

EMBARK ON YOUR JOURNEY

MIRAVAL

Berkshires

AUGUST





WELCOME TO MIRAVAL BERKSHIRES



SUSAN M. SANTIAGO
Senior Vice President

Welcome to Miraval. I am grateful and honored to have you join us as we open our doors and welcome you to our newest location. It would be an understatement to say that we are excited and eager to begin creating life-enhancing and transformative wellness experiences together.

We have been busy these past few months, working with leading health and hospitality advisory boards, including the Global Biorisk Advisory Council, to ensure we are surpassing the highest standards of cleanliness and sanitation. Part of your Miraval journey includes feeling

safe and secure, and we have created new protocols (some of which are noted in the following pages) designed to support your wellbeing during your Miraval journey.

Our mission of providing a safe environment, along with authentic wellness experiences that support your mental, physical, and spiritual wellbeing, is more important than it has ever been. We hope you find solace, tranquility, and respite here at Miraval where you can re-center, learn tools to stay grounded, and be inspired to create balance as you return to your daily life. Our journey continues and we are beyond thankful to be a part of yours.

Susan M. Santiago

WELCOME PAGE 4 - 5 & 29 - 30

A Miraval State of Mind

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

EXPERIENCES PAGES 6 - 22

Activities & Private Sessions Menu

LIFE IN BALANCE SPA PAGES 23 - 28

Spa Menu

MINDFUL REMINDERS

Mindful Reminders &

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WEEKLY SCHEDULE PAGES 31 - 37

Just like you, we're always changing. Our daily schedule tells you exactly what is happening on any given day while you're here. Note that the classes and/or activities with shaded boxes require advance sign-up with Guest Services.

MIRAVAL RESORT MAPS PAGE 39 - BACK COVER



OUR COMMITMENT TO WELLNESS

HOW WE ARE ENHANCING THE SAFETY OF OUR GUESTS & COLLEAGUES

- Our class size capacity has been reduced to uphold and honor physical distancing requirements. Reduced class sizes allow for more intimate and enriching experiences with extra personalized attention and instruction from our Miraval specialists.
- Each and every Miraval activity requires advance sign-up to secure your spot. All classes and activities will no longer accept walk-in participation. This allows our team to thoroughly clean, sanitize and set up equipment/spaces, resulting in a seamless experience for you.
- Complimentary hand sanitizers and masks are provided in your welcome bag for your convenience and safety.



- Masks are required in common areas and shared spaces where physical distancing measures cannot be met.
 - These areas include but are not limited to: spa, private session consult rooms and shuttle transfers.
 - All common areas, dining spaces, and pool decks have been configured to promote physical distancing.
 - Signage or a Miraval colleague will remind you where and when masks are required.
 - All colleagues have been trained in new cleaning and sanitation procedures and will be wearing masks while still providing caring and supportive customer service.
- Sanitizer stations and wipes are readily available in all spaces for your personal use and peace of mind. We encourage you to use them for the safety of you and those around you.
- We encourage you to take advantage of our outdoor seating and spaces including our labyrinth, two pools, Meadowview Acres Farm, hiking trails, and all outdoor activities. (map on back cover).

DIGITAL MINDFULNESS

A MIRAVAL STATE OF MIND

We at Miraval believe the journey to creating life in balance begins with allowing yourself to be fully present and engaged in the moment. We established device-free zones to support you in having the most rewarding and inspiring Miraval experience – and to give yourself permission to unplug. Use technology only in designated locations noted on the back cover map and honor your Miraval experience by being mindful of the moment and respectful of your fellow guests. *E-readers are permitted.



BRING OUT THE BEST YOU

MIRAVAL SPECIALISTS

Healers. Masters. Pioneers. Our elite specialists illuminate your path toward a better you—engaging your unique spark to be brighter than ever. They listen closely and speak from life experience, guiding an inspired journey that breaks down barriers and allows your best self to shine through.

They are farmers, beekeepers, artists, spiritual masters, nutritionists, yogis, and wellbeing practitioners. They create and curate our array of lectures, workshops, and private sessions. And they give you unprecedented access in support of your Miraval Berkshires journey.

FOR MORE INFORMATION PLEASE VISIT OUR SPECIALIST SECTION AT WWW.MIRAVALBERKSHIRES.COM

PRIVATE SESSIONS

Beyond the transformative benefits of our weekly activities and intent-based itineraries, our private sessions showcase everything that encapsulates the consideration and compassion embedded in Miraval Berkshires. Rediscover yourself by making a one-on-one, personalized connection with your choice of specialists. Together, we will put a focus on you and your potential while you seek answers in our tranquil refuge.

TO ADD A PRIVATE SESSION TO YOUR ITINERARY, PLEASE REACH OUT TO A MIRAVAL EXPERIENCE PLANNER - EXT. 4740



EXPERIENCES MENU



CHALLENGE. IMPROVE. INDULGE. RENEW.

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

WELLBEING Wellness Counseling ACTIVITIES



DID YOU KNOW?

Rock stacking has carried spiritual meaning across cultures for centuries. The act of balancing stones carries with it a practice of patience and a physical effort of creating balance. Each rock can signify an intention of grace for thankfulness, or offered up for another in need.

BALANCING THE BODY WITH POSITIONAL THERAPY In this workshop, learn techniques and exercises to help correct common muscle imbalances using strain-counterstrain (SCS) and muscle energy technique (MET). These methods are designed to help improve range of motion, functional strength, agility, and grace for a range of daily activities, from the open road to the driving range. Wear yoga or exercise attire and come prepared to breathe, relax, feel, and lead your body into balance. **80 MIN | \$45**

DAILY DOSE WELLNESS Mark Gerow shares his compelling personal 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 anxiety, depression, and the confusing barrage of available solutions, see how this simple, easy-to-follow method can elevate your wellbeing.

JOURNALING FOR SELF-CARE Creating a personal practice of expressing thought and feeling in the written word is a method of self-care in the mind-body connection. When our thoughts become visible, we begin to see ourselves, others, and the world around us in a kinder and more mindful light by becoming inwardly self-aware and outwardly observant. Join Susanne Lantero to discover a deeper understanding of how journaling can positively impact your wellbeing. No prior writing experience is needed. **80 MIN | \$55**

PRINCIPLES OF POSITIONAL THERAPY Greg Dilsio will examine the principles of Positional Therapy. Learn how to consistently and skillfully apply the proper corrections to common muscle imbalances to reduce pain and improve muscle functionality.

RESTORING RESILIENCE The constant influx of everyday stressors challenges us in our ongoing efforts to maintain a balanced life. Many are manageable, and some are healthy and help us to flourish in careers and personal lives. But when we become overloaded or experience a distressing event, we can lose our balance and find it hard to bounce back. Susanne Lantero discusses how stress impacts our wellbeing and provides techniques to restore resilience in mind, body and spirit.

TENSION RELEASE EXERCISES Explore how our muscles can serve as storage houses for emotional memory. By communicating with our muscle systems, we can access and release stored stress. Mark Gerow gently and safely guides you through a technique of fatiguing muscles that surround the body's emotional center. As the muscles fatigue, they begin to shake, setting off a chain reaction that triggers a reset of the autonomic nervous system. This science-based, visceral approach uses your body as a gateway to release built up stress and anxiety and leave you feeling incredibly relaxed. This is an invigorating experience involving focused physical exercise to achieve tension release. **80 MIN | \$45**



RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.



Wellness Counseling PRIVATE SESSIONS

A MINDFUL LIFE In this personalized consultation, Susanne Lantero offers a confidential space to address areas such as transition, relationships, resilience, trust, grief and loss, and physical health. Susanne's expertise will help guide you toward improved health and wellbeing. **50 MIN | \$215**

BECOMING BALANCE Focus on the physical body in this fully clothed, treatment-based session that combines two well-established and clinically recognized neuromuscular treatment approaches: strain-counterstrain (SCS) and muscle energy technique (MET) to help improve muscular-skeletal function and range. Includes some intuitive massage, light touch, and vibrational therapy with tuning forks and healing crystals. Wear yoga or exercise attire. **50 MIN | \$215**

QI FLOW Invoke the five elements of Chinese Medicine: water, wood, fire, earth, and metal with a short Qi Gong practice. Make this your take-home tool to manage stress at home and strengthen your mind/body connection. Balance your energy with awareness and manifest vitality out of the transformation of breath, matter, and intention. You will be guided in passive stretches inspired by Thai/Shiatsu meridian massage that move progressively deeper into the spine and brain with CranioSacral therapy. Finally, you will enter a state of profound relaxation in a Tibetan Singing Bowl sound bath and healing crystal chakra-balancing session. **100 MIN | \$385**



QI GROUNDING Focus on grounding yourself spirituality with this Traditional Chinese Medicine (TCM) ritual. Receive and restore core Jing (essence) through a foot/body acupressure massage. Bathe in the relaxing sounds of Tibetan Singing Bowls and feel the healing vibrations of Acutonics tuning forks on acupuncture points. Cultivate feelings of security, serenity, and sense of place. **50 MIN | \$225**



"If a de-stressing session is your top priority, Miraval Berkshires should be top of mind."

- VOGUE



WELLBEING

Spirit & Soul ACTIVITIES



ANCIENT WISDOM FOR EMPOWERED LIVING

Chinese metaphysics can reveal an illuminating blueprint and road map for your career, health, relationships, and passions. Learn how it can help you utilize divine timing to your advantage and how it can empower you to take charge of your destiny.

ANCIENT WISDOM FOR EMPOWERED LIVING

Description featured to the left.

ANCIENT ORACLES, MODERN MESSAGES

For thousands of years human beings have developed and honed tools to glean divine wisdom. These ancient systems and oracles continue to serve as guides in the present moment, both practically (as strategic business planning tools) and spiritually. Beth demonstrates how they can impact modern living and teaches you how to use various divination tools (including I-Ching and Qi Men Dun Jia) for insight and personal empowerment. **80 MIN | \$75**

AWAKENING YOUR SUPERPOWERS Join this workshop and learn about your own unique celestial superpowers. Receive your personal Chinese Astrology Chart to discover your spiritual gifts, talents, and abilities. Learn how to awaken and expand them for empowered and intuitive living. *Please supply the time, date, and place of your birth at time of booking.* **80 MIN | \$75**

CLEANSING CHAKRAS WITH SOUND Experience a gentle sound immersion that will bring balance to your chakra system by absorbing the healing vibrations of crystal singing bowls. The bowls create beautiful and peaceful tones that allow your mind, body, and spirit to harmonize energy. This workshop guides you through a meditation into your heart chakra where you will explore the vibration of Divine Love living inside you. Learn about the healing power of sound and explore tones and mantras that you can use to balance your chakra energy system. **75 MIN | \$75**



COLORS OF LIFE ENERGY The energy that flows and vibrates through living things can appear as colors in the visible spectrum. Discover a form of specialized photography that captures your image, both physically and energetically. Gain a deeper understanding of the relationship between colors and wellbeing.

DEMYSTIFYING ASTROLOGY Discover how and why planets affect our personality, talents, health, relationships, and our future. Explore the ins and outs of planets, signs, and planetary juxtaposition so that you can begin to use Astrology to your advantage in your daily life.

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

HUMAN ENERGY PALETTE MEDITATION In this workshop Raya Buckley uses photos of the human energy field to illuminate the colors that express our core attributes of power, love, and insight. She will lead a color spectrum meditation that energizes and clears your energy field, paving the way for clarity and grounded stress reduction. **80 MIN | \$45**

PLANETARY BUZZ Unravel the mysteries of the planets to develop greater self-understanding while creating tools to enhance your daily life. Astrology is a vast and ancient system that can seem overwhelming. Jess Kielman helps you to use it to elevate your health, discover compatibility with others (professionally and personally), identify personal strengths and weaknesses, and explore where in the world we may shine. **75 MIN | \$45**

Spirit & Soul

PRIVATE SESSIONS

CHAKRA/ENERGY BALANCING Description featured to the right. **80 MIN | \$250**

CHINESE ASTROLOGY: DESTINY READING This reading provides insights about your personality traits, skills, career, health, and relationships based on the Chinese Zodiac. Discover your unique blueprint for life to guide you to your highest potential. Please provide the date and time of your birth at booking. *Book at least 24 hours in advance.* **50 MIN | \$275**

CHINESE ASTROLOGY: RELATIONSHIP READING This reading compares the birth charts for two people to help you both better understand personalities, areas of compatibility, and areas of interaction that may need support. It is a great tool to help you explore, understand, or improve existing relationships of all kinds. Please provide the date and time of your birth at booking. *Book at least 12 hours in advance.* **50 MIN | \$275 • DUET 50 MIN | \$155PP**

DREAMING ARCHETYPES There are many books on interpreting dreams, but their explanations can be elusive and incongruous with your experience. Jess Kielman explores archetypes or metaphors to help you examine your dreams to understand what they mean to you and to determine what they are communicating to you. **50 MIN | \$185**

ENERGY IMAGING SESSION This session includes a detailed reading of your 4x6 Human Energy Field photo as well as a live-action imaging session, which shows how the colors of your energy field shift in real-time using biofeedback and imaging technology. Raya Buckley provides recommendations for making the most of your unique energy field. For couples or groups: In addition to individual photos and live-action imaging sessions, you will receive a third photo that reveals what your combined energy looks like when you are holding hands. **50 MIN | \$215 • DUET 80 MIN | \$185PP**

ORACLE READING When we encounter life challenges and major decisions, we often seek guidance. This reading provides insight and information you need to understand complicated situations, anticipate the likely outcome, and gain an advantage in moving forward. **50 MIN | \$215**

SPIRIT QUEST This unifying journey integrates master-level Reiki, Zen Shiatsu, sound healing, and indigenous healing practices to help create balance. The vibrations of crystal singing bowls, vocal toning, and Reiki cleanse discordant energies and help to restore natural chakra and meridian flow, while hands-on Zen Shiatsu balances your physical and energetic bodies. Shamanic tools such as drums and rattles create a rhythmic state inside your brain and nervous system that allow your mind to relax, release, and expand. Leave this experience feeling renewed and uplifted. **100 MIN | \$385 • 50 MIN | \$215**

TAROT CARD READING Learn a new way to connect with your intuition for personal guidance with this consultation that uses Tarot or Oracle cards. These readings are designed to access your inner wisdom through the use of ancient, mystical imagery in order to gain direction and clarity. Discover answers to your unique life questions. **50 MIN | \$215**

WESTERN ASTROLOGY READING Using the date, time, and place of your birth, a Miraval Astrologer creates a profile that targets your specific talents and skills, plus future possibilities. Receive a recording of your sessions and printout of your star chart. *Please supply the time, date, and place of your birth at time of booking.* **50 MIN | \$215**



“The best getaway to relax the mind, body, and spirit.”
- MICHELLE M.



