Playpen, Quantum Leap, Giant’s Ladder, High Wild Woosey. **\$**  
***Minimum two people***

**SOUL FLIGHT EXPERIENCE** Description featured in Challenge Course activities menu above. **\$**

**WARRIOR CHALLENGE** Description featured in Challenge Course activities menu above. **\$**

## WATER SPORTS

### *Outdoor Adventure Activities*

***\*Seasonally offered. Water attire recommended including water shoes as you will get wet.***

**NEW CATCH & RELEASE:**  
***Fishing & Letting Go*** Learn to operate a fishing pole with a guided adventure at Laurel Lake. Paddle to a quiet spot, immerse yourself in natural surroundings, and discover how the process of fishing can model the importance of slowing down, letting go of expectations, and accepting situations without judgment. **\$**

**EVENING KAYAKING IN THE BERKSHIRES** This kayaking event is an exhilarating way to experience a premier paddling destination for breathtaking sunsets. Learn basic paddle strokes and efficient boat movement while you connect to the water, nature, and spectacular scenery. Gather with new friends around the firepit to enjoy post-paddle refreshments. **\$**

**FUNDAMENTALS OF KAYAKING\*** Learn about the parts of a kayak and paddle and how to use the two together efficiently. An introduction to basic kayak strokes and boat movement lets you enjoy your connection to the water and the striking Berkshire scenery. A slow, steady pace with many breaks offers plenty of time for personal instruction and discovery. ***24-hour cancellation required. Seasonally offered***

**FUNDAMENTALS OF STANDUP PADDLEBOARDING\*** Learn how to paddle while standing up. Join us for this introduction to basic paddleboard strokes and board movement as you deepen your connection to the serene waters of the high-alpine lakes of Berkshire County.

**GOOSE POND KAYAK & HIKE\*** Description in the Hiking activities menu on page 22. **\$**

**KAYAKING\*** Designed for guests with some paddling experience, this activity begins with a review of kayaking basics. Learn advanced kayak strokes and better boat movement skills. Expect a moderate pace as we focus on stroke improvement and developing a connection with the water to move your boat with graceful effectiveness. **\$**



**NEW**  
**STANDUP PADDLEBOARDING:**  
*Immerse in Natural Elements* Transition from the element of earth to water to fire in an immersive paddling journey around Laurel Lake. Release your focus from paddling techniques and bring your awareness to the surrounding natural elements. Swim in the lake and dry off around a toasty fire as you reflect on your experience. *Beginners welcome.* **\$**

**STANDUP PADDLEBOARDING** Learn advanced strokes and techniques to improve board movement while you enhance your connection to the water with mindful breathing techniques. This deliberate approach to paddling takes you on a fluid trip around the Berkshires' premier, high-alpine lakes. *For guests with previous paddle boarding experience.* **\$**

**STANDUP PADDLEBOARD YOGA**  
Description in the Hiking activities menu on page 25. **\$**

**NEW**  
**UPPER GOOSE POND SUMMIT & SWIM**  
Hike the renowned Appalachian Trail and float in one of New England's most spectacular high-alpine lakes. Bring swimwear and enter the spring-fed waters of Upper Goose Pond while embracing the power of nature to release restrictive energy. **\$**



*We are grateful for our partnership with the Massachusetts Audubon Society, Berkshire Natural Resources Council, and The Trustees of Reservations and their dedication to maintaining and protecting the natural wonders of the Berkshires.*

**Hiking Key**  
**BASED ON:** vertical gain/drop, time away from property, hike mileage, and degree of technical terrain.

**LEVEL 1:** 1-2 miles, 0 - 200 ft., low intensity, low technical terrain

**LEVEL 2:** 1-3 miles, 200-500 ft., low-moderate intensity, moderate technical terrain

**LEVEL 3:** 3-5 miles, 500 -1200 ft., moderate intensity, moderate-difficult technical terrain

## HIKING *Outdoor Adventure Activities*

### *Beginner Hikes:* **LEVEL 1**

**BEAVER POND LOOP** Begin this stunningly scenic stroll through the Pleasant Valley at Pikes Pond. Hike along Yokun Brook, moving over bridges through magical marshland, on and off boardwalks, to end at the Beaver Lodge loop. This is a very beginner-friendly walk.

**CANOE MEADOWS** This pleasant stroll through the Canoe Meadows Wildlife Sanctuary features meandering flat trails along the Housatonic River. After strolling through open fields and thriving wetlands filled with singing birds, turtles, blue herons, and beavers, venture along an old carriage road and trail shaded by tall hoot-owl-sheltering hemlocks.

**GOULD MEADOWS HIKE** Gould Meadows is a leisurely 1.5-mile stroll through a beautiful hardwood forest, taking us to the lake's edge at Stockbridge Bowl. Feel free to dip your toes in or go for a swim in this lovely Berkshire lake. *Bring a towel.*

**NEW**  
**HIKING WITH VARIOUS VIEWPOINTS**  
Change your focus during this hike as you use tools such as magnifying glasses and binoculars to augment your perspective and view nature through diverse lenses. Experience the wonders of the woods up close and from afar and discover what can happen when we change the way we perceive the world. **\$**

**MINDFUL PROPERTY STROLL** Join us for a relaxing stroll through Miraval Berkshires. Enjoy views of October Mountain and the surrounding hills while we explore the cultural significance of Berkshire County.

**NATURE WALK** Enjoy a peaceful nature walk through some of the Berkshires' most picturesque landscapes during this leisurely stroll that shows you how to use all five senses while you immerse yourself in nature.

**SILENT FOREST WALK** Silence is a special gift that encourages introspection and self-reflection, while nature immersion helps regulate the nervous system. Reframe how you view your relationship with yourself and the planet by walking through the woods in silence. This unique experience highlights the wonder a journey creates within instead of focusing on reaching a destination. **\$**

**TAI CHI HIKE** Description featured in Meditation on page 16. **\$** *Seasonally offered*

### **LEVEL 2**

**KENNEDY PARK HIKE** Kennedy Park is a hidden gem in the middle of historic downtown Lenox. The park has miles of groomed trails with great lookouts and soothing streams. Immerse yourself in the wonder of nature with this memorable hike.

### *Intermediate Hikes:* **LEVEL 2**

**GOOSE POND KAYAK & HIKE** Dip your paddle into one of New England's most pristine, high-alpine lakes. Join us in this multi-sport event for a hike on the Appalachian Trail and a kayak trip from Lower Goose Pond to Upper Goose Pond. Break up the day with a refreshing swim in the crystal-clear waters. **\$** *Seasonally offered*

**ICE GLEN HIKE** Get ready to clamber over, under, and around giant boulders in a glacial ravine. Its sides are covered with old-growth pine trees and majestic hemlock, and ice can remain well into the summer months. This out-and-back hike offers 1.6 miles of breathtaking terrain and a magnificent adventure through Berkshire history.

