

M/RAVAL[®]
berkshires



IMAGINE

A wedding journey that
transports you and your guests
to a luxurious landscape where
wellbeing and mindfulness
are a way of life.



The Miraval mindful wedding is an extended celebration filled with extraordinary experiences to launch your new life. It begins with your connection to each other, extends to your community, and culminates in a joyous celebration together.

Walk hand-in-hand through each moment down an aisle of mindfulness to an altar of wellbeing.

A taste of Miraval Berkshires

IMMERSION

Our experiences meet you wherever you are—spiritually, physically, or mentally—by encouraging you to embrace the present moment.

We design a custom wellness journey that supports connection, communication, and relationship-building. Choose from hundreds of workshops and private sessions.





CREATE AN INTENTION

When you align your intentions with organic, individual, and authentic choices, you can create anything—especially a wedding that honors your intention as a couple. Our wedding experts work with your planner to design the celebration of your dreams—mindfully. Mindful means paying attention on purpose. It's what we do best, and we will be with you at every step.



It begins with
YOU & ME

This is a dedicated place—for
you & me—to explore each other
and the Miraval magic.

Ahead of the wedding party's arrival,
enjoy a two or three-day inclusive stay
at Miraval Berkshires without digital
devices, wedding details, or duties.

Pick up where you left off in your
immersion and continue the journey
you began together.

After a few uninterrupted days, you can
welcome your loved ones with unburdened
spirits, open hearts, and clear minds.



TAKE TIME TO BREATHE

*Breathe, nurture your bodies, and
flow with each other in balanced bliss.*

Creating a wedding mirrors the process of
composing a life. You will make memories
and learn to maneuver through the world with
renewed perspective, passion, and purpose.

Your mindful wedding is not just a day or a weekend. It is the beginning of a lifestyle. It transcends tradition and structure to join hands with your community.

Together you can embrace a mindset of presence that honors the body and strengthens the soul.

Welcome your community to
SHARE THE EXPERIENCE

Give your guests these gifts—of presence, mindfulness, and care—through joyful activities that reflect the love they came here to celebrate.

Our specialist-led programs help you co-create a unique wellness wedding journey for you and your guests to have fun through challenge course activities, culinary workshops, meditation, forest bathing, or outdoor adventures.



PREPARE PEACEFULLY

Ground yourself with mindful practices to prepare for your sacred ceremony.

Begin your ceremonial day with a meditative walk on our verdant lawn. Take your time to breathe in the spellbinding views of the bucolic Berkshire Hills.

Partner as a pair with a Miraval specialist to focus on your day's intentions. You can use the skills you learned in your immersion: breathe deeply, focus on the present moment, or practice gratitude.



SACRED CEREMONY

Your custom-created ceremony is the perfect moment for you and your circle of loved ones to join together in sacred space. Together, you commit to witnessing and honoring this union. Let the Miraval ethos support your personal and spiritual traditions by integrating unique wellness modalities.



A MOMENT IN TIME

You have already set your intention for this moment, now is the time to manifest it.

Customize any component with Miraval Berkshires' signature wellness modalities. Introduce your guests to the beauty of breathwork. Or bathe your ceremonial space in sound with our Himalayan bowls or Koshi chimes. Include affirmations and mantras of your own creation or from ancient rituals.

However you choose to do it, your ceremony will reflect your intention as a couple and embrace your guests with balance.



CELEBRATE THE CULMINATION

It's time to celebrate the
culmination of all good things
with the best people.

Be guided by mindfulness, spirituality, and
wellness as you break bread together and raise
a glass to this joyful day.

Celebrate with a traditional soiree, stargazing
under open skies, or sumptuous food and
sparkling spirits at a communal table.

Extend the experience and create space for you and your guests to reflect, express feelings, and share stories over a healthy farm-fresh brunch. Show your guests your favorite contemplative spots to record memories and savor the scenery before they depart. After a farewell group yoga or qigong session, ring the Tibetan gong together as newlyweds to send off your guests.

Reconnect with each other to
HONOR THE UNION

Now that it's just the two of you again, create a mindful practice you can take home, like tai chi, meditation, or yoga. Spend time at the Life in Balance Spa or treat yourselves to a gourmet six-course tasting meal with wine pairings at 1894, our premier restaurant.

Your imagination joined your intentions to create a beautiful Miraval mindful wedding. Now it's time to relax, rejuvenate, and begin a new life in balance.



AN UNRIVALED EVENT

A Miraval mindful wedding starts with an introductory immersion, followed by an exclusive multi-day experience for couples and their guests to participate in signature mindfulness offerings. Transformative experiences combine with a personalized ceremony and reception to create a bespoke wedding journey that opens the door to a wellness lifestyle.