CHAKRA/ENERGY BALANCING

This deeply relaxing session increases vitality and natural healing processes. Raya Buckley combines Reiki and Polarity Therapy in this hands-on attunement of your energy flow for profound alignment of mind, body, and soul. Human Energy Field Photographs will be taken throughout the session. **80 MIN | \$250**

SHINRIN YOKU

Join your guide on a calming and restorative nature walk, known in Japanese tradition as “forest bathing.” Open your senses, hone your intuition, and experience the outdoors in a whole new way. Learn about the compounds released by trees that help to support and heal immune function. Participate in guided activities based on mindfulness practices and develop a deeper connection with nature. **110 MIN | \$55**



Schedule a customized private session with one of our **YOGA & MEDITATION** experts.

WELLBEING
Meditation
ACTIVITIES

EVENING MEDITATION Access inner tranquility by finding or creating sensations of rest in the body. This meditation helps to 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. **45 MIN | \$75 Coming soon**

GOODNIGHT FLOATING MEDITATION Come in your pajamas and enjoy the relaxing experience of floating in aerial hammocks just before bed. This guided relaxation journey will prepare you for lucid dreaming. Drift into a calm space while listening to storytelling and inspirational guidance for a peaceful night’s sleep. **45 MIN | \$75 Coming soon**

MEADOWVIEW EQUINE MEDITATION Description featured in the Equine activities menu on pg 14. **75 MIN | \$75**

MEDITATION WITH MUSIC Using a curated musical compilation to elicit positive feelings and emotions, this sound meditation is fun and easy to learn.

MINDFULNESS AT MIRAVAL Practice fully living your life 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 healing art integrating controlled breathing, posture, and movement exercises.

SHINRIN YOKU Description featured to the left. **110 MIN | \$55**

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

Meditation
PRIVATE SESSIONS

Any Meditation experience on the daily schedule may be booked as a private session. Please visit the Discovery Cottage to book your Meditation Private Session.

BREATHE YOUR STRESS AWAY Breathwork has the power to transform the way you feel in a profound way. Used by yogis for centuries to experience greater health and spiritual connection, conscious breathwork has provided a quick route to releasing stress and feeling better. Learn a series of take-home breathing techniques that you can easily use daily to live a more centered, happy life. **50 MIN | \$115**

CUSTOM MEDITATION Meditation is a powerful tool for stress reduction, concentration, and the deepening of wisdom. Develop or strengthen your practice. **50 MIN | \$115**

FLOATING MEDITATION Description featured to the left. **PRIVATE 50 MIN | \$150 Coming Soon**

FROM STRESS TO REST Learn how to access deep levels of rest and tranquility, using 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. **50 MIN | \$115**

HOW TO MEDITATE This session will introduce you to everything you need to know to begin mindfulness meditation. You will learn highly practical and effective practices to maximize fulfillment and minimize suffering in your life. **50 MIN | \$115**

QIGONG: Flowing Movement Qigong is an ancient Chinese practice of flowing movement. Its many benefits include diminishing anxiety, increasing energy, and fostering a sense of balance. Learn a complete and simple series of qigong movements that you can take into your life and use as a form of moving meditation. **50 MIN | \$115**



RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

WELLBEING
Creative Expression
ACTIVITIES

AN UNFORGETTABLE CANVAS Description featured in the Equine Activities menu on pg 30. **110 MIN | \$150 Seasonally Offered**

ARTFUL PHOTOGRAPHY STROLL Learn how to use the many functions and hidden tricks of your camera phone. Learn how these functions work to improve light, focus, filters, and panoramic shots. We will also cover the basics of editing right on the phone. This class takes place both inside and outside.

BOWL OF LIGHT MEDITATION At times, we can all feel stuck in a loop or pattern in which improvement or movement may feel elusive or absent. Discover a meditation that reveals what you hold in your own inner container – or metaphorical bowl – and how you can use it to break out of these patterns and move forward. Through guided meditation, journaling, and watercolors, this class teaches you to release the weight of negative emotions and attitudes and to allow yourself to become a vessel for movement and light.

CRAFT YOUR OWN MALA Malas can offer a greater understanding and integration of conscious and subconscious thoughts, feelings, and experiences. Discover a new way to find meaning and perspective in the present moment and throughout your life. Create your own mala and bring its grounding and centering energy home. **120 MIN | \$95**

MANDALAS FOR MEDITATION & MEANING Experience the healing benefits of creating mandalas – ancient circular images used to reflect, center, and connect with others. Practice using mandalas to clear your thoughts, focus better, and connect to parts of yourself that are not usually accessible through the conscious mind. Participants will make their own mandalas. No artistic experience is necessary.

MINDFUL PHOTOGRAPHY STROLL Take a stroll around the resort and work on creating images vs. snapping. Gain awareness of available natural light and compositional elements to create a stronger, more interesting image. No technical applications will be discussed. Bring any style camera: iPhone & Android.

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.



POTTERY Experience the therapeutic and meditative effects of clay as you hand mold it into the perfect pinch pot. Release doubts and expectations and embrace the unique form you create by hand with clay and stamps.

SACRED GEOMETRY AND CRYSTAL GRIDS Since ancient times, people have used art and crystals to identify geometric shapes as sacred symbols of universal experiences. These shapes appear in crystals as specific geometric growth patterns that can amplify or enhance energetic forces. Learn the basics about crystals and how they can be used as tools for meditation and manifestation, while you assemble your own take-home watercolor grid and activate it with your intentions. **80 MIN | \$95**

Creative Expression
PRIVATE SESSIONS

Any Creative Expression experience on the daily schedule may be booked as a private session. Please visit the Discovery Cottage to book your Creative Expression Private Session.





Our **LIFE IN BALANCE CULINARY KITCHEN** is outfitted with a curated selection of Williams Sonoma's exceptional products.



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.



APPRECIATING CHOCOLATE Join us for a brief history and tasting of chocolate. Learn about the effects of terroir, sample chocolates from around the world, and see first-hand how chocolate is tempered. Leave the class with your own hand-dipped and decorated truffles. **75 MIN | \$75**

BLEND 'N' BALANCE SMOOTHIES
Description featured to the left.

CHEF'S TASTING MENU This delightful, six-course dinner features four savory and two sweet dishes with expertly selected wine pairings. Sample seasonal, locally sourced culinary creations in this intimate, personalized, epicurean adventure. Menus are based on Chef's daily choices and may vary or change without notice. *24-hour cancellation required.* **120 MIN | \$205**

COCKTAILS IN THE MANSION Enjoy a chef-created appetizer and cocktail while you learn about our food philosophy and hear about healthy cooking tips and tricks. **45 MIN | \$75**

CONQUER THE BLADE Chop your food like a seasoned chef. Learn about the anatomy of a knife, blade variations, and critical cutting techniques. **75 MIN | \$75**

CONSCIOUS SEAFOOD Support high quality, sustainable, and ocean-friendly choices while learning preparation and cooking techniques for making seafood a healthy mainstay in your kitchen.

CREATIVE CAKE DECORATING Join a member of Miraval Berkshires pastry team to master whipping, creaming, and piping for your own miniature and multi-level cakes that you can take with you. **GF available. 75 MIN | \$75**

CULINARY CONCEPTS From knife skills and cooking techniques to kitchen organization and equipment selection, this class offers inspiration for making your home kitchen a more productive and happy place.

FLOWER TO ROOT COOKING This interactive experience will teach you to create and cook satisfying plant-based dishes. Please alert staff of allergies prior to booking this event. **45 MIN | \$45**

HIGHLIGHTS OF THE SEASON Learn why it's best to eat vegetables at their peak, along with cooking techniques, history, cultivation, health benefits, and recipe ideas that take advantage of seasonal harvests. **45 MIN | \$45**

JUST COOK FOR ME Take a seat at our connoisseur's table and let us enchant you with 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, rose, or white wines. This experience is designed for the adventurous foodie and may not be adjusted for food allergies. **120 MIN | \$175**

PLANT-BASED BBQ Delight your taste buds with plant-based BBQ. Discover the magic of plant-based ingredients and learn tips for taking your new skills home with you for a healthy and inclusive Barbecue experience. **75 MIN | \$45**
Seasonally offered

RESTORING BONE BROTH Guests will be taken 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 helping to prevent ailments. Bring this powerful ancestral recipe home with you.

SWEET & SAVORY GLUTEN-FREE SNACKS Learn how to make delicious, gluten-free snacks from scratch and create your own take-home treat.

Culinary PRIVATE SESSIONS

All Culinary classes are available as a Private Session with one of our experts. Please visit the Discovery Cottage to book your Culinary Private Session.

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

CULINARY & NUTRITION

Nutrition ACTIVITIES

THE FOOD-MOOD CONNECTION Stress is a natural part of life. What and how you eat can profoundly impact how you handle stress, how you process emotions, and your overall wellbeing. Learn about the foundations of mood-enhancing nutrition and mindful exercises for elevating mood through food from a nutritional psychiatry perspective.

HEALTHY GUT, HEALTHY YOU Since the digestive system interacts with every single system, organ, and cell in the body, the health of your gut bacteria has a direct impact on your immune system, cholesterol, blood sugar, allergies, and even your mood. Join our registered dietitian in this interactive workshop to learn how to optimize your digestive health and how to determine which supplements and foods you should include or avoid. **80 MIN | \$75**

HOLISTIC METABOLIC TUNE-UP Annie Kaye spells out a balanced approach to what, when, and how to eat for healthy weight and vibrant energy. Food is information and operates on a cellular and sub-cellular level. While calories and energy balance are important, honoring the rhythms of life and nature – from circadian genetics to food quality – make food the most powerful medicine available to us today. Dive deeper into the healing power of food. **80 MIN | \$45**

INTENTION, MANTRA, & AFFIRMATIONS FOR LIFESTYLE TRANSFORMATION Making a shift to improve your eating, exercise more, or improve other lifestyle choices can be challenging. Transformation is the result of practice (not perfection). Adopting an experimental and resilient mindset is key. Learning to set intention, chanting mantras, and creating and using affirmations are three powerful tools for creating and sustaining lifestyle shifts. **80 MIN | \$45**

MINDFUL EATING Led by Miraval's meditation experts, learn to listen and respond intuitively to your body's food needs in this experiential class. Breakfast or lunch is included.

NUTRITION FOR AGING WELL Learn about common metabolic precursors to pre-diabetes, arthritis and heart disease and the good news on how to reverse them. As you mature, your nutritional lifestyle becomes an essential tool in maintaining health and wellbeing.

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

Nutrition PRIVATE SESSIONS

HOLISTIC NUTRITION CONSULTATION
A personal assessment and consultation that reveals how food plays a role in your energy level, digestive health, quality of sleep and mental health, as well as weight, inflammation, heart disease, diabetes, and cancer prevention. **50 MIN | \$175**



BEEKEEPING Welcome to the delightful and complex world of honeybees in our introductory beekeeping workshop. Suit up to safely explore our on-site apiary and the wonders of a working hive. Learn about the intricate and dynamic system of how bees communicate and work together to survive, thrive, and pollinate the plants essential to our survival, while producing the honey that sweetens our lives. **110 MIN | \$125**

Bees PRIVATE SESSIONS

BECOMING A BEEKEEPER This private experience offers an inside look at the management and care of our on-site apiary. 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. **80 MIN | \$250**



MIRAVAL'S COMMITMENT TO SUSTAINABILITY

At Miraval, we use biodegradable, renewable, and compostable **ECO PRODUCTS** in our Roost Bar for our grab 'n go snacks and for any to-go items, including straws. All products are made from plant-based, 100% renewable resources. Please dispose of all **ECO PRODUCTS** in special compostable bins located at the Millhouse or The Roost.





AVIAN ADAPTATIONS

SUSTAINABLE LIVING

Farm & Garden ACTIVITIES



EQUINE ETHICS

At the Equine Experience, we often say that it's not about the horse. But when it comes to caring for them, it is all about the horse. At Miraval, we hold their hooves close to our hearts. Their safety, wellbeing, and welfare are our highest priority. We uphold a mindful and respectful practice for every single one of our equine offerings.

AVIAN ADAPTATIONS:

A Lesson in Resilience In this program guests will be personally introduced to a bird of prey, while learning about their life and ways. Guests will have the opportunity to connect with these special beings and explore for themselves the power of life re-envisioned. Themes emphasize the natural history, science and symbolism of these animals as well as a service component of direct interaction and caretaking. **75 MIN | \$75**

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 how to set up a small coop to give hens safe access to a pasture. This fun and hands-on class will offer an opportunity for you to collect eggs in the coop and bond with a hen.