**MONK'S POND HIKE** The Monk's Pond trail is an easy 2.5-mile hike over the Yokun Ridge to a secluded pond that was once the primary water source of the Shadowbrook estate. This ridge has a long history and features an abundance of wildlife.

**ROARING BROOK HIKE** The Roaring Brook trail is part of the October Mountain State Forest. This 2.5-mile up-and-back hike travels along a stunning mountain stream the entire time, filling your ears with the meditative sounds of rushing water. Waterfalls are plentiful on this classic New England hike.

**STEVEN'S GLEN HIKE** This 1.2-mile round-trip hike guides you to one of Berkshire County's most dramatic sights. Lenox Mountain Brook cascades down a steep, rocky ravine through a carefully laid out trail system on 129 acres of protected forest.

### **LEVEL 3**

**BURBANK TRAIL** This intermediate hike boasts two sensational views. The gradual yet challenging climb intersects with Monk's Pond, where you can pause, breathe, and embrace the ascent. Patches of rock slabs and boulders lead the way to the first vista overlooking Parson's Marsh and Undermountain Farm, while the second view appears on the descent. *Slippery conditions when wet.*

**FLAG ROCK HIKE** A local favorite, this hike is a gradual, steady climb with level sections. Enjoy wild oak and maple woodlands giving way to pines and massive boulders in a valley between Monument Mountain and Flag Rock. Ascend to stand under an American flag as ravens and hawks soar above the far-reaching views of the Taconic Hills and Catskills. **\$**

**THE GORGE TRAIL** This October Mountain trail's name is attributed to Herman Melville, who loved seeing its burst of fall colors. Follows along both sides of the Schermerhorn Gorge's cascading waterfalls and swirling pools to climb up to secluded Felton Lake. As the season transitions, a cornucopia of mushrooms sprout along the trail.

**LAURA'S TOWER HIKE** Laura's Tower is an out-and-back 2.5-mile hike that starts by crossing the Housatonic River footbridge. Travel through an old-growth forest and start the steep climb to an observation tower with stunning views of Stockbridge, Lee, and Lenox.

**MAHANNA COBBLE HIKE** This 3.5-mile, out-and-back hike starts up the picturesque Bousquet ski resort and extends to the Ridge of Lenox Mountain through the classic geologic formation of exposed bedrock. Enjoy the spectacular view from a stone bench at the top vista point. **\$**

**MONUMENT MOUNTAIN HIKE** Monument Mountain has inspired poets, novelists, and painters for almost two centuries. Walk in the footsteps of Nathaniel Hawthorne and Herman Melville as we experience the Housatonic River Valley's splendor from over 1600 feet. We will recount the famous 1850 trip that inspired Melville's Moby Dick on this vigorous hike. **\$**

**OLIVIA'S OVERLOOK HIKE** This trail presents views of Monument Mountain and West Stockbridge. Two miles of a mix of steep up-and-down grades with varying degrees of technical terrain over beautiful rock staircases offer a great way to spend time in the fresh air of the Berkshires.

**TYRINGHAM COBBLE HIKE** Tyringham Cobble was born from massive tectonic movements that shifted ancient strata, leaving an exposed underbelly of rock atop a high ridge. Explore this geologic wonder as you ascend through orchards and hemlock forests to ancient formations of exposed bedrock and panoramic vistas of the serene Tyringham Valley. **\$**



## HIKING *Outdoor Adventure Private Sessions*

**3-HOUR ADVANCED HIKE** Advanced hikes are designed for those in peak physical condition and seeking a challenge. These hikes explore longer, more strenuous terrain, where climbing steep slopes and crossing water features are the norm. Expect a robust and steady pace as we will hike between eight and fourteen miles with elevation changes exceeding 3000 ft. **\$** *Advanced*

**MOONLIT HIKE** Don't miss this rare opportunity to hike under the moon's magical glow. Our guides lead you by moonlight on a peaceful and serene hike (beginner to intermediate level). In keeping with lunar cycles, these hikes are only offered once each month. **\$**

## GOLF *Golf Private Sessions*

**THE JOURNEY TO MINDFULNESS IN GOLF** Mindful Golf is about letting go of preconceived notions and narratives. What do you tell yourself after a bad shot? What is your inner monologue as you approach a shot? Discover how slowing down, recognizing mindsets, and replacing negative self-talk with positive visualization can benefit you and your game. **\$** *Seasonally offered*



EQUINE  
Equine Activities

ALL Equine activities require closed-toed shoes and seasonally appropriate attire. Please note, our indoor arena is heated for guest comfort.

COMMON GROUND: *Understanding Barriers to Connection & Communication* Experience the power of non-verbal communication and its influence on how you lead. Move with a horse around the pen in this unmounted activity, using communication tools, collaboration, and creativity without speaking or touching. The insights and skills you discover may apply equally to personal and professional relationships. \$

DONKEY DISCOVERY: *A Mindful Pace* Throughout history, artists, writers, and spiritual teachers have chosen donkeys as companions for their introspective journeys. You, too, can partner with a donkey in a mindful trek of discovery. Together, we move in “donkey time” as observers and explorers and learn from these gentle teachers of patience, humility, and wisdom. \$

NEW EQUINE ENERGY RELEASE RITUAL Gather in a supported circle to reflect and release with a guided, equine-inspired meditation and fire ceremony. You will engage in journaling and movement-based activities to experience how a horse can inspire your thoughts and energy. The element of fire invites transformation and an illuminating ritual that helps you create balance and alignment within. \$



NEW EQUINE LABYRINTH Make a stone-and-crystal bracelet and partner its energy with a horse’s to retune your emotional and physical body as you walk together through a granite labyrinth. Reflect upon this natural balance that bonds you with a living creature and a physical token of your creativity as you follow the winding, meditative path. \$

EQUINE OFF-PROPERTY EXCURSION Join us for this exclusive off-site trail ride at our community partner, Cinch ‘em Up Stables, and explore 430 acres of open fields and wooded mountain trails with stunning mountain views. This three-hour excursion includes a one-hour trail ride and offers an immersive experience and connection with our equine partners. \$ *Seasonally offered*

NEW EXPLORING BOUNDARIES BEYOND THE BARN Practice creating healthy boundaries with the support of our equine herd. We often hesitate to establish boundaries out of fear of harming a relationship or experiencing disappointment or guilt. Becoming more comfortable with boundary-setting strengthens connections, mitigates loneliness, and improves wellbeing. Horses can support us by encouraging us to communicate clearly with kindness. \$

HEART OF THE HERD Explore your curiosity about horses in this fun and relaxed experience. Learn how horses communicate with each other and us through observation and discussion. Discover how they use their senses to navigate the world. Practicing connection and establishing trust with a horse is a transferrable skill for enhancing our human relationships. \$

MEADOWVIEW FARM & BARN TOUR Description featured in the Farm & Garden activities menu on page 19.

MEET THE HERD Are you curious about our Equine Program? Join us for a behind-the-scenes experience with the horses and humans at Meadowview Farm. This fun, relaxed, and unstructured experience lets you interact with the horses, learn their stories and personalities, ask questions, and see what it’s like to be part of the herd.