ENVISION YOUR JOURNEY

Our curated experiences
align with what matters most:

your union.

Craft a one-of-a-kind itinerary
(see example on opposite page) based on your
intention as a couple. Every aspect is designed
to elevate mental, physical, and spiritual
wellbeing, from a world-class spa to biking,
hiking, equine, and culinary activities.

Our core is mindfulness, and our motto,
“life is better when in balance,” guides your
wedding journey.

WEDDING WEEK SAMPLE ITINERARY

	It begins with YOU & ME			Welcome your community to SHARE THE EXPERIENCE		
	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Arrival	Breakfast at Harvest Moon	Sun Salutations	Breakfast at Harvest Moon	Private Group Qigong	Group Hike
		Beaver Pond Loop Hike	Breakfast at The Roost	Spa Services for the Group	Group Breakfast	
			Leap of Faith		Mindful Morning Stroll	Grounding on the Great Lawn
MID-DAY	Getting situated in your suite	Deep Mountain Couples Massage	Lunch	Lunch	Light Lunch	Farewell Brunch
	Calming Yoga Flow	Quiet time in your room	Wedding Party Arrival	The Journey to Mindfulness in Golf	Wedding Preparations	
	Snacks at The Roost	Lunch		Private Afternoon Tea: Steeped in History		Gong Ceremony
EVENING	Essence of Miraval Facial	Relationship Toolkit	Pool time	Rehearsal Dinner	Wedding Ceremony	Departure
	Dinner at Harvest Moon	Aperitif in the parlor and dinner at 1894	Dinner at Harvest Moon		Reception	
	Moonlight walk to the Mansion		Group Meditation for Superior Sleep	Welcome Party		