MEADOWVIEW FARM & BARN TOUR

Description featured in the Equine activities menu to the right.

Farm & Garden PRIVATE SESSIONS

AVIAN ADAPTATIONS:

A Lesson in Resilience Description in the Farm & Garden activities above. **75 MIN | \$125**

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

EQUINE

Equine ACTIVITIES

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. Wear sturdy, closed-toe shoes, and bring a hat, sunscreen, and water bottle. Note that this can be a messy experience. **110 MIN | \$75** *Seasonally offered*

HEALING THE HERD This lecture offers an introduction to Miraval's special herd of rescue horses and an overview of our unique equine programs that are based on relationship, intuition, and trust. Learn about the power of connection between horses and humans, and how horses can carry us on a journey of learning and healing.

MEADOWVIEW 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. Wear closed-toe, sturdy shoes, comfortable long pants, and sunscreen. Remember your Miraval water bottle! **75 MIN | \$75**

MEADOWVIEW FARM & BARN TOUR

Tour the Meadowview barn and gardens and meet our medley of plants, birds, and animals. Learn about sustainable practices, biodynamic principles, and a vision for responsible agriculture's role in our health and earth care. Get to know our hens that provide our restaurants with fresh eggs, along with our bees and raptors (including red-tailed hawks, owls, and vultures). Taste seasonal, fresh crops straight from the field and ask questions about your own growing endeavors. Be sure to bring your phone to take pictures with our gentle friends.

MINDFUL GROOMING Enjoy mindful practice, beautiful scenery, and connecting with the horses. **110 MIN | \$75**

MIRAVAL EQUINE EXPERIENCE™ Practice living life 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. 110 MIN | \$75**

REQUIRED FOR ALL EQUINE & OUTDOOR ADVENTURE ACTIVITIES AND PRIVATE SESSIONS: CLOSED-TOED SHOES, HAT, SUNGLASSES, SUNSCREEN, AND WATER BOTTLE.



Equine PRIVATE SESSIONS

Miraval equine private offerings are created for our guests to experience the power of these majestic horses as a reflective medium for healing and exploration. Our talented equine professionals customize and tailor the time to hold sacred space for deep connection and an authentic experience.

AN UNFORGETTABLE CANVAS Description in Equine activities menu to the left. **PRIVATE 105 MIN | \$150 • SEMI-PRIVATE 105 MIN | \$125** *Seasonally offered*

MEADOWVIEW EQUINE MEDITATION Description in Equine activities menu to the left. **PRIVATE 110 MIN | \$150 • SEMI-PRIVATE 110 MIN | \$125**

MINDFUL GROOMING Description in Equine activities menu to the left. **PRIVATE 110 MIN | \$150 • SEMI-PRIVATE 110 MIN | \$125**

MIRAVAL EQUINE EXPERIENCE™ Description in Equine activities menu to the left. **110 MIN | \$150**

OUTDOOR ADVENTURE

Adventure ACTIVITIES

HATCHET THROWING Discover a new way to see why we miss the target with our intentions sometimes. Throw a real hatchet and learn to combine breath, focus, and intention to hit the mark in one smooth motion. **50 MIN | \$45**

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. **105 MIN | \$45**

Adventure PRIVATE SESSIONS

HATCHET THROWING Description in Outdoor Adventures activities menu above. **INQUIRE FOR PRICING**

THE WAY OF THE ARCHER Description in Outdoor Adventures activities menu above. **INQUIRE FOR PRICING**



OUTDOOR ADVENTURE

Biking ACTIVITIES

COUNTRY ROAD RIDING *Miraval Berkshires Exclusive.* Build on the concepts and skills taught in Fundamentals of Biking with this physically challenging, five-to-seven-mile, back-country road ride. Techniques will be taught during a ride that takes you through changing routes with scenic spots, including Downtown Lenox and Laurel Lake.

FUNDAMENTALS OF BIKING *Miraval Berkshires Exclusive.* Learn basic road riding skills, including balance, control, and navigation. This is a class of one-to-three miles designed for the guest with no previous biking experience.

Biking PRIVATE SESSIONS

MOUNTAIN BIKING | PRIVATE 110 MIN | \$75 • SEMI-PRIVATE 110 MIN | \$55

HYDRATION

Staying hydrated will help you acclimate to our beautiful Berkshire Hills environment. Flowwater stations are located throughout the resort. See the map on the back cover for station locations. Please bring your reusable water bottle to all classes and activities.

Our Wellbeing experts recommend drinking 64 oz. a day while at Miraval Berkshires.



Flowwater stations are located around the resort. See the map on the back cover for station locations. Please bring your reusable water bottle to all classes and activities.



LEAP OF FAITH

Miraval Berkshires Exclusive

Surrender to a free-fall state. Utilizing Eddy Current Technology, you will climb to the top of our forest canopy platform 50 feet into the treetops. There we will hook you into the Flight Line device that safely allows you to stand on the edge of the platform, take a deep breath, and experience the Leap of Faith. Glide into a 25-foot free fall, then continue descending the next 25 feet as you are safely and slowly lowered to the ground at a rate of six feet-per-second. Experience a pure moment of bliss as you face your fears and feelings in this juncture of suspension and release. **105 MIN | \$55**

REQUIRED FOR ALL OUTDOOR ADVENTURE ACTIVITIES AND PRIVATE SESSIONS: CLOSED-TOED SHOES, HAT, SUNGLASSES, SUNSCREEN, AND WATER BOTTLE.



OUTDOOR ADVENTURE
Challenge Course

BARRED OWL COURSE *Miraval Berkshires Exclusive.* Like the wise barred owl, this course is characterized by a slower, more cerebral experience in physical problem-solving. Your guide dynamically belays you through four traditional challenge elements for a climb that becomes progressively more difficult. Set new goals and be fully present as you swoop, owl-like, to a height of 25 feet in the company of your peers and the lofty canopy of trees. The ultimate practice of communication and teamwork, this course offers elements designed to challenge you with a progression of difficulty. Your experience includes a combination of the Cat Walk (walk across a 20-foot beam, 25-feet in the air), Islands in the Sky (a series of platforms progressively spaced apart, ending at 30-feet high and 30-feet long), Multi-Vine Traverse (walk on a foot cable using progressively spaced hanging ropes, 40-feet high and 35-foot long), and Postman's Walk (two-line cable footbridge with supporting rope). **105 MIN | \$150**

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.



FALCON COURSE

CRATE STACK *Miraval Berkshires Exclusive.* Engage in a life-sized game of Jenga as you and your group use a series of crates to see how high you can stack and climb them.

EAGLE'S RUN ZIPLINE *Miraval Berkshires Exclusive.* 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 of our 50-foot-high canopy platform. **105 MIN | \$150**

FALCON COURSE *Miraval Berkshires Exclusive.* Adventurers seeking more of a challenge are in for a treat with the Falcon Course, which is higher off the ground and includes more difficult elements. Set your own goals in this high-level, static, self-belayed challenge course, choose your climbing level, and join others for a community climbing experience. Challenge yourself with seven high-level elements that are each unique and progressive. Climb into the sky for a beautiful canopy tour of the Berkshire forest at a height of 50 feet off the ground. Elements include the Raider Bridge, Zipline, Log Bridge, Pogos, Hang-in-the-Balance Walk, Space Loops, and DNA Bridge. **105 MIN | \$150**

FLYING SQUIRREL *Miraval Berkshires Exclusive.* Frolic like the playful creatures of the outdoors and take flight 35 feet above ground. Wearing a full body harness and helmet, you are lifted up while you hold a rope. Work cooperatively with the instructor and your group to lift and release you in this liberating journey.

GIANT'S LADDER This element is a true test of communication and teamwork – it is almost impossible to complete alone. A 35-foot ladder is strung between two trees and requires two guests to help each other move from level to level while on a dynamic belay. The higher you climb, the more difficult the task becomes, as the rungs of the ladder get further and further apart, requiring heightened collaboration and focused communication.

HIGH WILD WOOSEY *Miraval Berkshires Exclusive.* Get ready for a high and wild adventure in this double-guest experience. Climb with a partner to a height of 25 feet and move out onto two angled foot cables while being dynamically belayed. Lean and rely on each other for support as you move, hand-to-hand, along the element. The element widens as you progress to the point of a horizontal body position. This is a trust and communication experience that will challenge you to think about how to communicate positively with yourself and your peers. *Minimum 2 people*

LEAP OF FAITH Description featured to the left. **105 MIN | \$150**

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

RED-TAILED HAWK COURSE *Miraval Berkshires Exclusive.* Begin your challenge experience here with this mid-level, static, self-belayed course that takes you 35 feet off the ground. Utilizing some of the most progressive climbing equipment in the industry, this course gives you the ability to set your own goals and make your own choices with each climb. Join other guests for a community climbing experience that you can tailor to your own parameters. This is an opportunity to choose your own adventure as you make your way through eight unique and progressive elements. These include the Stargate, Zigzag Ladder, Hugging Post, Buoy Walk, Islands in the Sky, Seesaw Ridge, Pirate's Crossing, and Suspended Log Walk. **105 MIN | \$150**

VERTICAL PLAYPEN *Miraval Berkshires Exclusive.* 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 the support of community and camaraderie.

Challenge Course
PRIVATE SESSIONS

BLUEBIRD CLIMBING EXPERIENCE *Miraval Berkshires Exclusive.* Bluebirds are some of the most unique Berkshire residents. They are bright, brilliant, colorful, and mate for life. The Bluebird Climbing Experience is designed to foster teamwork, communication, and cooperative problem-solving between partners as you navigate your way into the beautiful Berkshire canopy of the Meadowview forest. Activities include a combination of the Vertical Playpen, Quantum Leap, Giant's Ladder, High Wild Woosey. **105 MIN | \$225PP** *Minimum 2 people*

FULL MOON NIGHT CLIMB Under the powerful energy and light of the full moon, take to the skies and challenge yourself on our Red Tail Hawk and Falcon courses. Climbing by natural moonlight and supported by some of the most advanced equipment in the climbing industry, enjoy the experience of night climbing with the nocturnal residents of the forest. End the experience with a ride on the Eagle's Run zip line and feel the exhilaration of night flight. Don't miss this unique class: it only happens once a month and space is limited to the first 20 guests to sign up. **105 MIN | \$225PP** *20 person maximum*

OFF-PROPERTY CLIMBING Travel to Pinnacle Mountain to work on climbing, belaying, rappelling, and moving on natural rock at 80 feet. This is a four-hour climbing event for all skill levels. Lunch and climbing gear will be provided; bring your camera and layered clothing for possible changes in weather. 24-hour cancellation required. **105 MIN | \$250PP**

SOUL FLIGHT EXPERIENCE *Miraval Berkshires Exclusive.* The Miraval Soul Flight Experience is an opportunity to challenge your perceived limits and explore concepts of situational identification. Perched atop a 50-foot tower and utilizing Eddy current technology, experience a 25-foot free-fall and a gentle glide to the forest floor on our Leap of Faith. The experience continues on the Eagle's Run zip line that offers a bird's eye view of our wetlands as you take flight at 20 mph through the canopy of the beautiful Berkshire forest. **105 MIN | \$225PP**

WARRIOR CHALLENGE The Miraval warrior challenge is a chance for you to experience both the Red Tail Hawk course and the Falcon course 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 own course as we explore the idea of choice and how our choices influence our experiences. **105 MIN | \$250PP**

ZEN FOR MEN

The world of wellness is shifting. Conventionally, improving health focused on the physical. Personal value was measured by productivity. Spas were for perfume and pampering, and men had no place in them. Not anymore. Men are visiting spas and wellness resorts in greater numbers – and they're reaping the benefits and returning for more.



MAN WITH A PLAN

- Fuel up with a healthy breakfast in the Harvest Moon Restaurant
- Get outside and try **CLIMBING WALL** *pg. 16* or **NATURE WALK** *pg. 18*
- Head to the Life in Balance Spa for a **REJUVENATING BACK** *pg. 23* or **RELAXATION MASSAGE** *pg. 24*
- Unwind with a mindful cocktail at The Roost Bar & Lounge

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

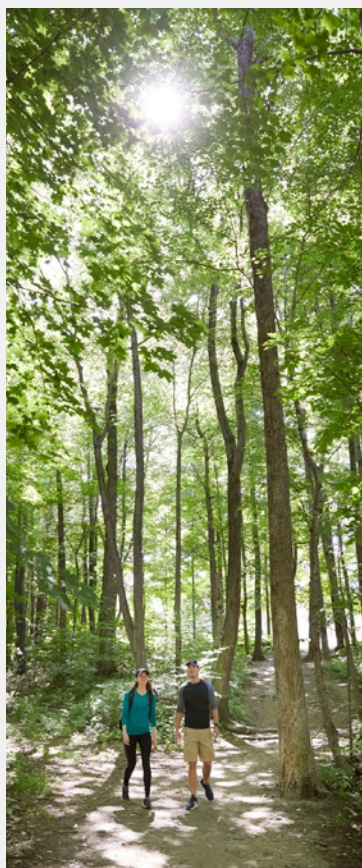
OUTDOOR ADVENTURE

Hiking ACTIVITIES

MINDFUL PROPERTY STROLL

Join us for a relaxing stroll through Miraval Berkshires.

Enjoy views of October Mountain Hike and the surrounding hills while we explore the cultural significance of Berkshire county.



REQUIRED FOR ALL OUTDOOR ADVENTURE ACTIVITIES AND PRIVATE SESSIONS: CLOSED-TOED SHOES, HAT, SUNGLASSES, SUNSCREEN, AND WATER BOTTLE.