MIRAVAL EQUINE EXPERIENCE™ Practice living in the moment as you work with specially selected horses and our expert facilitators. Perform equestrian ground skills and get a chance to notice personal patterns that may be holding you back from the life you want to live. *Not a riding class.* \$

MIRAVAL BERKSHIRES EQUINE MEDITATION Explore this unique meditation experience that allows your active mind to settle inward and unite with your body. Engage with a horse while exploring mindfulness, connection, and balance. \$

EQUINE  
Equine Private Sessions

The Miraval Berkshires equine program was created for guests to experience the power of our horses as a reflective medium for restorative exploration. Our talented equine professionals customize and tailor the time to hold sacred space for deep connection and an authentic experience.

AN UNFORGETTABLE CANVAS Tap into your creative spirit by using the side of a horse (that’s right, a horse!) as your canvas. We use a living canvas to remind us to stay present and grounded in our storytelling. Note that this can be a messy experience. \$ *Seasonally offered*

CENTAUR MEDITATION Experience true unity on the back of a horse. In this mounted class, you will practice connecting your inner and outer worlds through breathwork and gentle yoga while riding in Meadowview Arena. Our trained equine staff guides you to find your center and bring yourself to balance by connecting to yourself and your equine partner. \$

COMMON GROUND: *Understanding Barriers to Connection & Communication* Description in Equine activities menu to the left. \$

EQUINE FOR GRIEF SUPPORT Bond with a supportive horse as you navigate the challenging journey that stems from grief and loss. Connecting and interacting with a horse helps you tap into their natural ability to create a safe, nonjudgmental space for you to process emotions during difficult times. \$

MIRAVAL EQUINE EXPERIENCE™ Description in Equine activities menu to the left. \$

MINDFUL MOTION Reset energy, soften muscles, and create balance by experiencing the therapeutic, rhythmic beat of a horse’s walk. This mindful riding session focuses on breath, gentle movement, relaxation, and equine connection. A certified equine specialist in therapeutic riding facilitates this private session. No prior experience is necessary. \$

YOGA  
Yoga & Fitness Activities

AERIAL YOGA Enjoy this fun yoga class in hanging aerial silks. You will learn to utilize the silks for restorative movements, assistance, and playful poses. \$

AQUA YOGA Tap into your mind and body through a gentle yoga flow in our outdoor Serenity Pool, using yoga poses and sequences that help develop strength, balance, and flexibility with little-to-no impact on your joints. *Seasonally offered, weather dependent. Please wear swimsuit, you will get wet.*

CALMING YOGA FLOW Invite serenity for 25 minutes with a calming yoga sequence.

CHAIR YOGA Get up off the floor and onto a chair to learn standing and balancing poses and take yoga breaks throughout the workday without moving too far from your desk.

ENERGIZING YOGA FLOW This 25-minute total-body flow stimulates circulation and releases blocked energy.

HEALTHY BACK YOGA This beginner-friendly yoga class targets lower, mid, and upper back pain and teaches key postures for prevention.

POWER FLOW YOGA This type of yoga creates fiery energy within the body. Advanced practitioners may workshop specific postures or practices with an instructor who can assist with any pose.

RESTORATIVE YOGA Learn to rest deep in your yoga postures in this practice known as *active relaxation*.

SLOW FLOW YOGA Flow from one posture to the next while moving slowly and intentionally. By slowing down, we can focus on detailed alignment and fluid breath movement.

STAND UP PADDLEBOARD YOGA Practice yoga on stand-up paddleboards and challenge yourself to embrace the elements of nature with a total-body workout. Conclude by reflecting on the rewards of stretching into savasana on your floating sanctuary. \$ *Seasonally offered*

SUN SALUTATIONS Greet the sun and welcome your day ahead with a flowing sequence of twelve gracefully linked asanas in this 25-minute class.

Yoga & Fitness Key  
BASED ON: Personal comfort with Yoga & Fitness experience.

LEVEL 1: Low Intensity

LEVEL 2: Moderate Intensity

LEVEL 3: High Intensity

Activity levels indicated on daily schedule pages 36 - 42.

VINYASA YOGA Vinyasa Yoga is a flowing, dynamic sequence of poses that is one of the most popular yoga styles in the United States. This type of practice involves synchronizing the breath with a continuous flow of postures.

YIN YANG AERIAL YOGA Assisted by aerial silks to support balance, we will follow a simple sequence of postures that link comprehensive toning with longer-held gentle stretches for full-body harmony. \$

YIN YOGA & JOURNALING Engage body and mind through yin yoga poses and guided journaling prompts. Set an intention and move moves through gentle yin poses that promote qi flow and emotional, physical, and mental balance. Guided journaling prompts encourage reflection heightened by the mind-body connection created by the poses.

YOGA FOR LAUGHTER & LETTING GO Find fun in your yoga practice in this 25-minute class, using intentional laughter to boost your mood. Combining expressive voice with movement exercises sets the stage for a playful, interactive approach. Connect with your inner child and fellow travelers in this space where unconditional laughter is encouraged and celebrated.

YOGA GROOVE A lively flow practice with fun and funky tunes.

YOGA WALK & FLOW Join us on this vigorous walk through our picturesque property, stopping along the way to get into a yoga flow and connect your mind and body with nature. *Seasonally offered, weather dependent.*



YOGA  
Yoga & Fitness Private Sessions

ALL Yoga classes are available as private sessions.

BOGA YOGA Challenge your balance and your core in this engaging, floating yoga workout using our Boga Fit Mat at the BMC pool. Please wear swimsuit. You will get wet. \$

PRENATAL MEDITATION Connect to your baby through meditation with this restorative practice. Calm the mind and deepen the relationship between mother and child, bringing your awareness inward while honing your own motherly intuition. \$

UNCOVER VINYASA This customized private transcends vinyasa’s fast pace and challenging poses to create a personalized vinyasa practice. Explore versions of the sequence’s poses to develop a flowing moving meditation. Suitable for refining an ongoing yogic focus through vinyasa or beginning a new practice. \$

YOGA FOR SCIATICA This slow-flow yoga class is designed with movements and postures that can bring relief to sciatic pain. Suitable for all stages of pregnancy. \$



**PILATES**  
*Yoga & Fitness Activities*

**AERIAL PILATES** Elevate your Pilates practice with an ariel hammock silk for the ultimate mind, body, balance, and core workout. Accessible inversions and assisting silk props help you rediscover familiar moves in a new way. Using the hammock can make exercises easier or more challenging—discover what it can do for you. **\$**

**BOGALATES** Challenge your balance and core in this engaging floating workout that fuses Pilates and Yoga utilizing our Boga Fit Mat at the BMC pool. *Please wear swimsuit, you will get wet.* **\$**

**BOSU YOGALATES** Yoga-inspired stretches combine with authentic Pilates exercises to offer the best of both worlds. Learn how to use the BOSU Balance Trainer to gain the necessary tools for improving strength, flexibility, and cardio capacity. **\$**

**CALMING PILATES RELEASE** Release tension and tightness in your body with movements that emphasize opening your spine. Learn how Pilates engages your “powerhouse” core while improving back issues and posture.