EVENT SPACES

The Great Lawn
4,860 sq. ft. | 200 people

Ballroom
2,750 sq. ft. | 160 people

Tea Room
578 sq. ft. | 32 people

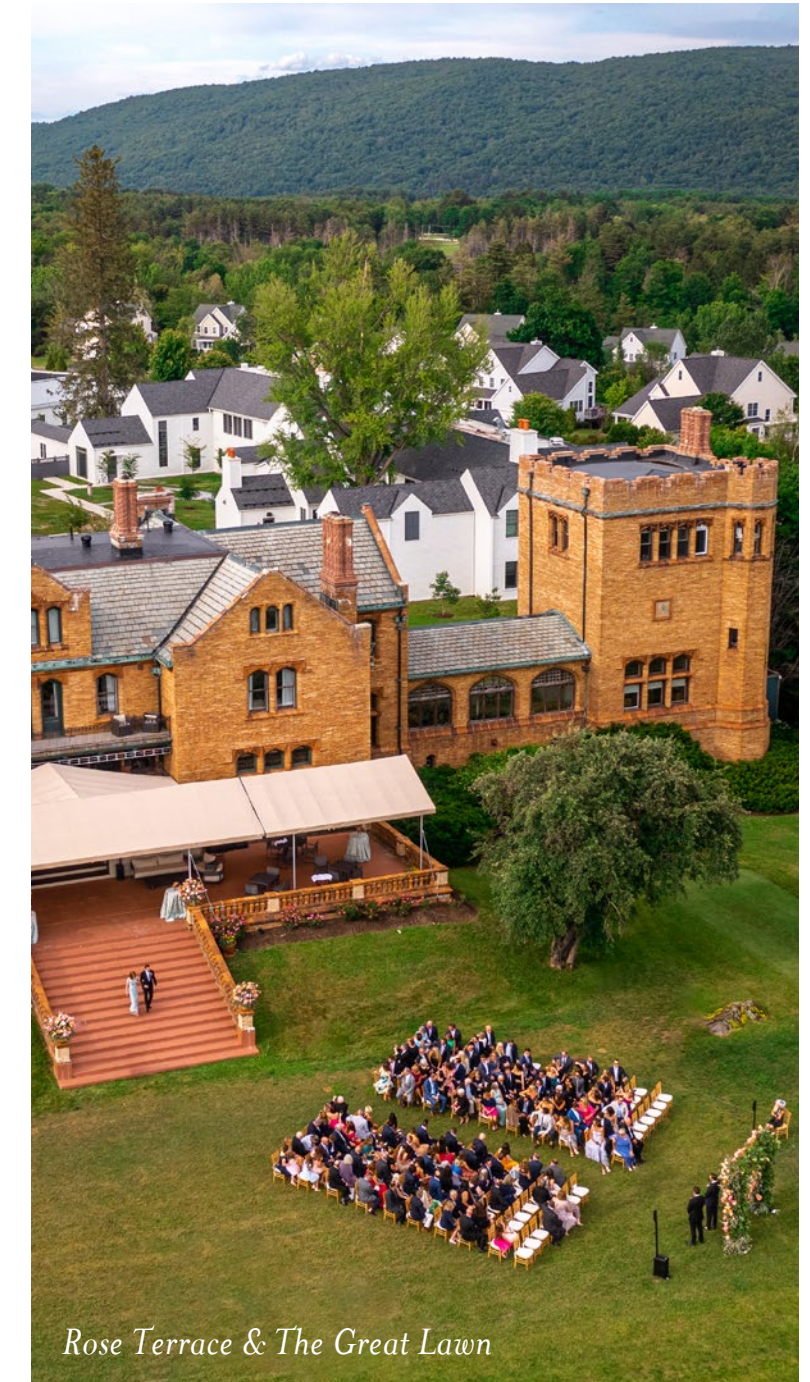
Rose Terrace
2,000 sq. ft. | 60 people



Ballroom

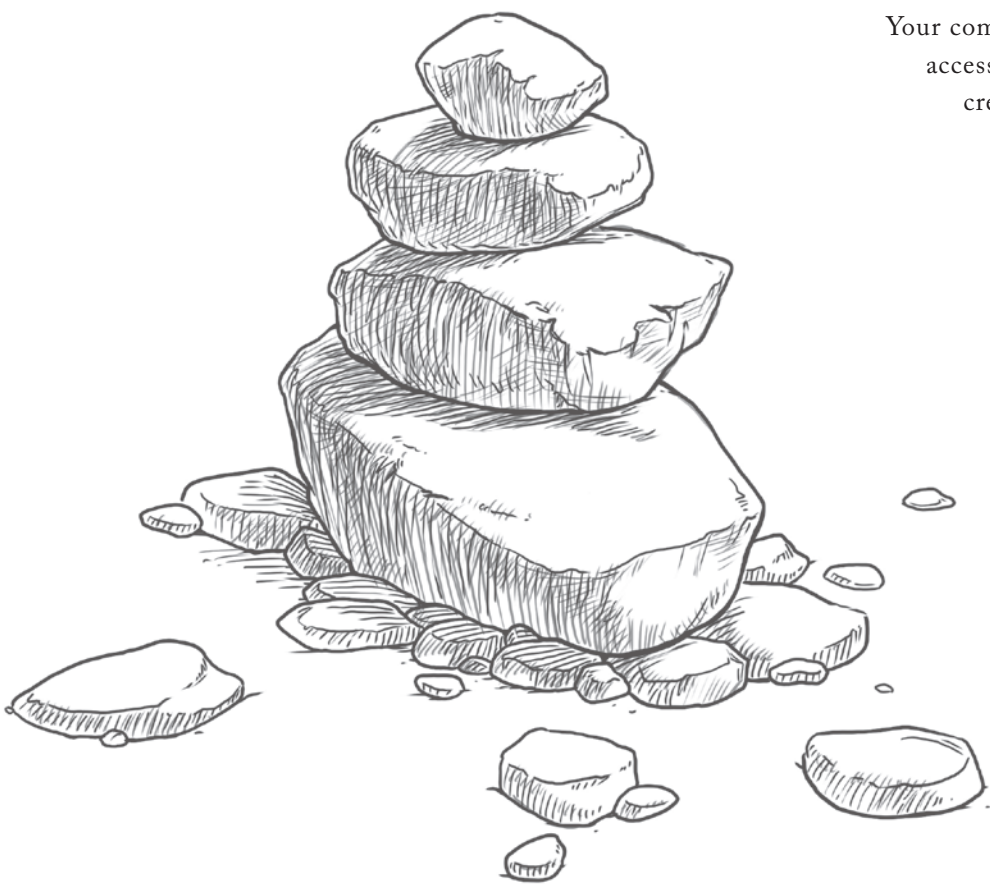


Tea Room



Rose Terrace & The Great Lawn

YOUR MINDFUL WEDDING INCLUDES



IMMERSION

Your complimentary wellness retreat includes exclusive access to the entire resort plus \$175 per night resort credit for spa services and fee-based activities.

EXPERIENCES & SPA

Hundreds of fitness, yoga, and wellness offerings and full access to Life in Balance Spa amenities, including quiet room, sauna, hot tub, and pools.

CULINARY

All meals, snacks, and non-alcoholic beverages are included. Additionally, wedding event meals, cocktails, passed hors d'oeuvres, and departure brunch.

WEDDING WEEK

Enjoy alone time and group activities before your ceremony and celebration. Includes wedding suites and guest rooms in our historic gilded age mansion.

DEDICATED TEAM

Customize components, including event spaces, decor, and seating, as well as options for personalized favors, special events, and activities.