GOULD MEADOWS HIKE Gould Meadows is an easy 1.5 mile stroll through a beautiful hardwood forest, taking us down 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.

ICE GLEN HIKE Get ready to clamber over, under, and around giant boulders in a glacial ravine. The sides of the ravine are covered with old growth pine trees and majestic hemlock. Ice can be found in the ravine well into the summer months. This out-and-back hike is 1.6 miles of breath-taking terrain and is a wonderful adventure through Berkshire history.

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

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

MINDFUL PROPERTY STROLL Description featured to the left.

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 main water source of the Shadowbrook estate. This ridge has a long history and features an abundance of wildlife.

NATURE WALK *Miraval Berkshires Exclusive.* We offer three miles of beautiful, blooming, on-property trails for you to explore. Enjoy a pleasantly paced hike while learning about the local flora and fauna.

OCTOBER MOUNTAIN HIKE The Roaring Brook trail is part of the October Mt. State preserve. 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.

OLIVIA'S OVERLOOK HIKE This trail provides views of Monument Mountain and West Stockbridge. Two miles of easy grades and wide tread make for a great way to spend some time in the fresh air of the Berkshires.

PLEASANT VALLEY HIKE Your guide will take you on one of two hikes: an easy 1.5-mile stroll offering views of Beaver Pond through a protected wildlife sanctuary or a more rigorous 850 vertical-foot hike that spans three miles round trip to the top of Lenox Mountain. Enjoy views of Mt. Greylock, Taconic range and the Catskill mountains.

SHIRE ROAD RUN Enjoy a three-to-five-mile morning run with Program Manager Emilie. Explore the rolling hills of the Berkshires and soak in the energy of the surrounding lakes and mountains.

STEVEN'S GLEN HIKE This 1.4-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.

Hiking PRIVATE SESSIONS

MIRAVAL OFF-PROPERTY HIKE:
Advanced 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 strong, steady pace as we will hike between eight and fourteen miles with elevation changes exceeding 3000 ft. **PRIVATE 105 MIN|\$115 • SEMI-PRIVATE 105 MIN|\$95**



OUTDOOR ADVENTURE

Water Sports ACTIVITIES

CARDIO KAYAKING Join Programs Director Luke Bloom for a vigorous paddle around some of the best high alpine lakes of the Berkshires. This class will move at a fast pace and is an amazing core and upper body experience. A mindful floating meditation marks the halfway point as we focus our energy on the smooth, graceful trip back to Miraval. **105 MIN|\$75**

FUNDAMENTALS OF KAYAKING Learn about the parts of a kayak and paddle and how to efficiently use the two together. An introduction to basic kayak strokes and boat movement allows you to enjoy your connection to the water and the beautiful Berkshire scenery. A slow, steady pace with lots of breaks offers plenty of time for personal instruction and discovery.

FUNDAMENTALS OF STAND UP 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.

KAYAKING Designed for guests who have some paddling experience, this activity begins with a review of the basics of kayaking. 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. **105 MIN|\$75**

MINDFUL KAYAKING Come and enjoy a mindful paddle around beautiful Laurel Lake. In this class we learn to utilize our boat as a tool for nature immersion, reconnecting to the natural world while gently gliding across the placid waters of the Berkshires. **105 MIN|\$75**

STAND UP PADDLEBOARDING Description featured to the right. **105 MIN|\$75**

STAND UP PADDLEBOARD YOGA Description featured in the Yoga activities section on pg 20. **105 MIN|\$100**

Water Sports PRIVATE SESSIONS

KAYAKING • PRIVATE 110 MIN|\$115 • SEMI-PRIVATE 110 MIN|\$95

STAND UP PADDLEBOARDING • PRIVATE 110 MIN|\$115 • SEMI-PRIVATE 110 MIN|\$95

OUTDOOR ADVENTURE

Winter Sports ACTIVITIES

CROSS COUNTRY SKIING An introduction to Nordic ski gear, basic philosophy, technique, and movement principles. Trek through the snow at the picturesque Wyndhurst Golf Course to learn the basics of classical Nordic cross-country skiing. **INQUIRE FOR PRICING** *Seasonally offered*

SNOW SHOEING HIKE Strap on a pair of snowshoes and raise your heart rate with a 1-3 mile gentle hike that gains 300-500 ft elevation across the picturesque Berkshires hills. All levels are welcome. **INQUIRE FOR PRICING** *Seasonally offered*



STAND UP PADDLEBOARDING

Designed for guests that have some paddle boarding experience, this activity reviews the parts of board and paddle and how to use them together. Learn advanced strokes to improve board movement and enhance your connection to the water by incorporating mindful breathing techniques. This deliberate approach to paddling takes you on a fluid trip around the premier, high-alpine lakes of the Berkshires. **105 MIN|\$75**

REQUIRED FOR ALL OUTDOOR ADVENTURE ACTIVITIES AND PRIVATE SESSIONS: CLOSED-TOED SHOES, HAT, SUNGLASSES, SUNSCREEN, AND WATER BOTTLE.

7 REASONS TO PRACTICE YOGA

1. Improves muscle tone, flexibility, strength, and stamina
2. Aids in alleviating cravings
3. Stimulates the immune system
4. Improves circulation
5. Improves concentration and creativity
6. Boosts self-esteem
7. Creates a sense of wellbeing and calm



YOGA & FITNESS
Yoga
ACTIVITIES

NIA A sensory-based movement practice that draws from martial arts, dance, and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions, and spirit.

RESTORATIVE AERIAL SILKS YOGA Learn to use aerial yoga silk as a prop to enhance and assist your yoga stretches. The silks encourage greater supported traction and decompression of the body through various poses in a traditional yoga framework. Achieve greater physical, mental, and emotional relaxation through gentle suspension in the silks. *Coming soon*

POWER FLOW YOGA This type of yoga creates fiery energy within the body and provides a challenge that you can overcome. Advanced practitioners have an opportunity to workshop certain postures or practice with the comfort of knowing the instructor 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 paddle boards. This class challenges you to embrace all the elements of nature with a total-body workout. Reflect on the rewards of stretching into savasana on your floating sanctuary. **105 MIN | \$100**

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

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

Yoga
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 Yoga attire. You will get wet. Coming soon*

CUSTOM YOGA Any yoga experience on the daily schedule may be booked as a private session. **INQUIRE FOR PRICING**

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

YOGA & FITNESS
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 Start your day with an early-morning, fast-paced, guided walk around our Golf Course Trail.

AQUA CARDIO FITNESS A powerful and fun class designed to burn calories and build muscle, strength, coordination, and flexibility in the BMC pool. *Coming soon*

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

HAPPY HIPS Using self-myofascial release techniques, along with 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 In this HiIT (high-intensity interval training) inspired class, you will cycle through quick, intense bursts of exercise, followed by short recovery periods.

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



RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

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

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

RELEASE & REBUILD Description featured to the right.

ROLL WITH IT Using a full foam roller, you can give yourself a deep tissue massage and improve your flexibility.

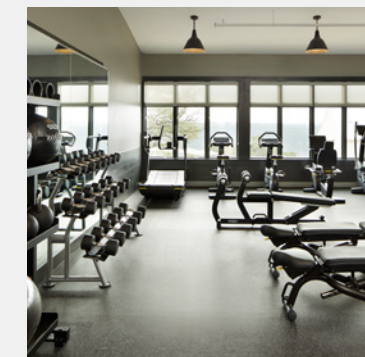
SHOULDERS SET FREE Similar to the format of our highly popular Happy Hips class, this class will increase the mobility and stability of the entire shoulder girdle using both a foam roller and a green stretch-out strap.

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

STRETCH & RELAX Unwind during this 45-minute head-to-toe stretch series where we will hold stretches longer and focus on breath.

TENSION RELEASE EXERCISES Description in Wellness Counseling activities menu on pg 6. **80 MIN | \$45**

ZEN BOOTCAMP Experience the challenge of a high intensity cardio and strength class using the natural landscape around Miraval as our gym.



BODY MINDFULNESS CENTER

The Body Mindfulness Center (BMC) is a haven for fitness enthusiasts and novices alike. Shake up your routine with a workout on state-of-the-art Technogym machines: The Skill Mill & Skill Row.

GUEST FAVORITE FITNESS CLASSES

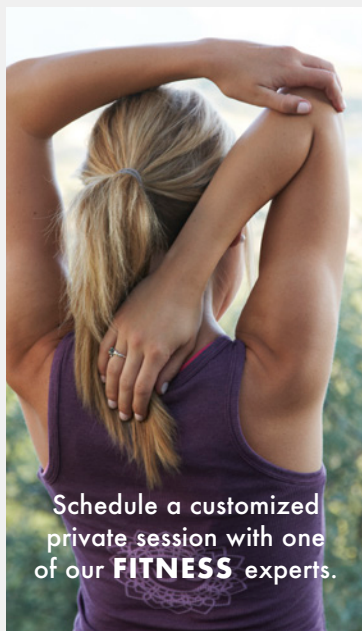
- CARDIO DRUMMING
- HAPPY HIPS
- SHOULDERS SET FREE
- HIIT

RELEASE & REBUILD
Miraval Berkshires Exclusive. Join Miraval Trainer Tariq for his unique, kickboxing-based class. Slow down to break down movements, then intensify with a faster pace and added repetitions. Allow yourself to release negative patterns, frustrations, and barriers. Learn to replace them with positive movement and liberating thoughts and feelings.



DID YOU KNOW?

Happy Hips, a unique-to-Miraval fitness offering, was created by Miraval Arizona's, Pam Trudeau, to address a personal challenge and improve the mobility and flexibility of her own hips. She learned about the psoas muscle – often called the Muscle of the Soul – which extends from where the thigh connects to the pelvis. Everything passes through the psoas – it even responds to stress hormones, particularly those in the nervous system related to the fight-flight response.



Schedule a customized private session with one of our **FITNESS** experts.

**Fitness
PRIVATE SESSIONS**

BOGALATES Challenge your balance and your core in this engaging, floating workout that fuses Pilates and Yoga using our Boga Fit Mat at the BMC pool. *Please wear Yoga attire. You will get wet. Seasonally offered*

BOGA BOOTCAMP Heat up and cool down at the same time as you experience the challenge of a fast-paced circuit class on the surface of the water. This class incorporates low and high intensity exercises using Boga Boards and the BMC Pool as our gym. *Please wear Yoga attire. You will get wet. Seasonally offered*

PERSONAL TRAINING Meet with a personal trainer and continue your fitness regimen while at Miraval or figure out how you can begin your fitness journey with simple and effective exercises. **50 MIN | \$115**

RELEASE & REBUILD *Miraval Berkshires Exclusive.* This private will build on the same concepts from the class and personalize it to fit your needs. Learn more about how to address areas that are out of balance, how to improve your overall strength, and how to bring positive movement into your daily life. **SEMI-PRIVATE 50 MIN | \$95 • PRIVATE 50 MIN | \$115**



PILATES OOV™ *Miraval Berkshires Exclusive.* The Oov is a durable foam device that allows you to find new strategies to control your movement by challenging your balance and stability. Try out this tool and technique to activate core-stabilizing muscles while also gently extending the spine to stimulate healthy intervertebral disc lubrication. From stretching to core strengthening to rehabilitation, the Oov offers a new way to maximize your Pilates experience. **PRIVATE 50 MIN | \$115 • SEMI-PRIVATE 50 MIN | \$95**

**Pilates
PRIVATE SESSIONS**

PILATES FUSION Strengthen your core, sculpt your muscles, stretch yourself, and have fun in this class that combines Pilates with other body-enhancing techniques.

PILATES MAT 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 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. **PRIVATE 50 MIN | \$150 • SEMI-PRIVATE 50 MIN | \$125**

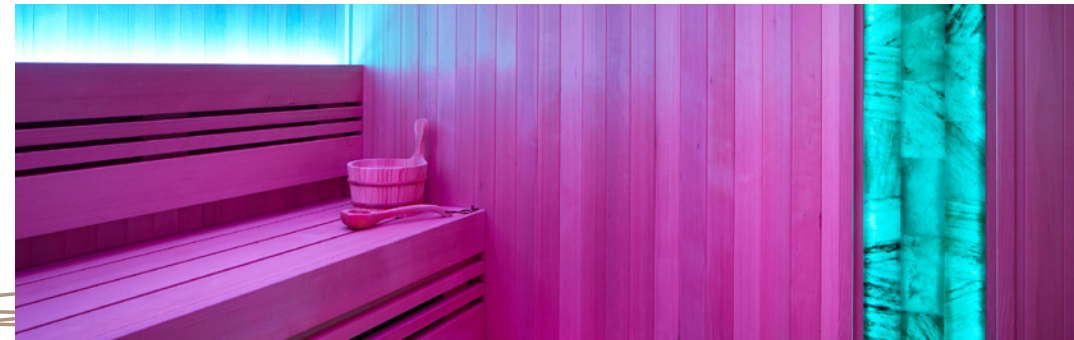
PILATES MAT WORK Engage every muscle in the body as you perform the 12 basic Pilates exercises. This class develops core strength and lengthens the spine for muscle definition and better posture. **PRIVATE 50 MIN | \$115 • SEMI-PRIVATE 50 MIN | \$95**



LIFE IN BALANCE SPA MENU

LIFE, ENHANCED.