**PILATES APPARATUS WORKOUT** This mixed-apparatus, circuit-style Pilates class challenges your strength, stamina, focus, and memory. We draw on the Reformer, Tower, Chair, OOV, Spine Corrector, Jump Board, Mat, BOSU, and Magic Circle to focus on quality of movement rather than quantity of repetitions. You will leave feeling stronger, longer, and more mobile. **\$**

**PILATES REFORMER WORKOUT** This up-tempo class uses the Reformer to enhance balance, flexibility, and core strength to provide a full-body workout. **\$**

**PILATES MAT I** Engage every muscle in the body as you perform the 12 basic Pilates exercises. This class develops core strength and lengthens the spine for muscle definition and better posture.

**PILATES PROGRESSION WITH PROPS** This class layers segments of Pilates Mat and focuses on exercises that build intensity with props, including foam rollers, Pilates ball, low weights, and Magic Circle. Previous Pilates experience preferred.

**PILATES FOR IMPROVED POSTURE** Do you spend time rounded over your desk, cell phone, or steering wheel? Improve your posture for better daily function in this workshop by mobilizing your entire spine—all 24 vertebrae—with Pilates Mat exercises that strengthen affected areas and help you feel better in your body. **\$**

**PILATES**  
*Yoga & Fitness Private Sessions*

**BOGALATES** Description featured in Pilates activities menu on the left. *Please wear swimsuit, you will get wet.* **\$**

**PILATES APPARATUS** Meet with our Pilates instructor to take your workout to the next level. Get the benefits of working with various Pilates apparatus (Reformer, Chair, Barrel, and Oov) in a private setting. **\$**

**PILATES FOR BACK REHABILITATION** Back pain can be tiring, but you can awaken your spine to health and mobility by elongating your muscles and correcting pelvic imbalances. This session incorporates Pilates Apparatus to calm guarding muscles and assist with core engagement. Learn daily exercises you can do at home to keep your back feeling great. **\$**

**PILATES FOR GOLFERS** Learn a series of Pilates exercises to strengthen your core, improve hip rotation, increase the range of motion in your shoulders, and create more stability in your back. **\$**

**PILATES REFORMER** The Reformer is a remarkable piece of equipment for improving strength and flexibility while having fun. This unique machine adjusts to suit your strength and flexibility so you can focus on improving your balance, alignment, core strength, and muscle tone. **\$**

**PRE/POST-NATAL PILATES** Meet with our pre/post-natal specialist to create a Pilates routine that targets two areas of concern during pregnancy and delivery: improving your pelvic floor and minimizing abdominal separation. **\$**

**FITNESS**  
*Yoga & Fitness Activities*

**ABS & GLUTES** Join us for a nonstop core conditioning class with exercises targeted to strengthen and tone your abs, glutes, hips, and legs.

**AEROBIC WALK** Enjoy the Berkshire vista with this fast-paced, guided walk throughout the property that takes you around our Farm & Equine center, golf course, and trails. *Seasonally offered*

**AQUA BARRE** This fun, total-body workout brings a popular class poolside and incorporates movements from dance and Pilates, utilizing the sides of the pool as a ballet barre. We focus on mindful postural alignment and balance, all while strengthening the body without impact. *Please wear swimsuit, you will get wet.*

**AQUA CARDIO FITNESS** This powerful and fun class burns calories and builds muscle, strength, coordination, and flexibility in the BMC pool. *Please wear swimsuit, you will get wet.*

**BALANCE** Develop muscle awareness and improve balance and stability in this 25-minute session.

**BARRE:**  
*Strength and Poise* Learn how to transition traditional ballet Barre, ballet terminology, and movements into a more athletic-style workout using small pulses and high repetitions focusing on alignment and core engagement.

**BODYWEIGHT BASICS** Find your inner strength and full potential as you connect the mind and body in this beginner-friendly, fun, and challenging bodyweight class.

**BOGA BOOTCAMP** Heat up and cool down simultaneously as you experience the challenge of a fast-paced circuit class on the water’s surface. This class incorporates low- and high-intensity exercises using Boga Boards and the BMC Pool as our gym. *Please wear swimsuit, you will get wet.* **\$**

**CARDIO DRUMMING** Join this high-energy cardio workout that combines traditional aerobic movements with the powerful beat and rhythm of the drums.

**FIT FEET** Using Rad Roller, examine proper foot alignment and practice strength and flexibility exercises in this 25-minute, shoeless class.

**FUNCTIONAL STRENGTH** Explore the adage that a healthy body equals a healthy mind in this full-body strength workout designed for all levels. Focus on the muscles and movements required for daily activities with general strength training exercises.

**HAPPY HIPS** Using self-myofascial release techniques, hip joint opening exercises, and a series of yoga-based hip stretches, we will improve the flexibility and mobility of your hips and help you walk away from this class with happy hips.

**HIIT THE GYM** Recharge with a heart-pumping and energetic 25-minute or 45-minute workout.

**KICKBOXING** Kickboxing incorporates kicking and punching for a dynamic, challenging experience. Keep your body guessing as you use your personal power in every kick and punch style throughout our rounds.

**MORNING STRETCH** Start your day with a head-to-toe stretch class designed to prepare you for a full day of Miraval Berkshires activities.

**MOVEMENT, MOBILITY & MORE** Mobility is the ability to move a joint through its full range of motion. Mobility training reduces restrictions within the body by increasing your range of motion within each joint. This freedom of movement can improve how you feel, mitigate pain, and prevent injuries.

**ON THE BALL** Featuring physio balls, this class targets a full-body workout that enhances muscle tone and strength.

**POWER CYCLE** Cycle indoors in this high-intensity cardio class. An upbeat playlist helps channel your inner athlete as you pedal through intense intervals that offer unique challenges to the body and mind.

**NEW**  
**PROPERTY RUN** Enjoy the fresh air of the Berkshires on this two-mile jog around property. \*We will maintain a pace of approximately 8-9-minute miles.

**RELEASE THE BARRE** Leave the barre behind and enjoy all the benefits of a traditional barre routine. This class focuses on posture, core, and achieving long, lean muscles by utilizing all muscle groups with low-impact, high-intensity exercises.

**ROLL WITH IT** Learn how to use a foam roller to give yourself a deep tissue massage and improve flexibility.

**SHOULDERS SET FREE** Similar to our highly popular Happy Hips class format, this class will increase the mobility and stability of the entire shoulder girdle using both a foam roller and a green stretch-out strap.

**SOLID CORE** This new, cutting-edge, total-body fitness experience uses your body weight and a freeFORM board to build strength and reconnect with muscles that have been lying dormant.

**SPIN & SCULPT** This indoor cycling class incorporates weights, bands, and movements to challenge your upper extremities and keep your legs moving for a full-body workout.

