

MIRAVAL®



ITINERARY

*A sample itinerary inspired by Oprah's favorite Miraval experiences*

	DAY 1	DAY 2	DAY 3	DAY 4
MORNING	Arrival	Group Fitness Classes <i>(Fitness)</i>	Breakfast	Sleep in & Rest on Miraval's cloud-like bedding
	Swing and a Prayer <i>(Challenge Course)</i>	Breakfast	Mindful Eating <i>(Culinary)</i>	Blend & Balance Smoothie Class
MID-DAY	Lunch	Exercise Physiology Consultation <i>(Fitness)</i>	Relax Pool Time	Reflexology or Reiki <i>(Life in Balance Spa)</i>
	Miraval Equine Experience <i>(Equine)</i>	Quantum Leap <i>(Challenge Course)</i>	Lunch	Lunch
	Cardio Drumming <i>(Fitness)</i>	Cocktails in the Kitchen <i>(Culinary)</i>	Breathwork <i>(Meditation)</i>	Private Session with a Miraval Specialist
EVENING	Dinner	Naga Thai Massage <i>(Eastern &amp; Energy)</i>	Relaxation & Me Time	Common Ground <i>(Equine)</i>
	Manicure & Pedicure <i>(Salon Services)</i>	Dinner	Just Cook for Me <i>(Culinary)</i>	Departure

*This is a suggested itinerary of how to plan your Miraval stay. All activities and spa services are subject to availability and may be periodically offered. Please refer to the daily schedule and connect with a Miraval Experience Planner to schedule your experiences. We highly recommend booking your activities 4-6 weeks in advance of your arrival date.*