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



BODY RENEWAL RITUALS

BEAUTIFUL MOTHER-TO-BE RITUAL Description in Mother-to-be Pampering menu on page 26. **90 MIN | \$275 • 60 MIN | \$175**

DETOX & FIRM This specialized service tones skin, removes toxins, and tames cellulite. Begin the process of purification with a black silt and coffee scrub to stimulate circulation. Lymphatic dry brushing and iced hand mitts help balance skin and prepare you for a deep, contouring massage that includes abdominal massage and lymphatic drainage. Conclude with a full-body, seaweed-derived, detoxifying cream application and leave with firming serums on your skin that enhance and extend the benefits of this treatment. **90 MIN | \$350** *Coming soon*

HARA SOOTHER Believed to be the nexus of the soul and the body's life processes, Hara is a Japanese word for the body's center – both physically and energetically. This full-body treatment radiates its healing energy to tighten and balance skin, stimulate digestion, and support mental clarity. Begin with a scalp massage and guided breathwork as you inhale orange and cardamom essences that induce calm and promote digestive balance. Lymphatic dry brushing supports healthy skin and aids circulation. A vigorous citrus and cedar hair and scalp treatment is followed by a full-body and abdominal massage with grounding scents and detailed foot reflexology. A final breathwork exercise gently guides you into a deeper state of relaxation and connection to your own center. **90 MIN | \$330**

JASMINE CITRUS SCRUB Lemongrass and bamboo can work wonders to brighten and exfoliate your skin, leaving it silky smooth, while mimosa and jasmine transport your senses to a tranquil space. This service finishes with a hydrating lotion of aloe, shea butter, bergamot, and grapefruit paired with a nutrient-dense, chia seed cream to nourish the skin. **60 MIN | \$185**

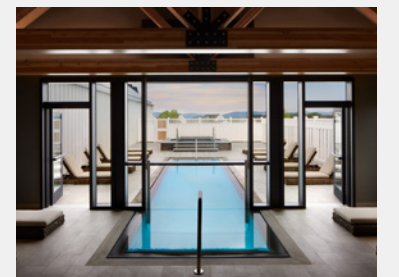
JUNIPER LEG & FOOT This intensive deep tissue leg and foot massage treats sore, fatigued muscles and achy joints with juniper berry oil in a sweet birch rub, known for easing tension and muscle spasms. Birch bark extract and magnesium alleviate aches and curb cramping. Energizing, natural menthols stimulate circulation, relieve inflammation, and invigorate the legs and feet, while arnica extract relieves pain. Perfect for anyone who is on their feet all day. **60 MIN | \$195**

LEMONGRASS ESCAPE Quiet your mind and stimulate your senses with a bamboo and lemongrass escape. A full-body deep tissue massage soothes tight or sore muscles and dispels tension while verbena, aloe, and chia seeds hydrate and moisturize your skin. Grounding orange oil, infused with the scents of ginger and clove, delivers overdue relief as you continue your journey into restorative bliss. **90 MIN | \$330**

SPA REMINDERS

OPENING HOURS
9:00am - 9:00pm

TIMING MATTERS
Please arrive at least 15 minutes prior to your scheduled service. This allows time to check in at the desk, change into spa attire, and relax before your specialist greets you. Late arrivals will still end at the scheduled time.



RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

UNWIND, RENEW, & REFRESH

The Life in Balance Spa offers some of the most innovative treatments in the world, many of which are unique to Miraval.

TOP 3 GUEST FAVORITE SPA SERVICES:

1. **KOMBUCHA FACIAL** *pg. 25*
2. **MIRAVAL RELAXATION MASSAGE** *pg. 24*
3. **MANUKA HONEY QUENCH** *pg. 24*



DISCOVER SPA BOUTIQUE

Miraval's retail offerings reflect our core philosophy of mindful living. Our spa boutique carries carefully selected products that are unique, sustainable, consciously sourced, and intended to help our guests continue on their journey toward Life in Balance at home.

SPA BOUTIQUE HOURS
9:00AM - 9:00PM



MANUKA HONEY QUENCH Enjoy radiant skin and lifted spirits while you are enveloped in bright citrus notes of lemon verbena and gentle jojoba wax beads. Blended aloe and shea butter ease the discomfort of dryness and help repair the skin. A lavender honey mist prepares you for a skin-quenching Manuka honey neck, shoulder, and facial massage. Bergamot scents complete this service with a foot and hand massage. **90 MIN | \$245**

NATURE'S APOTHECARY Bring fatigued, over-stressed skin back to life in true apothecary style. This service includes an exfoliation customized to your skin type and designed to soften, smooth, and hydrate. After you are gently washed and swathed in bright citrus scents, your skin is replenished with a mineral-rich seaweed treatment and nourishing sea fennel. A lemon verbena Omega-3-rich cream seals in moisture and restores a healthy balance to your skin. **60 MIN | \$185**

VERBENA ALOE WRAP Treat your entire body, from temples to toes, and surround yourself in absorbing scents and rich hydration. A sensory serenade of bright citrus notes of lemon verbena, chamomile, and neroli blossoms herald an application of healing aloe and gentle jojoba wax beads to gently reveal radiant skin. Soothing willow bark wraps around you to calm, repair, and restore the balance of minerals to your skin. Included in this sensory-rich service is a lavender honey face mist and wrap to cleanse, nurture and nourish you. **60 MIN | \$185**

MASSAGE

BODY IN BALANCE Begin with an in-depth assessment to customize your massage. Balance your musculoskeletal system and address areas of chronic tension, tightness, and bound-up connective tissue that restricts muscles from functioning in concert with each other. This specialized massage utilizes each therapist's talents and "tool box" of modalities. Your therapist works skillfully to relax restrictions and activate areas of need, working to improve your body's innate balance. **90 MIN | \$380 • 60 MIN | \$320**

DEEP MOUNTAIN MASSAGE This stimulating massage with high-desert arnica and camphorous rosemary encourages circulation and relieves muscle soreness and stiff joints while energizing the senses. Excellent for tight, tired, and sore muscles. Relieves pain and improves flexibility. **90 MIN | \$290 • 60 MIN | \$195**

MIRAVAL GROUNDING Enter a state of total relaxation with a massage for the hands, feet, and scalp. This spa-trio technique is infused with essential oils to soothe and soften the skin; an added grounding emulsion delivers a feeling of repose and calm. **60 MIN | \$175**

MIRAVAL RELAXATION MASSAGE This customized full-body Swedish massage surrounds you in calming lavender blossom and sunflower oil. The healing power of mountain herbs and deeply relaxing massage techniques are combined to ease fatigue and soothe the senses. **90 MIN | \$275 • 60 MIN | \$175**

SWEET SLUMBER Prepare for a peaceful night of restorative sleep with this unique combination of aromatherapy, tapping, and acupressure. Begin your escape with a gentle chamomile inhalation, followed by a soothing face, neck and shoulder massage with grounding frankincense and rosehip facial oil. Feel cradled by gentle, rhythmic rocking techniques that prepare you for a restful massage with lavender blossom oil. Warm towels steeped in magnesium-rich broth embrace your legs, while sleep-inducing acupressure points are activated to rapidly quiet the mind and invite restful slumber. **90 MIN | \$275**

SKIN CARE

KOMBUCHA FACIAL Nourish and soothe your skin with a cooling Kombucha application. Mineral-rich serums then deliver copper amino acids, peptides, and vitamins to firm and revitalize the skin. Relieve tension, boost circulation, and encourage lymphatic drainage with rose quartz massage technique. **90 MIN | \$285 • 60 MIN | \$175**

NIRAMAYA Named for the Sanskrit word for health and tranquility, this curated facial ritual is carefully designed to bring clarifying and rejuvenating benefits to your visage. Reignite your skin's luminosity with a complexion-smoothing and brightening sweet cherry enzyme peel. An argan and peptide-rich cream blissfully restores your skin's natural balance. **60 MIN | \$175**

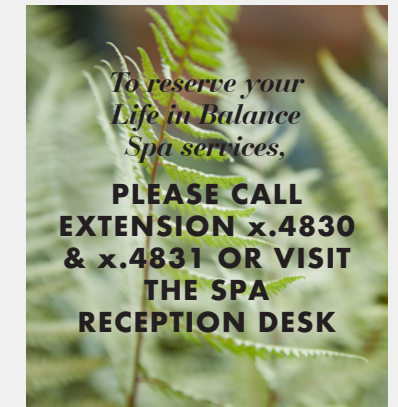
ORGANIC MULTI-FRUIT PEEL The Organic Multi-Fruit Peel Facial is a high-performance treatment featuring the latest advances in organic ingredients to help detox and deep cleanse skin of environmental pollutants while helping to repair and guard against UV and blue light. A combination of lactic, ascorbic and fruit acids infuse skin with protective antioxidants in this luxury experience improving the appearance of fine lines, wrinkles, dehydration, dryness, uneven skin tone and texture making it suitable for all skin types. **60 MIN | \$175**

PROBIOTIC HEALING FACIAL Support your skin's natural beauty with this cooling probiotic facial. Prepare for your restorative journey by gently cleansing the surface with Manuka honey and aloe. A stimulating yet soothing hibiscus enzyme peel follows, allowing the skin to absorb the benefits of chilled probiotics, awakening and reviving the skin for a healthy glow. **60 MIN | \$175**

REJUVENATING BACK Clarify and repair your skin with pre and probiotics with this one-of-a-kind back facial. Melt into the table while a rich Manuka honey cleansing balm is deeply massaged into the skin. A purifying exfoliating scrub is applied and a deeply moisturizing body lotion nourishes and soothes the skin. This treatment delivers clarity and hydration, while protecting the skin and leaving you with a restored glow. **60 MIN | \$175**



RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.



SPA REMINDERS

MIRAVAL MODE

Our intention in establishing a digital device-free environment is to support you in having the most rewarding and inspiring Miraval experience - and to give yourself permission to unplug. Cell phones, digital devices, and e-readers are prohibited, along with photography, in spa areas including the locker rooms, spa lobby, and quiet room.

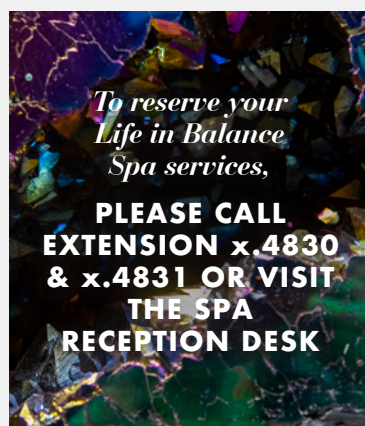




MOTHER-TO-BE PAMPERING

Pregnancy is a time for pampering and expectation. Massage therapy during pregnancy can reduce anxiety and relieve muscle and joint pains, while organic facials are an ideal way to soothe your skin as hormone levels shift.

Mothers-to-be should avoid saunas, steamrooms, and body wraps. The following treatments are designed specifically for women in the second or third trimesters of pregnancy.



MOTHER-TO-BE PAMPERING

BEAUTIFUL MOTHER-TO-BE RITUAL This deeply restorative treatment is designed for moms-to-be to help improve sleep, reduce stress and soothe muscle fatigue. A Swedish massage is followed by the application of gotu kola healing balm to help soothe and nourish the skin. 90 MIN | \$275 • 60 MIN | \$175

MANUKA HONEY MANICURE Soft, smooth arms and hands are yours in this relaxing treatment. Begin with a healing Manuka honey cleanse followed by a towel compress soaked in salt and tea to soothe your muscles. A pure lemon verbena polish exfoliation precedes a healing mask of wild lime and gotu kola to hydrate your skin. Concludes with an omega-3 rich massage to deeply nourish, protect, and fortify. 60 MIN | \$80

MANUKA HONEY PEDICURE Treat your feet and legs to a healing Manuka honey cleanse followed by a meticulous grooming and shaping of your nails. A pure lemon verbena polish exfoliates and hydrates while a glycolic refining peel and intense repair balm soften and smooth your skin. Towels soaked in herbal tea and birch flakes ease your muscles and prepare them for a grounding leg and foot massage with antioxidant-rich oils and balms to hydrate and soothe. 60 MIN | \$95

MANUKA HONEY QUENCH Description in Body Renewal Rituals menu on page 25. 90 MIN | \$245

NATURE'S APOTHECARY Bring fatigued, over-stressed skin back to life in true apothecary style. This service includes an exfoliation customized to your skin type and designed to soften, smooth, and hydrate. After you are gently washed and swathed in bright citrus scents, your skin is replenished with a mineral-rich seaweed treatment and nourishing sea fennel. A lemon verbena Omega-3-rich cream seals in moisture and restores a healthy balance to your skin. 60 MIN | \$185

PROBIOTIC HEALING FACIAL Support your skin's natural beauty with this cooling probiotic facial. Prepare for your restorative journey by gently cleansing the surface with Manuka honey and aloe. A stimulating yet soothing hibiscus enzyme peel follows, allowing the skin to absorb the benefits of chilled probiotics, awakening and reviving the skin for a healthy glow. 60 MIN | \$175



RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

SALON
Hair

CLIPPER CUT This cut is meant for super short hair that requires a clipper. Does not include shampoo or blow dry. 20 MIN | \$50

COLOR Color, refresh, and deeply condition your hair. 80 MIN | \$165

COLOR & DIMENSION Whether you want to maintain your current color, cover gray, or explore a total new look we are here to support you in your journey. Come in and explore the possibilities with our certified colorists. 100 MIN | \$225

HERBAL SCALP TREATMENT This unique signature herbal treatment exfoliates your scalp, removing build up, environmental deposits, excess oils and product residue that inhibit the production of healthy hair and scalp. Recline under the comfort of a weighted blanket and enter a state of total relaxation as your stylist combines the correct formulation of essential oils and regional herbs to support your specific needs. 80 MIN | \$225

HIGHLIGHTS We can customize a color formulation just for you! Add dimension and fun with highlights, lowlights, or something you have been thinking about but have not tried. 80 MIN | \$185 • 100 MIN | \$275

SCALP SCOPE CONSULTATION Half of our population is challenged with hair and scalp issues. Over production of oils, irritated scalp and dandruff, hair loss, density issues and more. Get to the root of the challenge with a consultation with our Certified Trichologist who is trained to examine your scalp under intense magnification and determine a plan of action for you to take home and support a healthy hair/scalp routine customized for you. 30 MIN | \$50

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.