**STEP IT UP** Step back to the 80s with step aerobics! Enjoy this mixture of low- and high-impact exercise that boosts cardiovascular health and works your glutes to the max in a fun routine on and off the step.

**STRETCH & RELAX** Unwind during this 45-minute head-to-toe stretch series that focuses on breath and holding stretches longer.

**TAI CHI** A powerful way to cultivate your energy, this functional set of movement exercises uses the breath to bridge the body and mind. Enhance your agility, flexibility, and strength in this ancient Chinese practice.

**TENSION RELEASE EXERCISES** Description in Wellness Counseling activities menu on page 11. **\$**

**TRX** Using the TRX Suspension Trainer, this private session emphasizes muscular endurance and aerobic conditioning with specialized TRX targeted exercises. **\$**

**WOODLAND WORKOUT** Description featured in the Adventure activities menu on page 19.

**ZEN BOOTCAMP** Challenge yourself with a high-intensity cardio workout and strength class that reflects Miraval Berkshires’ mindful approach to exercise.

**FITNESS**  
*Yoga & Fitness Private Sessions*

**ALL Fitness classes are available as private sessions.**

**AERIAL HIIT** This full-body challenge incorporates common HIIT exercises into an exciting and playful environment that increases strength, core control, and cardiovascular endurance as you transition in and out of aerial silks. **\$**

**PERSONAL TRAINING** Meet with a personal trainer and continue your fitness regimen or figure out how to begin your fitness journey with simple and effective exercises. **\$**

**PRE/POST-NATAL PERSONAL TRAINING** Meet with our pre/post-natal specialist to safely build strength and stamina to support a safe pregnancy and a smooth delivery. **\$**

PRE/POSTNATAL YOGA & FITNESS	
<i>The following treatments are suggested specifically for pregnancy:</i>	
<i>Activities</i>	
AQUA CARDIO FITNESS	pg. 26
CARDIO DRUMMING	pg. 26
PRENATAL MEDITATION	pg. 25
HIIT THE GYM	pg. 27
SLOW FLOW YOGA	pg. 25
SUN SALUTATIONS	pg. 25
RELEASE THE BARRE	pg. 27
<i>Private Sessions</i>	
HEALTH & NUTRITION	pg. 19
PERSONAL TRAINING	pg. 27
PILATES	pg. 26
YOGA FOR SCIATICA	pg. 25



home



At Miraval Resorts, we let people practice digital mindfulness to create a device-free pause for reconnecting with what is important. It's a way to set aside sacred space. No one is asked to abandon their phones completely—we know how essential our devices are. We can purposefully step away from them, knowing they will resume their functions when we decide the time is right.

Globally, the average person spends almost seven hours staring at a screen each day. It makes you think about how much we give away our time, attention, purpose, and presence.

So, what happens when we let screens become our companions? We miss out on a lot. Most importantly, we escalate the number of missed connections—with ourselves, our families, friends, or the natural world.



*At Miraval Berkshires—and at home—you can maximize your experiences by minimizing the presence of screens. It's easier to be present in their absence—so why not program in time every day to see what that feels like? You can still have your phone, but you can try this technique for disconnecting to reconnect, too.*

- *Activate your intention to disconnect*
  - Create three scheduled times to be without your phone every day. Try making these times coincide with mealtimes.
  - Designate your eating space as a device-free zone during mealtime.
  - At the scheduled time, silence device notifications or turn the phone off completely, place it inside the cellphone sleeping bag, and store it in a separate room if possible.
- *Activate your intention to reconnect with self, nature, or other people*
  - Practice a food meditation that engages your senses. Focus on what you see, hear, and smell before you eat your next meal.
  - Make time to prepare a meal for your loved ones using your favorite recipes.
  - Have a picnic outside when the weather permits.

When you wake up your device from its nap, consider which notifications require an immediate answer and which don't. Prioritize how you respond and record how much time you give to the screen's demands.

Each day, aim to increase your time for disconnecting to reconnect by a few minutes. Reflect on how those device-free moments enhance your daily life.

*This exercise was adapted from our newly released cookbook Recipes for a Life in Balance. Available for purchase at Moonlight Pass Boutique or in our online shop.*



## NOTES

Use this space for notes on how you can bring your Miraval journey home.

[illegible]

GROUP WELLBEING  
RETREATS

**GATHER IN AN ATMOSPHERE  
OF CONNECTION**

Whether you're with colleagues or friends, you will create lasting memories with our Group Retreats. The seasonality of Miraval Berkshires provides a serene backdrop for cultivating connection and community.

*For more information on special group offers,  
weddings, and private events, please email  
[berkshires.sales@miravalresorts.com](mailto:berkshires.sales@miravalresorts.com).*



# LIFE IN BALANCE SPA MENU

## LIFE, ENHANCED

Miraval’s spa sanctuary allows you to pursue personal transitions in a soulful, natural setting with soothing and invigorating treatments from expert therapists.

### AYURVEDA

**ABHYANGA** Restore balance with this ancient massage that uses friction strokes and warm, herb-infused oils to benefit the nervous system, reduce muscle tension, address joint pain, and eliminate impurities. **\$**

**PRADHANA VEDA:**  
*The Ultimate Ayurvedic Treatment* Ayurvedic elements combine for a restorative fusion: circulation-increasing Abhyanga (warm herbal oil massage), energy-balancing marma point therapy, tension-melting Shirodhara (warm oil gently poured over your forehead), an aromatic wrap, and scalp massage. **\$**

### BODY RENEWAL RITUALS

**ALMOND ORANGE BODY POLISH** This all-natural service addresses sun damage, dryness, and hyperpigmentation with a skin-brightening body cleanse and circulation-stimulating exfoliation, followed by vitamin-E-rich shea butter, grape stem cells, and green and white tea. **\$**

**GINGER HEALER** This restorative journey begins with a ginger-oil-infused deep tissue massage and powerful energy-restoring facial marma point therapy. A ginger sea salt scrub and shower complete the service and leave you refreshed and rejuvenated. *Not recommended for sensitive skin.* **\$**

**LEMONGRASS ESCAPE** Stimulate your senses with uplifting lemongrass and a finely ground bamboo and walnut shell exfoliation. A full-body relaxation massage soothes muscles and eases tension. Energizing ginger and clove-infused orange oil brings relief and restorative bliss. **\$**

**MANUKA BODY PEEL** This peel is the ultimate softening and hydrating full-body treatment. A vitamin-rich blend of enzymes and fruit acids eases dryness, while lightweight botanical oils nourish and condition. Skin-quenching manuka honey, green tea, and licorice root seal in moisture for smoother, softer skin. **\$**

**NATURE’S APOTHECARY** Reawaken fatigued skin in this apothecary-style treatment with a choice of body scrub to soften, smooth, and hydrate. Your skin is replenished with a mineral-rich treatment and a nourishing sea fennel treatment to restore a healthy balance to your skin. **\$**