YOUR JOURNEY

Our professional team will guide you through every stage of your Miraval mindful wedding journey and help you and your guests know what to expect.

ONE

A taste of Miraval Berkshires

IMMERSION

A two or three-day overnight stay offers you a taste of the Miraval Berkshires experience.

TWO

It begins with

YOU & ME

Come back to Miraval Berkshires before your guests arrive. This time is for just the two of you to nourish, relax, and enjoy the serenity.

THREE

Welcome your community to

SHARE THE EXPERIENCE

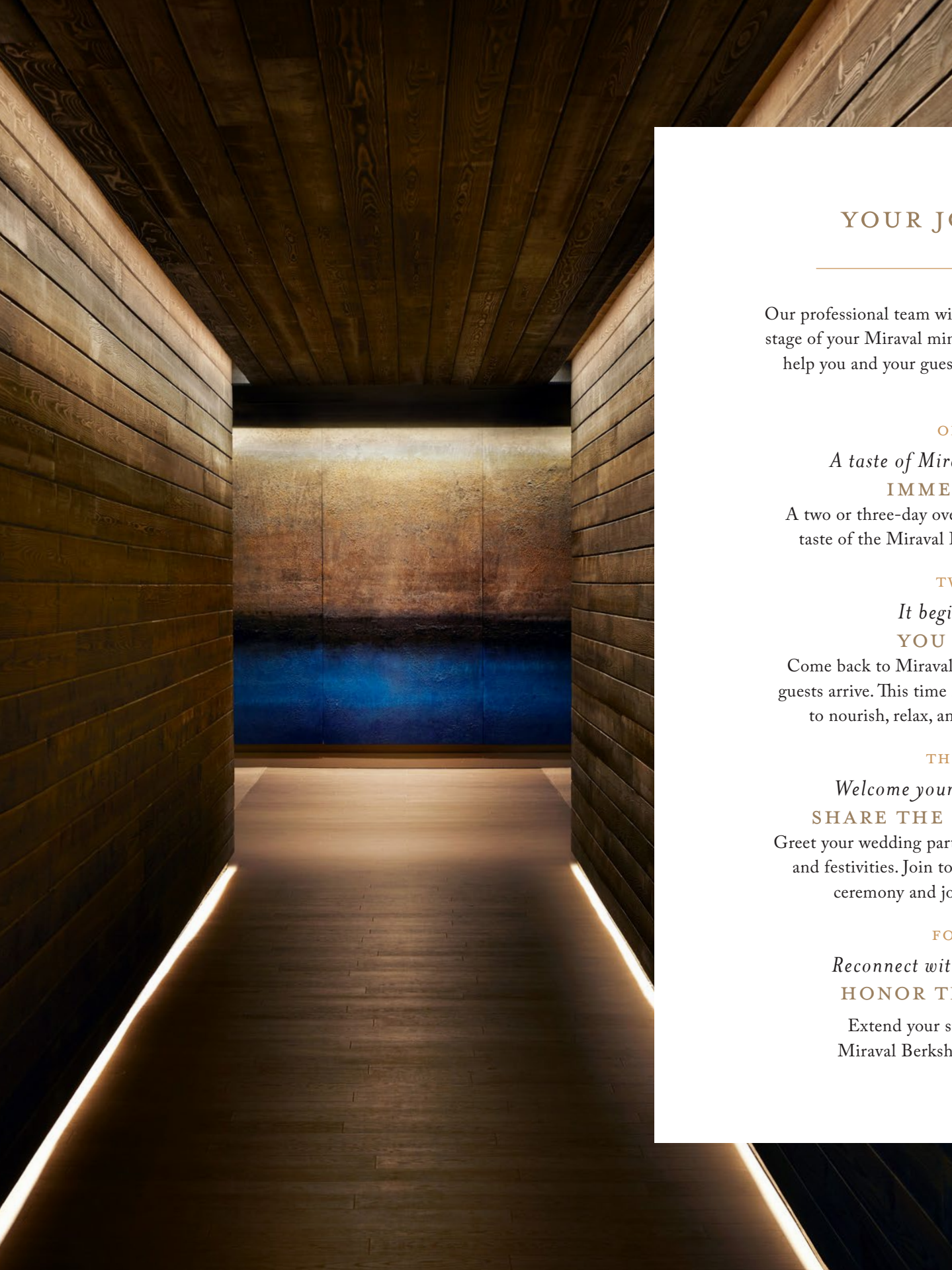
Greet your wedding party with opening activities and festivities. Join together for your unique ceremony and joyous celebration.

FOUR

Reconnect with each other to

HONOR THE UNION

Extend your stay and enjoy a Miraval Berkshires mini-moon.



MIRAVAL[®]
berkshires