SERENE SCALP TREATMENT This anti-oxidant treatment for your hair and scalp blends alpha hydroxy acids with ancient properties of malachite extract known to detoxify the hair and scalp supporting a healthy Ph balance. Take home products support continued care and a balanced routine. 80 MIN | \$200

SHAMPOO/CUT & STYLE Need to refresh your style or go for something totally transforming? Work with our talented stylists to explore the possibilities. 90 MIN | \$135 • 60 MIN | \$95

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. 60 MIN | \$120 • 40 MIN | \$80

SIMPLE SHAMPOO Our Miraval shampoo induces deep relaxation as our stylists apply thoughtful, soothing massage techniques, as you recline in our state-of-the-art reclining shampoo chairs designed to cradle you in comfort. 20 MIN | \$30

TRIM Update your look with a quick bang, beard, or mustache trim. 25 MIN | \$35

"My experience at Miraval was absolutely amazing. They definitely made me feel like the | in Miraval. The encouragement to unplug and be present was exactly what I needed to become more aware."

- JEAN M.



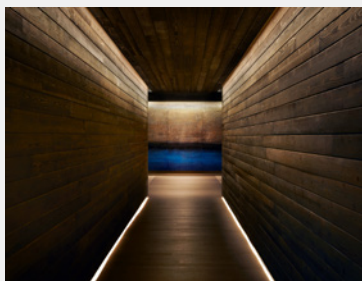


LIFE IN BALANCE SPA

Conceived by world-renowned designer Clodagh, the Life in Balance Spa at Miraval Berkshires embraces the philosophy of Life-Enhancing Design to truly bring the magic of the Berkshire Hills to life.

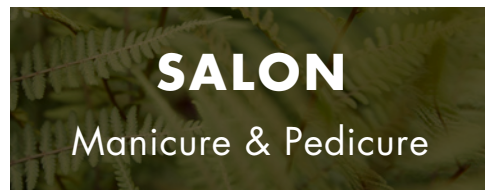
SPA AMENITIES

- Styling & hair care salon with four hair station
- Four pedicure stations & four manicure stations
- Two Nāga Thai studios
- Sauna and steam rooms
 - Private indoor treatment pool
 - Indoor vitality pools
 - Woman's solarium - private indoor space with views of the Berkshire Hills.
 - Quiet lounge



NAIL SALON

One of the most in-demand celebrity and editorial manicurists, Deborah Lippmann is an innovator in the field of nail health. This collaboration brings high-fashion nail lines together with the Miraval touch to create one-of-a-kind nail care rituals offered only at Miraval Life in Balance Spas. These new, luxurious services promote long-lasting nail health with beauty.



SALON

Manicure & Pedicure

DEBORAH LIPPMANN SIGNATURE MANICURE This manicure sets a new standard for healthy nail care. Following a nail analysis, let your senses escape to the tropics as your hands and arms are smoothed with a marshmallow root scrub, then massaged with a warm blend of vitamin E, pure white jojoba, and coconut oil. A shea butter and avocado oil hand cream with broad spectrum SPF locks in moisture and protects you from harmful UV rays. 60 MIN | \$80

DEBORAH LIPPMANN SIGNATURE PEDICURE Our signature pedicure will treat the most overworked feet. After a nail analysis, enjoy a relaxing foot soak in a rosemary and aloe soaking elixir. A heated leg treatment infused with a blend of vitamin E, pure white jojoba, and coconut oil follows. Our self-heating grapefruit and sea-salt scrub is then applied to exfoliate and soften, while a kokum butter and aloe vera foot cream smooths and soothes. 60 MIN | \$95

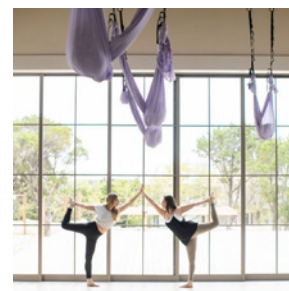
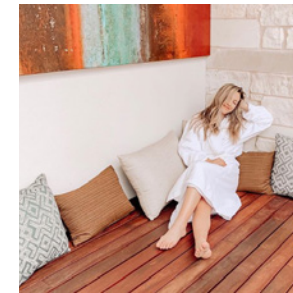
MANUKA HONEY MANICURE Soft, smooth arms and hands are yours in this relaxing treatment. Begin with a healing Manuka honey cleanse, followed by a towel compress soaked in salt and tea to soothe your muscles. A pure lemon verbena polish exfoliation precedes a healing mask of wild lime and gotu kola to hydrate your skin. Conclude with an omega-3 rich massage to deeply nourish, protect, and fortify. 60 MIN | \$80

MANUKA HONEY PEDICURE Treat your feet and legs to a healing Manuka honey cleanse, followed by a meticulous grooming and shaping of your nails. A pure lemon verbena polish exfoliates and hydrates while a glycolic refining peel and intense repair balm soften and smooth your skin. Towels soaked in herbal tea and birch flakes ease your muscles and prepare them for a grounding leg and foot massage with antioxidant-rich oils and balms to hydrate and soothe. 60 MIN | \$95

MIRAVAL MOMENTS

We love to see our guests post photos after their visit including moments of discovery, inspiration, and gratitude. Share your favorite Miraval Berkshires moments with us and explore the journeys of other from Miraval Arizona and Austin.

#MIRAVALMOMENTS #MIRAVALBERKSHIRES #LIFEINBALANCE



- Miraval Resorts
- MiravalResorts
- miravalresorts
- miravalresorts



**BRING MIRAVAL HOME
MOONLIGHT PASS
BOUTIQUE**

Moonlight Pass Boutique's offerings couture the spirit of our destination, with a focus on the Berkshires' eclectic circle of artists, artisans, furniture designers, musicians, and makers who contribute to the rich cultural fabric of our community.

Other treasures pay homage to the prolific nature of the Berkshire Hills.

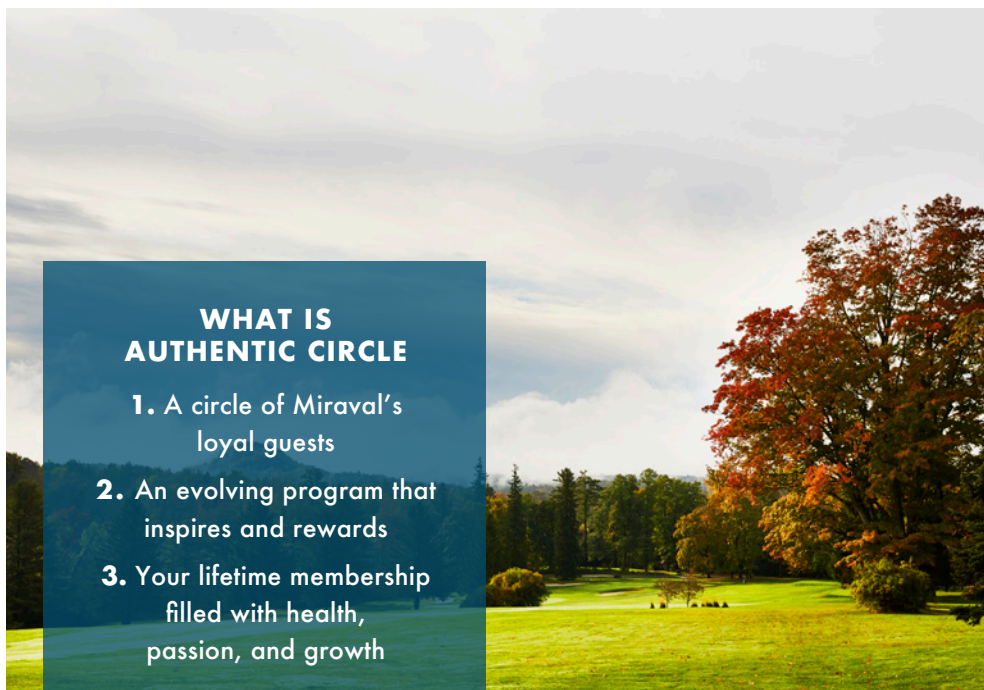
WHAT WE LOVE:

- MALA + MANTRA
- EUCALYPTUS SHOWER SPRAY
- TIBETAN SINGING BOWL
- MIRAVAL MINDFUL EATING COOKBOOK

Purchase our favorites and more at our boutiques today.

**MIRAVAL'S
AUTHENTIC
CIRCLE**

Authentic Circle is our way of thanking loyal guests. Being a member of this program offers you more to look forward to with every stay. Benefits include an exclusive arrival gift, additional resort credits, 25% discount on retail purchases, and more. Not a member? You become a member on your 4th stay at Miraval and start receiving Authentic Circle benefits at that time!



**WHAT IS
AUTHENTIC CIRCLE**

1. A circle of Miraval's loyal guests
2. An evolving program that inspires and rewards
3. Your lifetime membership filled with health, passion, and growth

RETREAT WITH INTENTION

MAKE THE MOST OF YOUR MIRAVAL STAY

Every Miraval stay can be a catalyst for change, organically developing in tandem with your intentions. Explore a few sample itineraries below, inspired by our natural setting and designed by Miraval specialists. Each day at Miraval allows you to feel renewed, excited, challenged, and nurtured.

**Experience Planning prior to your arrival is highly recommended. All Miraval activities and times are subject to availability and require advance sign up to participate. Please reach out to an Experience Planner to create your itinerary, or dial ext. 4740.*

SAMPLE ITINERARY

DAY 1 - BUILD YOUR RESILIENCE

- 7:00AM** Breakfast at Harvest Moon Restaurant – Be sure to grab a snack for the hike, and an elixir shot at The Roost
- 8:00AM** Ice Glen Hike – *Outdoor Adventure*
- 10:00AM** Healthy Gut, Healthy You – *Nutrition*
- 11:45AM** Floating Meditation – *Meditation*
- 12:30PM** Lunch at Harvest Moon Restaurant
- 2:00PM** Walk through our Labyrinth – *Personal Time*
- 3:00PM** Living a Life in Balance – *Wellness Lecture*
- 4:00PM** Journal at the Discovery Pool – *Personal Time*
- 6:30PM** Dinner & Cocktails at Harvest Moon Restaurant

DAY 2 - CHALLENGE YOUR PERCEPTIONS

- 7:00AM** Breakfast at Harvest Moon Restaurant – save room for a smoothie
- 8:00AM** Blend 'N' Balance Smoothie – *Culinary Workshop*
- 10:00AM** Meadowview Challenge Course – *Outdoor Adventure*
- 11:45AM** Grab lunch to go and enjoy the view from your balcony
- 2:30PM** Power Flow Yoga – *Yoga*
- 4:00PM** Cocktails in the Mansion – *Culinary Lecture*
- 5:00PM** Private Session with a Miraval Astrologist – *Private Session*
- 6:00PM** Dinner at Harvest Moon Restaurant
- 7:00PM** Miraval Full Moon Kayaking – *Outdoor Adventure*

DAY 3 - RELAX & RENEW

- 7:00AM** Breakfast in bed – Pre-order your in-room dining the day before
- 8:00AM** Chicken Keeping – *Farm & Sustainable Living*
- 9:00AM** Morning Meditation – *Meditation*
- 11:00AM** Stand Up Paddleboard – *Outdoor Adventure*
- 1:00PM** Lunch at Harvest Moon Restaurant
- 3:00PM** Chakras – Exploring the Soul – *Wellness Lecture*
- 5:00PM** Read a book on your balcony – *Personal Time*
- 6:00PM** Just Cook for Me - *Culinary Workshop* (includes dinner & wine)
- 8:30PM** Watch the Sunset by the Serenity Pool - *Personal Time*

**Please note that activity availability is subject to change, and varies day to day. These are sample itineraries to help guide you in planning your stay. Refer to page 31 - 37 for daily schedule.*



MONDAY AUGUST

ALL experiences require advance sign-up with Guest Services. **AUGUST** dates noted are periodically offered.