**QI RADIANCE** A full-body lymphatic dry brushing awakens free-flowing Qi through meridian pathways. Freshly oxygenated blood delivers a radiating glow while a body wrap seals in gemstone-infused serum. A concluding Gemclinical facial mask honors the third eye chakra and balances Qi. **\$**

**OBSIDIAN & SAGE DETOXIFYING RITUAL** Surrender to a warm chrysalis of safety in a gravity-defying float through a mental, spiritual, and physical cleansing ritual. Mind-clearing obsidian, aura-cleansing sage, and detoxifying mud exfoliate and nourish your body to further relax into a full-body massage. **\$**

**VERBENA ALOE RITUAL** Treat yourself from temples to toes with rich hydration and a sensory serenade of lemon verbena, chamomile, and neroli blossoms. Gently reveal radiant skin with exfoliating jojoba wax beads and calming aloe vera. **\$**

### ENERGY & EASTERN

**HEART SONG** Rock weightlessly in a dry-float bed’s warm cocoon with soothing drum rhythms and the aquatic vibrations of a Himalayan singing bowl. Rise to the resonance of native rhodonite—stone of compassion—in this heart-opening treatment’s warm swaddle of self-love and guided meditation. **\$**

**MIRAVAL EXCLUSIVE**  
**NÂGA** Hanging silks support the therapist in delivering deep compression in this massage that includes Thai techniques and assisted floor mat stretches. Encourage healthy blood circulation, ease energy blockage, and relieve tension while improving flexibility and postural alignment in this exclusive service. **\$** *Wear loose, comfortable clothing.*

**REFLEXOLOGY** Also called zone therapy, foot reflexology is based on the theory that your sole contains a map of your internal organs and structure. Your skilled provider stimulates the reflexology zone to provide a full-body release. **\$**

**REIKI** This Japanese stress-reduction practice frees emotional blocks and leaves you with a sense of peace. Your practitioner applies light touch to enhance universal energy flowing through you and connect you with your higher self. **\$** *Wear loose, comfortable clothing.*



**THAI MASSAGE** Relax as your practitioner rhythmically stretches and flexes your body, opening and relieving weary muscles. Thai massage renews the body’s energy flow while reducing tension and stress with pressure-point stimulation and targeted stretching. **\$** *Wear loose, comfortable clothing.*

**THAI BREATH & BODY** Movement and breath techniques guide this session as you work in tandem with spa specialist Scott Vighi to unlock the healing powers of Qi. Unblock energetic meridian lines, clearing a path for natural balance and repair. **\$** *Wear loose, comfortable clothing.*

**MIRAVAL EXCLUSIVE**  
**VASUDHARA** Discover the abundance that lies within. This transformative experience embraces the weightlessness of water, relaxing Thai stretches, and bodywork. Eye shields block all light, suspending you in darkness as you float in warm water. Underwater vibrations rise through you in resonant waves, drawing your journey inward. **\$** *Wear a swimsuit.*

**VIBRATIONAL SOUND THERAPY** Vibrational Sound Therapy is a specific technique of using uniquely tuned singing bowls placed on your body. The bowls’ resonance delivers therapeutic tension-releasing vibration through sound to relax muscles and calm the mind. **\$** *Wear loose, comfortable clothing.*

### MASSAGE

**ALCHEMY MASSAGE** Aromatherapy can help to calm minds, lift spirits, and boost moods. This herbal alchemy massage supports and helps restore internal balance through the holistic powers of massage combined with aromatherapy. **\$**

**BODY IN BALANCE MASSAGE** Share insights with your service provider to customize this special massage. Your therapist works skillfully to relax restrictions and activate areas of need improving your body’s natural balance. As each therapist relies on their specific talents and “tool box” of modalities, each treatment is unique. **\$**

**CALMING HOT STONE MASSAGE** Combining the grounding effects of hot stones with the power of botanicals, this treatment offers mental and muscular relaxation. Antioxidant-packed essential oils calm the mind while the warm stones ease the muscles into deeper relaxation. **\$**

**COUPLES INSTRUCTIONAL MASSAGE** Learn basic massage techniques and strokes in this hands-on instructional session. Each person will have the chance to give and receive under the guidance of a licensed therapist. Extend your Miraval experience by bringing the gift of relaxation to your home. **\$**

**CRYSTAL BODY MASSAGE** This ritual uses warm crystals and soothing strokes to treat muscles, relieve tension, and gently realign energy imbalances within the body. Carefully chosen gemstones promote a sense of wholeness, unifying the mind, body, and spirit as one. **\$**

**HARA SOOTHER** This soothing, energy-radiating treatment balances skin, stimulates digestion, and supports mental clarity. Massage, with extra focus on abdominals, scalp, and reflex points, combines with guided breathwork and lymphatic dry brushing to promote a deeper connection to your center. **\$**

**JUNIPER LEG & FOOT** This deep tissue leg and foot massage treats sore muscles and achy joints with juniper berry oil in a tension-easing sweet birch rub. Birchbark and magnesium alleviate aches, natural menthols energize, while arnica supports recovery. **\$**

**MIRAVAL DEEP MOUNTAIN MASSAGE** This therapeutic massage with arnica oil uses advanced techniques to relieve symptoms of muscle soreness and stiff joints while energizing the senses. Excellent for tight, tired, and sore muscles. **\$**

**MIRAVAL GROUNDING MASSAGE** Massaging hands, feet, and scalp brings about a state of total relaxation. This spa-trio technique is infused with essential oils to soften the skin, while a grounding emulsion promotes a feeling of peace and calm. **\$**

**MIRAVAL RELAXATION MASSAGE** This customizable Swedish-style massage surrounds you in calming, fragrant aromas. The soothing power of long fluid relaxing massage techniques eases fatigue and soothes the senses. **\$**

**SACRED SOUNDS MASSAGE:**  
*Himalayan Bowl Massage* This meditative service combines aromatherapy, breath work, and vibrational sound therapy with a full-body relaxation massage. The resonance of a thoughtfully placed Himalayan sound bowl promotes balance and restoration, calming the spirit and soul. **\$**

**SWEET SLUMBER MASSAGE** Aromatherapy, acupressure and tapping set the stage for a peaceful night’s sleep, enhanced with a neck and shoulder massage, rhythmic rocking, and relaxing lavender oil. Tension dissolves under the compression of warm magnesium-steeped towels. **\$**



SKINCARE

**MIRAVAL X LAUREL EXCLUSIVE**  
ESSENCE OF MIRAVAL FACIAL This bespoke organic facial uses whole plants harvested exclusively for Miraval, facial tapping, and herbal poultices. Take a sensory tour through Austin’s brightening Petal Pecan Mask, Arizona’s nourishing Honeysuckle Sage Elixir, and Berkshire’s soothing Tulsi Rose Balm for a sumptuous skin-nurturing journey. **\$**

HONEY DRENCH FACIAL Nature’s cure for thirsty, moisture-deprived skin, this treatment immediately replenishes the skin with deeply hydrating Manuka honey, layered with soothing aloe vera and calming lavender. A nourishing facial massage is followed by a restorative Manuka honey firming mask to leave skin radiant and refreshed. **\$**

INNER RADIANCE FACIAL Reveal your natural radiance with customized techniques and a powerhouse of targeted ingredients developed by Dr. Dennis Gross. A complexion-smoothing peel, collagen-boosting light therapy, and a double mask address your skin’s unique needs, while massage calms the mind. **\$**

NIRAMAYA FACIAL Sanskrit for tranquility, this curated facial clarifies and rejuvenates. Reignite your skin’s luminosity with a complexion-smoothing and brightening sweet cherry enzyme peel. A Gemclinical Collagen mask blissfully restores your skin’s natural balance. **\$**

SCIENTIFIC ORGANIC FACIAL Refine your skin with this active, 100-percent natural, paraben-free, and results-oriented facial. Antioxidant-rich plant and marine spirulina extracts and kombucha balance skin while goji berry, white and green teas, and aloe hydrate. **\$**

PROBIOTIC FACIAL Support your skin’s natural beauty with this cooling facial. A hibiscus enzyme peel follows a Manuka honey and aloe cleanse, allowing the skin to absorb the benefits of chilled probiotics to restore a healthy glow. **\$**

PURIFYING BACK Restore balance with this relaxing treatment geared to clarify and repair those harder-to-reach areas of the back and shoulders. Carefully selected products purify and hydrate, leaving you with a restored glow. **\$**

**NEW**  
RAW FACIAL Inspired by nature’s own ingredients, this nourishing facial showcases the benefits of cold-pressed plant extracts. Remineralizing raspberry, red maple, and rosemary protect against environmental skin stressors and restore natural moisture balance. **\$**

RENEW & RESTORE FACIAL This detoxifying and hydrating facial and peel, created by renowned Manhattan dermatologist Dr. Dennis Gross, exfoliates and delivers potent anti-aging ingredients with gentle massage and a marine hyaluronic mask for intense hydration without recovery time. **\$**

SPIRITUAL WARRIOR FACIAL Spiritual Warrior oil blend takes fragrance to an ethereal level by combining plant and gemstone essences. This facial experience incorporates customized herb and flower-based skincare and a circulation-stimulating gua-sha tool to reduce puffiness. **\$**

SALON  
Hair

*Top off your Miraval Berkshires experience with one of our salon services. Choose from cuts, styling, scalp treatments, and more. Explore our new Salon Apothecary and embrace clean products and herbal remedies that will change the way you look at hair care.*

BANG TRIM Update your look with a quick bang trim. **\$**

CLIPPER CUT This cut is meant for super-short hair that requires a clipper. *Shampoo & blow dry not included.* **\$**

HAIR HACKS Imagine every day being a good hair day! Watch, learn, and practice techniques for quick, easy styling and manageability. Bridget is a master stylist who understands the value of time, especially with the demands of work and family. Schedule one on one time with Bridget and take home great tips and tricks that will maximize your results and the time you have to enjoy them. **\$**

HERBAL SCALP TREATMENT Recline under a weighted blanket as your stylist creates a custom botanical scalp-exfoliating hair treatment that removes build-up, environmental deposits, excess oils, and product residue with essential oils and regional herbs hand-picked and ground specifically for you. *Shampoo & blow dry included.* **\$**

MARMA HOT OIL TREATMENT Relieve stress, and open the energy pathways in your body through specific marma massage points on your head while promoting hair growth and scalp health. Nourishing massage oils enhance this experience and nurture your hair and scalp. Leave in while you steam and sauna. Create your personal combination of aromas and oils in our salon apothecary. *Shampoo & blow dry not included.* **\$**

SCALP SCOPE CONSULTATION Half the population has hair or scalp issues, including excess oil, irritation, dandruff, or hair loss. Create a take-home customized hair and scalp health plan with our certified trichologist, trained to examine your scalp under intense magnification. **\$**

SERENE SCALP TREATMENT This Oribe antioxidant hair and scalp treatment blends alpha hydroxy acids with malachite extract, known to detoxify the hair and scalp and support a healthy pH balance. Recommendations include product support for continued care and a balanced routine. *Shampoo & blow dry included.* **\$**

SIMPLE SHAMPOO Our Miraval Shampoo experience induces deep relaxation as our stylists apply soothing massage techniques while you recline in our state-of-the-art shampoo chairs designed to cradle you in comfort. *Blow dry not included.* **\$**

SIGNATURE MOISTURE MASQUE TREATMENT This crème de la crème deep-hydrating masque transforms even the driest hair, leaving it supremely soft and irresistibly touchable. Settle into a luxurious massaging shampoo chair for a relaxing scalp massage and mask application followed by a 10-minute steam. Leave in while you steam and sauna. *Shampoo & blow dry not included.* **\$**

SHAMPOO & STYLE This simple service will leave you feeling pampered, polished, and ready to go. Work with your stylist on finishing techniques and tips for beautiful, healthy hair. **\$**

SHAMPOO/CUT & STYLE Do you need to refresh your style or transform it completely? Work with our talented stylists to explore the possibilities. **\$**

SALON  
Nails

*The Miraval Berkshires Salon treats natural nails only and cannot perform overlays or nail extensions.*

BERKSHIRES SIGNATURE MANICURE This manicure stands out among the rest with nourishing products and meticulous nail care. Curate a scrub with natural herbs and oils from our apothecary collection that honors totally natural skin care. **\$**

BERKSHIRES SIGNATURE PEDICURE Immerse yourself in a tranquil and relaxing foot soak, selected and crafted by you—for you—with our beautiful collection of apothecary herbs. **\$**

MANUKA HONEY MANICURE Let your skin and senses luxuriate in a moisturizing Manuka honey cleanse. A gentle scrub repairs and exfoliates, and soothing botanical extracts hydrate arms and hands. **\$**

MANUKA HONEY PEDICURE Let your skin and senses luxuriate with a moisturizing Manuka honey cleanse. A gentle scrub polishes and exfoliates, along with moisture-binding compounds that softens legs and feet. **\$**

SWEET BIRCH MANICURE Rooted in traditional herbal remedies, this highly reparative manicure begins with a softening aromatic compress, followed by an uplifting scrub and an awakening birch liniment applied to the hands and arms. Nail and cuticle care follow. **\$**

SWEET BIRCH PEDICURE Anti-inflammatory birch guides this energizing and refreshing treatment. Soak in a birch and magnesium foot bath to soothe pain and fatigue, followed by an exfoliating scrub, awakening birch liniment, and luxurious leg and foot massage. **\$**

GEL REMOVAL MANICURE Are you ready to refresh that layer of gel polish? Our nourishing remover soaks off the old and prepares for the new. Nailcare and a fresh polish change concludes. **\$**

GEL REMOVAL PEDICURE Do you need to change that layer of gel polish on your toes? Our nourishing remover soaks off the old and prepares for the new. Nailcare and a new coat of polish concludes. **\$**

PRENATAL

*The following treatments are enjoyed specifically for any trimester of pregnancy:*