7:00-7:45	Aerobic Walk (BMC) <i>pg. 21</i>
8:00-8:45	Morning Meditation (Millhouse) <i>pg. 10</i>
8:00-8:45	Morning Stretch (BMC) <i>pg. 21</i>
8:30-10:15	Pleasant Valley Hike (Meet at Millhouse Court) <i>pg. 18</i>
9:00-9:45	Zen Bootcamp (BMC) <i>pg. 21</i>
9:00-10:45	Giant's Ladder (Meet at Millhouse Court) <i>pg. 16</i>
9:00-10:50	Mindful Grooming (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
10:00-10:45	Vinyasa Yoga (Millhouse) <i>pg. 20</i>
10:00-10:45	Pilates Fusion (BMC) <i>pg. 22</i>
10:00-10:50	Pottery (Meet at Millhouse Court) <i>pg. 11</i>
10:00-11:45	Fundamentals of Stand Up Paddleboarding (Meet at Millhouse Court) <i>pg. 19</i>
11:00-11:45	Spin & Sculpt (BMC) <i>pg. 21</i>
11:00-11:50	Colors of Life Energy (Meet at Moonlight Pass) <i>pg. 8</i>
12:30-2:15	The Way of the Archer (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
1:00-1:45	Happy Hips (BMC) <i>pg. 21</i>
1:30-3:15	Red-tailed Hawk Course (Meet at Millhouse Court) • \$150 <i>pg. 17</i>
2:00-2:45	Yoga Groove (Millhouse) <i>pg. 20</i>
2:00-3:15	Creative Cake Decorating (Life in Balance Culinary Kitchen) • \$75 <i>pg. 12</i>
2:00-3:45	Flying Squirrel (Meet at Millhouse Court) <i>pg. 16</i>
3:00-3:45	Kickboxing (BMC) <i>pg. 21</i>
3:00-4:20	Human Energy Palette Meditation (Meet at Moonlight Pass) • \$45 <i>pg. 8</i>
3:00-5:00	Mandalas for Meditation (Meet at Millhouse Court) <i>pg. 11</i>
4:00-4:45	Power Flow Yoga (Millhouse) <i>pg. 20</i>
4:00-5:20	Awakening Your Superpowers (Meet at Moonlight Pass) • \$75 <i>pg. 8</i>
4:30-5:20	Hatchet Throwing (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
5:00-5:45	Roll with It (BMC) <i>pg. 21</i>
6:00-6:45	Restorative Yoga (Millhouse) <i>pg. 20</i>

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

TUESDAY AUGUST

ALL experiences require advance sign-up with Guest Services. AUGUST dates noted are periodically offered.	
7:00-7:45	Aerobic Walk (BMC) <i>pg. 21</i>
8:00-8:45	Qigong (Millhouse) <i>pg. 10</i>
8:30-10:15	Monk's Pond Hike (Meet at Millhouse Court) <i>pg. 18</i>
9:00-9:45	Zen Bootcamp (BMC) <i>pg. 21</i>
9:00-10:45	Vertical Playpen (Meet at Millhouse Court) <i>pg. 17</i>
9:00-10:45	Fundamentals of Kayaking (Meet at Millhouse Court) <i>pg. 19</i>
9:00-10:50	Meadowview Equine Meditation (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
10:00-10:45	Slow Flow Yoga (Millhouse) <i>pg. 20</i>
10:00-11:15	Planetary Buzz (Meet at Moonlight Pass) • \$45 <i>pg. 8</i>
11:00-11:45	Abs & Glutes (BMC) <i>pg. 21</i>
11:00-12:45	Barred Owl Course (Meet at Millhouse Court) • \$150 <i>pg. 16</i>
12:00-12:45	Meditation with Music (Millhouse) <i>pg. 11</i>
12:00-12:50	Hatchet Throwing (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
12:00-2:00	Country Road Ride (Meet at Millhouse Court) <i>pg. 15</i>
1:00-1:45	Roll with It (BMC) <i>pg. 21</i>
1:00-2:45	Stand Up Paddleboard Yoga (Meet at Millhouse Court) • \$100 <i>pg. 20</i>
1:00-2:50	An Unforgettable Canvas (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
1:30-3:15	Quantum Leap™ (Meet at Millhouse Court) <i>pg. 17</i>
2:00-2:45	Yin Yoga (Millhouse) <i>pg. 20</i>
2:00-3:15	Appreciating Chocolate (Life in Balance Culinary Kitchen) • \$75 <i>pg. 12</i>
2:00-3:45	The Way of the Archer (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
2:00-3:45	Olivia's Overlook Hike (Meet at Millhouse Court) <i>pg. 18</i>
3:00-3:45	Pilates Fusion (BMC) <i>pg. 21</i>
3:00-3:50	Colors of Life Energy (Meet at Moonlight Pass) <i>pg. 8</i>
4:00-4:45	Vinyasa Yoga (Millhouse) <i>pg. 20</i>
4:00-4:50	Artful Photography Stroll (Meet at Millhouse Court) <i>pg. 11</i>
5:00-5:45	Happy Hips (BMC) <i>pg. 21</i>
6:00-6:45	Yoga Nidra Meditation (Millhouse) <i>pg. 10</i>

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

WEDNESDAY AUGUST

ALL experiences require advance sign-up with Guest Services. AUGUST dates noted are periodically offered.	
7:00-7:45	Aerobic Walk (BMC) <i>pg. 21</i>
8:00-8:45	Morning Meditation (Millhouse) <i>pg. 10</i>
8:00-9:45	Gould Meadow Hike (Meet at Millhouse Court) <i>pg. 18</i>
8:00-9:45	Kayaking (Meet at Millhouse Court) • \$75 <i>pg. 19</i>
9:00-9:45	Pilates Mat (BMC) <i>pg. 22</i>
9:00-9:45	Blend 'N' Balance Smoothies (Life in Balance Culinary Kitchen) <i>pg. 12</i>
9:00-10:45	High Wild Woosey (Meet at Millhouse Court) <i>pg. 16</i>
9:00-10:50	Mindful Grooming (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
10:00-10:45	Vinyasa Yoga (Millhouse) <i>pg. 20</i>
10:00-11:20	Healthy Gut, Healthy You (Meet at Moonlight Pass) • \$75 <i>pg. 12</i>
10:00-11:45	The Way of the Archer (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
11:00-11:45	Spin & Sculpt (BMC) <i>pg. 21</i>
11:00-11:50	Cleansing Chakras with Sound (Millhouse) • \$75 <i>pg. 8</i>
12:00-12:45	Restorative Yoga (Millhouse) <i>pg. 20</i>
12:00-12:45	Flower to Root Cooking (Life in Balance Culinary Kitchen) • \$45 <i>pg. 12</i>
12:00-12:50	Meadowview Farm & Barn Tour (Meet at Millhouse Court) <i>pg. 14</i>
12:00-1:45	Falcon Course (Meet at Millhouse Court) • \$150 <i>pg. 16</i>
12:30-2:15	Fundamentals of Stand Up Paddleboarding (Meet at Millhouse Court) <i>pg. 18</i>

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

1:00-1:45	Shoulders Set Free (BMC) <i>pg. 21</i>
1:00-1:50	Hatchet Throwing (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
1:00-2:50	Miraval Equine Experience™ (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
2:00-2:45	Mindfulness at Miraval (Millhouse) <i>pg. 10</i>
2:00-2:45	Sweet & Savory Gluten-Free Snacks (Life in Balance Culinary Kitchen) <i>pg. 12</i>
2:00-2:50	Mindful Eating (Meet at Moonlight Pass) <i>pg. 13</i>
2:00-3:45	Steven's Glen Hike (Meet at Millhouse Court) <i>pg. 18</i>
2:30-4:15	Flying Squirrel (Meet at Millhouse Court) <i>pg. 16</i>
3:00-3:45	Cardio Drumming (BMC) <i>pg. 21</i>
3:00-4:20	Journaling for Self Care (Meet at Moonlight Pass) • \$55 <i>pg. 6</i>
4:00-4:45	Slow Flow Yoga (Millhouse) <i>pg. 20</i>
4:00-4:45	Conscious Seafood (Life in Balance Culinary Kitchen) <i>pg. 12</i>
4:00-4:50	Demystifying Astrology (Meet at Moonlight Pass) <i>pg. 8</i>
5:00-5:45	Roll with It (BMC) <i>pg. 21</i>
6:00-6:45	Qigong (Millhouse) <i>pg. 10</i>
6:00-6:50	Exploring the Chakras (Meet at Moonlight Pass) <i>pg. 8</i>
6:00-6:50	Restoring Resilience (Meet at Moonlight Pass) <i>pg. 6</i>
6:00-8:00	Just Cook for Me (Life in Balance Culinary Kitchen) • \$175 <i>pg. 12</i>

THURSDAY AUGUST

ALL experiences require advance sign-up with Guest Services. AUGUST dates noted are periodically offered.	
7:00-7:50	Shire Road Run (Meet at Millhouse Court) <i>pg. 18</i>
8:00-8:45	Qigong (Millhouse) <i>pg. 10</i>
8:00-8:45	Morning Stretch (BMC) <i>pg. 21</i>
8:00-9:45	October Mountain Hike (Meet at Millhouse Court) <i>pg. 18</i>
9:00-9:45	Slow Flow Yoga (Millhouse) <i>pg. 20</i>
9:00-9:45	Restoring Bone Broth (Life in Balance Culinary Kitchen) <i>pg. 12</i>
9:00-10:45	Crate Stack (Meet at Millhouse Court) <i>pg. 16</i>
9:00-10:50	Beekeeping (Meet at Millhouse Court) • \$125 <i>pg. 13</i>
9:00-10:50	Meadowview Equine Meditation (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
10:00-10:45	Cardio Drumming (BMC) <i>pg. 21</i>
10:00-11:20	Intention, Mantra, and Affirmation for Lifestyle Transformation (Meet at Moonlight Pass) • \$45 <i>pg. 13</i>
10:00-11:45	Stand Up Paddleboard Yoga (Meet at Millhouse Court) • \$100 <i>pg. 20</i>
11:00-11:45	Meditation with Music (Millhouse) <i>pg. 10</i>
11:00-11:45	Abs & Glutes (BMC) <i>pg. 21</i>
11:30-12:20	Hatchet Throwing (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
11:30-1:15	Red-tailed Hawk Course (Meet at Millhouse Court) • \$150 <i>pg. 17</i>
12:00-12:50	Pottery (Meet at Millhouse Court) <i>pg. 11</i>
12:00-1:15	Conquer the Blade (Life in Balance Culinary Kitchen) • \$75 <i>pg. 12</i>
12:30-2:20	Shinrin Yoku (Meet at Millhouse Court) • \$55 <i>pg. 10</i>
1:00-1:45	Pilates Fusion (BMC) <i>pg. 22</i>

1:00-2:45	The Way of the Archer (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
1:00-2:45	Fundamentals of Kayaking (Meet at Millhouse Court) <i>pg. 19</i>
1:00-2:50	An Unforgettable Canvas (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
2:00-2:45	Power Flow Yoga (Millhouse) <i>pg. 20</i>
2:00-3:15	Plant-Based BBQ (Life in Balance Culinary Kitchen) • \$45 <i>pg. 12</i>
3:00-3:45	Happy Hips (BMC) <i>pg. 21</i>
3:00-3:50	The Healing Herd (Meet at Moonlight Pass) <i>pg. 14</i>
3:00-3:50	Nutrition for Aging Well (Meet at Moonlight Pass) <i>pg. 13</i>
3:00-3:50	Meadowview Farm & Barn Tour (Meet at Millhouse Court) <i>pg. 14</i>
3:00-3:50	Principles for Positional Therapy (Meet at Moonlight Pass) <i>pg. 6</i>
3:00-4:45	Ice Glen Hike (Meet at Millhouse Court) <i>pg. 18</i>
4:00-4:45	Yoga Groove (Millhouse) <i>pg. 20</i>
4:00-4:45	Cocktails in the Mansion (Wyndhurst Mansion) • \$75 <i>pg. 12</i>
4:00-4:50	Restoring Resilience (Meet at Moonlight Pass) <i>pg. 6</i>
4:00-4:50	Cleansing Chakras with Sound (Millhouse) • \$75 <i>pg. 8</i>
4:00-6:00	Craft Your Own Mala (Meet at Millhouse Court) • \$95 <i>pg. 11</i>
5:00-5:45	Stretch & Relax (BMC) <i>pg. 21</i>
6:00-6:45	Restorative Yoga (Millhouse) <i>pg. 20</i>
6:00-8:00	Just Cook for Me (Life in Balance Culinary Kitchen) • \$175 <i>pg. 12</i>

FRIDAY AUGUST

ALL experiences require advance sign-up with Guest Services. AUGUST dates noted are periodically offered.	
6:00-7:45	Olivia's Overlook Hike (Meet at Millhouse Court) <i>pg. 15</i>
7:00-7:45	Aerobic Walk (BMC) <i>pg. 21</i>
7:00-7:50	Mindful Property Stroll (Meet at Millhouse Court) <i>pg. 18</i>
8:00-8:45	Morning Stretch (BMC) <i>pg. 21</i>
8:00-8:45	Qigong (Millhouse) <i>pg. 10</i>
8:30-10:15	Stevens Glen Hike (Meet at Millhouse Court) <i>pg. 18</i>
9:00-9:45	Zen Bootcamp (Millhouse) <i>pg. 21</i>
9:00-9:45	Blend 'N' Balance Smoothies (Life in Balance Culinary Kitchen) <i>pg. 12</i>
9:00-10:45	Vertical Playpen (Meet at Millhouse Court) <i>pg. 17</i>
9:00-10:50	Meadowview Equine Meditation (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
10:00-10:45	Cardio Drumming (BMC) <i>pg. 21</i>
10:00-11:20	Journaling for Self Care (Meet at Moonlight Pass) • \$55 <i>pg. 6</i>
10:00-11:45	Stand Up Paddleboard Yoga (Meet at Millhouse Court) • \$100 <i>pg. 20</i>
11:00-11:45	Cardio Drumming (BMC) <i>pg. 21</i>
11:00-11:45	Slow Flow Yoga (Millhouse) <i>pg. 20</i>
11:00-11:50	Chicken Keeping (Meet at Millhouse Court) <i>pg. 14</i>
11:00-11:50	Exploring the Chakras (Meet at Moonlight Pass) <i>pg. 8</i>
11:00-12:45	Country Road Riding (Meet at Millhouse Court) <i>pg. 15</i>
11:30-1:15	Eagle's Run Zipline (Meet at Millhouse Court) • \$150 <i>pg. 16</i>
11:30-1:15	October Mountain Hike (Meet at Millhouse Court) <i>pg. 18</i>
12:00-12:45	Mindfulness at Miraval (Millhouse) <i>pg. 10</i>
12:00-12:45	Flower to Root Cooking (Life in Balance Culinary Kitchen) • \$45 <i>pg. 12</i>
12:00-1:20	Holistic Metabolic Tune-Up (Meet at Moonlight Pass) • \$45 <i>pg. 13</i>
1:00-1:45	Pilates Mat (BMC) <i>pg. 22</i>
1:00-1:45	Bowl of Light Meditation (Meet at Millhouse Court) <i>pg. 10</i>
1:00-2:15	Mindful Grooming (Meet at Millhouse Court) • \$75 <i>pg. 14</i>