HERBAL SCALP TREATMENT Recline under a weighted blanket as your stylist delivers a signature botanical scalp-exfoliating hair treatment that removes build-up, environmental deposits, excess oils, and product residue with essential oils and regional herbs. **\$**

MANUKA HONEY MANICURE Let your skin and senses luxuriate in a moisturizing Manuka honey cleanse. A gentle scrub repairs and exfoliates, and soothing botanical extracts hydrate arms and hands. **\$** *Natural nails only.*

MANUKA HONEY PEDICURE Let your skin and senses luxuriate with a moisturizing Manuka honey cleanse. A gentle scrub polishes and exfoliates, and moisture-binding compounds and softens legs and feet. **\$**

SCIENTIFIC ORGANIC FACIAL Refine your skin with this active, 100-percent natural, paraben-free, and results-oriented facial. Antioxidant-rich plant and marine spirulina extracts and kombucha balance skin while goji berry, white and green teas, and aloe hydrate. **\$**

PROBIOTIC FACIAL Support your skin’s natural beauty with this cooling facial. A hibiscus enzyme peel follows a Manuka honey and aloe cleanse, allowing the skin to absorb the benefits of chilled probiotics to restore a healthy glow. **\$**

REIKI This Japanese stress-reduction practice frees emotional blocks and leaves you with a sense of peace. Your practitioner applies light touch to enhance universal energy flowing through you and connect you with your higher self. **\$** *Wear yoga or exercise attire.*

SERENE SCALP TREATMENT This antioxidant hair and scalp treatment blends alpha hydroxy acids with malachite extract, known to detoxify the hair and scalp and support a healthy pH balance. Take-home products support continued care and a balanced routine. **\$**

*The following treatments are enjoyed specifically for the second or third trimesters of pregnancy:*

PRENATAL MASSAGE This soothing Swedish massage is designed to help improve sleep, reduce stress, and soothe muscle fatigue that is unique to pregnancy. **\$**

LEMONGRASS ESCAPE Stimulate your senses with uplifting lemongrass and a finely ground bamboo and walnut shell exfoliation. A full-body relaxation massage soothes muscles and eases tension. Energizing ginger and clove-infused orange oil brings relief and restorative bliss. **\$**

MIRAVAL GROUNDING MASSAGE Massaging hands, feet, and scalp brings about a state of total relaxation. This spa-trio technique is infused with essential oils to soften the skin, while a grounding emulsion promotes a feeling of peace and calm. **\$**

NATURE’S APOTHECARY Reawaken fatigued skin in this apothecary-style treatment with a choice of body scrub to soften, smooth, and hydrate. Your skin is replenished with a mineral-rich seaweed and a nourishing sea fennel treatment to restore a healthy balance to your skin. **\$**

*Experience many of our spa massages with a partner. We offer the following services in our Duet Massage Room:*

MIRAVAL RELAXATION  
MIRAVAL GROUNDING  
MIRAVAL DEEP MOUNTAIN  
CALMING HOT STONE  
JUNIPER LEG & FOOT  
SWEET SLUMBER  
PRENATAL MASSAGE

*For more information, please visit the Spa front desk.*





### Season 1 Streaming Now

We will take you on a journey of insight and mindfulness as we travel to each Miraval Resorts destination.

Subscribe to listen after your Miraval Resorts visit. Now streaming on Spotify, Apple Podcast, and more.



## MIRAVAL RESORTS LOYALTY PROGRAM

Authentic Circle is our way of thanking loyal guests.

Membership in this program offers you more to look forward to with every stay. Benefits include an exclusive arrival gift, additional resort credits, and more. Not a member? Contact Guest Services for additional details on membership.

Visit our on-site Experience Planners to learn more and book your next visit.



### Our Newest Wellbeing Cookbook

## RECIPES FOR A life in balance

Inspired by the culinary journey our guests experience at Miraval Resorts, this cookbook is a holistic guide for elevating your wellbeing with recipes and rituals curated by our specialists, chefs, and colleagues at Miraval Resorts.

Visit Moonlight Pass Boutique to take home your copy today.

ORDER NOW



## MINDFUL REMINDERS

Our reminders and property map (back cover) will help orient and guide you on your Miraval Berkshires journey.

### ITINERARY PLANNING

All experiences must be reserved in advance. Contact Experience Planning ext. 4740 to reserve your space while you're here, or schedule them before your arrival by calling 855.234.1672. Schedule Spa services at the Spa or by calling ext. 6530 & ext. 6531. Spa hours are 10:00am - 9:00pm. Please note offerings are subject to change due to restrictions surrounding the ongoing pandemic.

### USING YOUR RESORT CREDIT

If your package includes a nightly resort credit, you may apply it toward your choice of spa services, fee-based activities, or private sessions. Government taxes apply to all fee-based activities and private sessions.

### CANCELLATION, CHANGE & NO-SHOW POLICY

For fee-based activities and spa services, the entire fee will be charged to your bill if you change or cancel within four hours of the start time unless otherwise noted. If you are a no-show for a reserved spa service, fee-based activity, or private session, the entire fee will be charged to your bill.

### TIMING MATTERS

**TO THE SPA:** Please arrive at least 30 minutes prior to your scheduled service. This allows time to check in at the desk and relax before your specialist greets you. Late arrivals will still end at the scheduled time.

**TO A CLASS OR ACTIVITY:** Please be prompt. Opening instruction and information is critical to the class experience. If you are unable to arrive on time, we ask that you consider another offering.

**BRING MIRAVAL HOME** Sleep like you are at Miraval every night when you bring home our exclusive bedding collection and tools to continue your mindful journey. Visit Moonlight Pass Boutique or [www.miravalshop.com](http://www.miravalshop.com) for more details.

### MENUS

Scan this code to view our mindful dining menus.



## IMPORTANT TIMES

Reservations are required for dinner at Harvest Moon to ensure a table upon arrival. Please visit the restaurant to confirm. Harvest Moon patio seating cannot be reserved and is based on availability. Take-out options available for every meal.

### HARVEST MOON RESTAURANT

Breakfast

6:30am - 10:00am

Lunch

11:30am - 2:00pm

Dinner

5:30pm - 9:00pm

(Thursday - Saturday earlier dinner reservations available)

### THE ROOST

6:00am - 2:00pm

(smoothies/grab n' go snacks)

### THE ROOST BAR & LOUNGE

2:00pm - 10:00pm

(drink service until 10:00pm)

### 1894 RESTAURANT

Thursday, Friday & Saturday

5:30pm - 8:30pm

### WYNDHURST MANSION BAR

4:00pm - 10:00pm

(bar menu available Tuesday - Saturday)

### LIFE IN BALANCE SPA HOURS

8:30am - 9:00pm

### MOONLIGHT PASS BOUTIQUE

10:00am - 6:00pm

### BODY MINDFULNESS CENTER

Open 24/7

### BODY MINDFULNESS CENTER POOL

6:00am - 10:00pm