1:00-2:50	Shinrin Yoku (Meet at Millhouse Court) • \$55 <i>pg. 10</i>
1:30-3:15	Fundamentals of Kayaking (Meet at Millhouse Court) <i>pg. 19</i>
1:30-3:15	The Way of the Archer (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
2:00-2:45	Yoga Nidra Meditation (Millhouse) <i>pg. 10</i>
2:00-2:45	Highlights of the Season (Life in Balance Culinary Kitchen) • \$45 <i>pg. 11</i>
2:00-2:50	Hatchet Throwing (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
2:00-3:20	Balancing the Body with Positional Therapy (BMC) • \$45 <i>pg. 6</i>
3:00-3:45	HiiT (BMC) <i>pg. 21</i>
3:00-3:50	Colors of Life Energy (Meet at Moonlight Pass) <i>pg. 8</i>
3:30-5:15	Stand Up Paddleboarding (Meet at Millhouse Court) • \$75 <i>pg. 19</i>
4:00-4:45	Vinyasa Yoga (Millhouse) <i>pg. 20</i>
4:00-4:45	Culinary Concepts (Life in Balance Culinary Kitchen) <i>pg. 12</i>
4:00-4:50	Restoring Resilience (Meet at Moonlight Pass) <i>pg. 6</i>
4:00-4:50	Cleansing Chakras with Sound (Millhouse) • \$75 <i>pg. 8</i>
5:00-5:45	Nia (Millhouse) <i>pg. 20</i>
5:00-5:45	Roll with It (BMC) <i>pg. 21</i>
5:00-5:50	Daily Dose Wellness (Meet at Moonlight Pass) <i>pg. 6</i>
5:00-5:50	Mindful Eating (Meet at Moonlight Pass) <i>pg. 12</i>
5:00-6:15	Avian Adaptation: A Lesson in Resilience (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
5:00-6:20	Sacred Geometry & Crystal Grids (Meet at Millhouse Court) • \$95 <i>pg. 11</i>
6:00-6:45	Evening Meditation (Millhouse) <i>pg. 10</i>
6:00-6:50	Ancient Wisdom for Empowered Living (Meet at Moonlight Pass) <i>pg. 8</i>
6:00-7:20	Human Energy Palette Meditation (Meet at Moonlight Pass) • \$45 <i>pg. 8</i>
6:00-8:00	Just Cook for Me (Life in Balance Culinary Kitchen) • \$175 <i>pg. 11</i>

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

RESORT CREDIT CAN BE APPLIED TO ANY FEE-BASED ACTIVITY OR PRIVATE SESSION.

SATURDAY AUGUST

ALL experiences require advance sign-up with Guest Services. AUGUST dates noted are periodically offered.

6:00-7:45	Pleasant Valley Hike (Meet at Millhouse Court) <i>pg. 18</i>
7:00-7:45	Aerobic Walk (BMC) <i>pg. 21</i>
7:00-7:50	Shire Road Run (Meet at Millhouse Court) <i>pg. 18</i>
7:00-8:45	Cardio Kayaking (Meet at Millhouse Court) <i>pg. 19</i>
8:00-8:45	Qigong (Millhouse) <i>pg. 10</i>
8:00-8:45	Morning Stretch (BMC) <i>pg. 21</i>
8:00-9:45	Flying Squirrel (Meet at Millhouse Court) <i>pg. 16</i>
9:00-9:45	Vinyasa Flow Yoga (Millhouse) <i>pg. 20</i>
9:00-9:45	Zen Bootcamp (BMC) <i>pg. 21</i>
9:00-9:45	Restoring Bone Broth (Life in Balance Culinary Kitchen) <i>pg. 12</i>
9:00-10:20	Journaling for Self Care (Meet at Moonlight Pass) • \$55 <i>pg. 6</i>
9:00-10:45	October Mountain Hike (Meet at Millhouse Court) <i>pg. 18</i>
9:00-10:50	Miraval Equine Experience™ (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
10:00-10:45	Morning Meditation (Millhouse) <i>pg. 10</i>
10:00-10:45	Abs & Glutes (BMC) <i>pg. 21</i>
10:00-11:20	Healthy Gut, Healthy You (Meet at Moonlight Pass) • \$75 <i>pg. 13</i>
11:00-11:45	Spin & Sculpt (BMC) <i>pg. 21</i>
11:00-11:50	Meadowview Farm & Barn Tour (Meet at Millhouse Court) <i>pg. 14</i>
11:00-11:50	Mindful Photography Stroll (Meet at Millhouse Court) <i>pg. 11</i>
11:00-12:45	Stand Up Paddleboard Yoga (Meet at Millhouse Court) • \$100 <i>pg. 20</i>
11:30-1:15	Falcon Course (Meet at Millhouse Court) • \$150 <i>pg. 16</i>
12:00-12:45	Restorative Yoga (Millhouse) <i>pg. 20</i>
12:00-12:45	Principles of Positional Therapy (Meet at Moonlight Pass) <i>pg. 6</i>
12:00-12:45	Cardio Drumming (BMC) <i>pg. 21</i>
12:00-1:15	Conquer the Blade (Life in Balance Culinary Kitchen) • \$75 <i>pg. 12</i>

1:00-1:45	Roll with It (BMC) <i>pg. 21</i>
1:00-2:50	An Unforgettable Canvas (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
1:00-3:00	Mandalas for Meditation (Meet at Millhouse Court) <i>pg. 10</i>
2:00-2:45	Yoga Nidra Meditation (Millhouse) <i>pg. 10</i>
2:00-2:50	Hatchet Throwing (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
2:00-3:15	Demystifying Astrology (Meet at Moonlight Pass) <i>pg. 8</i>
2:00-3:15	Appreciating Chocolate (Life in Balance Culinary Kitchen) • \$75 <i>pg. 12</i>
2:00-3:45	The Way of the Archer (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
2:00-3:45	Mindful Kayaking (Meet at Millhouse Court) • \$75 <i>pg. 19</i>
2:00-3:50	Ice Glen Hike (Meet at Millhouse Court) <i>pg. 18</i>
3:00-3:45	Cardio Drumming (BMC) <i>pg. 21</i>
3:00-3:50	The Healing Herd (Meet at Moonlight Pass) <i>pg. 14</i>
3:00-3:50	Ancient Wisdom for Empowered Living (Meet at Moonlight Pass) <i>pg. 8</i>
3:30-5:15	Leap of Faith (Meet at Millhouse Court) • \$150 <i>pg. 17</i>
4:00-4:45	Slow Flow Yoga (Millhouse) <i>pg. 20</i>
4:00-4:45	Cocktails in the Mansion (Wyndhurst Mansion) • \$75 <i>pg. 12</i>
4:00-4:50	Food Mood Connection (Meet at Moonlight Pass) <i>pg. 13</i>
4:00-4:50	Cleansing Chakras with Sound (Millhouse) • \$75 <i>pg. 8</i>
4:00-6:00	Craft Your Own Mala (Meet at Millhouse Court) • \$95 <i>pg. 11</i>
5:00-5:45	Stretch & Relax (BMC) <i>pg. 21</i>
5:00-5:50	Colors of Life Energy (Meet at Moonlight Pass) <i>pg. 8</i>
5:00-6:20	Tension Release Exercise (BMC) • \$45 <i>pg. 6</i>
6:00-6:45	Evening Meditation (Millhouse) <i>pg. 10</i>
6:00-7:20	Awakening Your Superpowers (Meet at Moonlight Pass) • \$75 <i>pg. 8</i>
6:00-8:00	Chef's Tasting Menu (Life in Balance Culinary Kitchen) • \$205 <i>pg. 12</i>

SUNDAY AUGUST

ALL experiences require advance sign-up with Guest Services. AUGUST dates noted are periodically offered.

6:00-7:45	Kennedy Park Hike (Meet at Millhouse Court) <i>pg. 18</i>
7:00-7:45	Aerobic Walk (BMC) <i>pg. 21</i>
7:00-7:50	Mindful Property Stroll (Meet at Millhouse Court) <i>pg. 18</i>
8:00-8:45	Qigong (Millhouse) <i>pg. 10</i>
8:00-8:45	Power Cycle (BMC) <i>pg. 21</i>
8:30-10:15	Climbing Wall (Meet at Millhouse Court) <i>pg. 16</i>
8:30-10:15	Stand Up Paddleboard Yoga (Meet at Millhouse Court) • \$100 <i>pg. 19</i>
9:00-9:45	Slow Flow Yoga (Millhouse) <i>pg. 20</i>
9:00-9:45	Morning Stretch (BMC) <i>pg. 21</i>
9:00-9:45	Blend 'N' Balance Smoothies (Life in Balance Culinary Kitchen) <i>pg. 12</i>
9:00-10:15	Meadowview Equine Meditation (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
9:00-10:20	Ancient Oracles, Modern Messages (Meet at Moonlight Pass) • \$75 <i>pg. 8</i>
9:00-10:50	Beekeeping (Meet at Millhouse Court) • \$125 <i>pg. 13</i>
9:00-11:45	Eagle's Run Zipline (Meet at Millhouse Court) • \$150 <i>pg. 16</i>
10:00-10:45	Mindfulness at Miraval (Millhouse) <i>pg. 10</i>
10:00-10:45	Pilates Fusion (BMC) <i>pg. 22</i>
10:00-10:50	Pottery (Meet at Millhouse Court) <i>pg. 11</i>
10:00-10:50	Meadowview Farm & Barn Tour (Meet at Millhouse Court) <i>pg. 14</i>
10:00-11:20	Human Energy Palette Meditation (Meet at Moonlight Pass) • \$45 <i>pg. 8</i>
11:00-11:50	Artful Photography Stroll (Meet at Millhouse Court) <i>pg. 11</i>
11:00-12:15	Planetary Buzz (Meet at Moonlight Pass) • \$45 <i>pg. 8</i>
11:00-12:15	Avian Adaptation: A Lesson in Resilience (Meet at Millhouse Court) • \$75 <i>pg. 14</i>

11:00-12:45	Fundamentals of Kayaking (Meet at Millhouse Court) <i>pg. 19</i>
11:00-12:45	Gould Meadows Hike (Meet at Millhouse Court) <i>pg. 18</i>
12:00-12:45	Nia (Millhouse) <i>pg. 20</i>
12:00-12:45	Cardio Drumming (BMC) <i>pg. 21</i>
12:00-12:45	Flower to Root Cooking (Life in Balance Culinary Kitchen) • \$45 <i>pg. 12</i>
1:00-2:20	Sacred Geometry & Crystal Grids (Meet at Millhouse Court) • \$95 <i>pg. 11</i>
1:00-2:50	Miraval Equine Experience™ (Meet at Millhouse Court) • \$75 <i>pg. 14</i>
1:00-2:50	Shinrin Yoku (Meet at Millhouse Court) • \$55 <i>pg. 10</i>
1:30-2:20	Hatchet Throwing (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
2:00-2:45	Power Flow Yoga (Millhouse) <i>pg. 20</i>
2:00-3:15	Appreciating Chocolate (Life in Balance Culinary Kitchen) • \$75 <i>pg. 12</i>
2:00-3:45	Red-tailed Hawk Course (Meet at Millhouse Court) • \$150 <i>pg. 17</i>
2:00-3:45	The Way of the Archer (Meet at Millhouse Court) • \$45 <i>pg. 15</i>
3:00-3:45	Kickboxing (BMC) <i>pg. 21</i>
3:00-4:20	Tension Release Exercises (BMC) • \$45 <i>pg. 6</i>
3:00-4:45	Laura's Tower Hike (Meet at Millhouse Court) <i>pg. 18</i>
4:00-4:45	Yoga Groove (Millhouse) <i>pg. 20</i>
4:00-4:45	Cocktails in the Mansion (Wyndhurst Mansion) • \$75 <i>pg. 12</i>
4:00-5:45	Stand Up Paddleboard (Meet at Millhouse Court) • \$75 <i>pg. 19</i>
5:00-5:45	Shoulders Set Free (BMC) <i>pg. 21</i>
6:00-6:45	Restorative Yoga (Millhouse) <i>pg. 20</i>
6:00-8:00	Just Cook for Me (Life in Balance Culinary Kitchen) • \$175 <i>pg. 12</i>

MINDFUL REMINDERS

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

ITINERARY PLANNING

All fee-based experiences must be reserved in advance. Contact Experience Planning (ext. 4740) to reserve your space while you're here, or schedule them prior to your arrival by calling 855.234.1672. Spa Services can be scheduled at the Spa or by calling ext. 4830 & ext. 4831. Spa hours are 9:00am - 9:00pm.

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. If you are a no-show for a complimentary activity, a \$20 no-show fee applies.

THE WAIT LIST

For classes that are fully committed, visit Guest Services to be added to the wait list. Space often becomes available as the day and time of the class nears. You will be contacted if space becomes available.

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, change into spa attire, 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.

IMPORTANT TIMES

HARVEST MOON RESTAURANT

Breakfast
6:30 - 10:00am
Lunch
11:30am - 2:00pm
Dinner
5:00 - 9:00pm

THE ROOST

6:30am - 2:00pm
(smoothies/grab n' go snacks)

THE ROOST BAR & LOUNGE

2:00 - 9:00pm
(drink service until 10:00pm)

DISCOVERY POOL CAFE

11:00am - Dusk
(seasonal and subject to close due to inclement weather)

LIFE IN BALANCE SPA HOURS

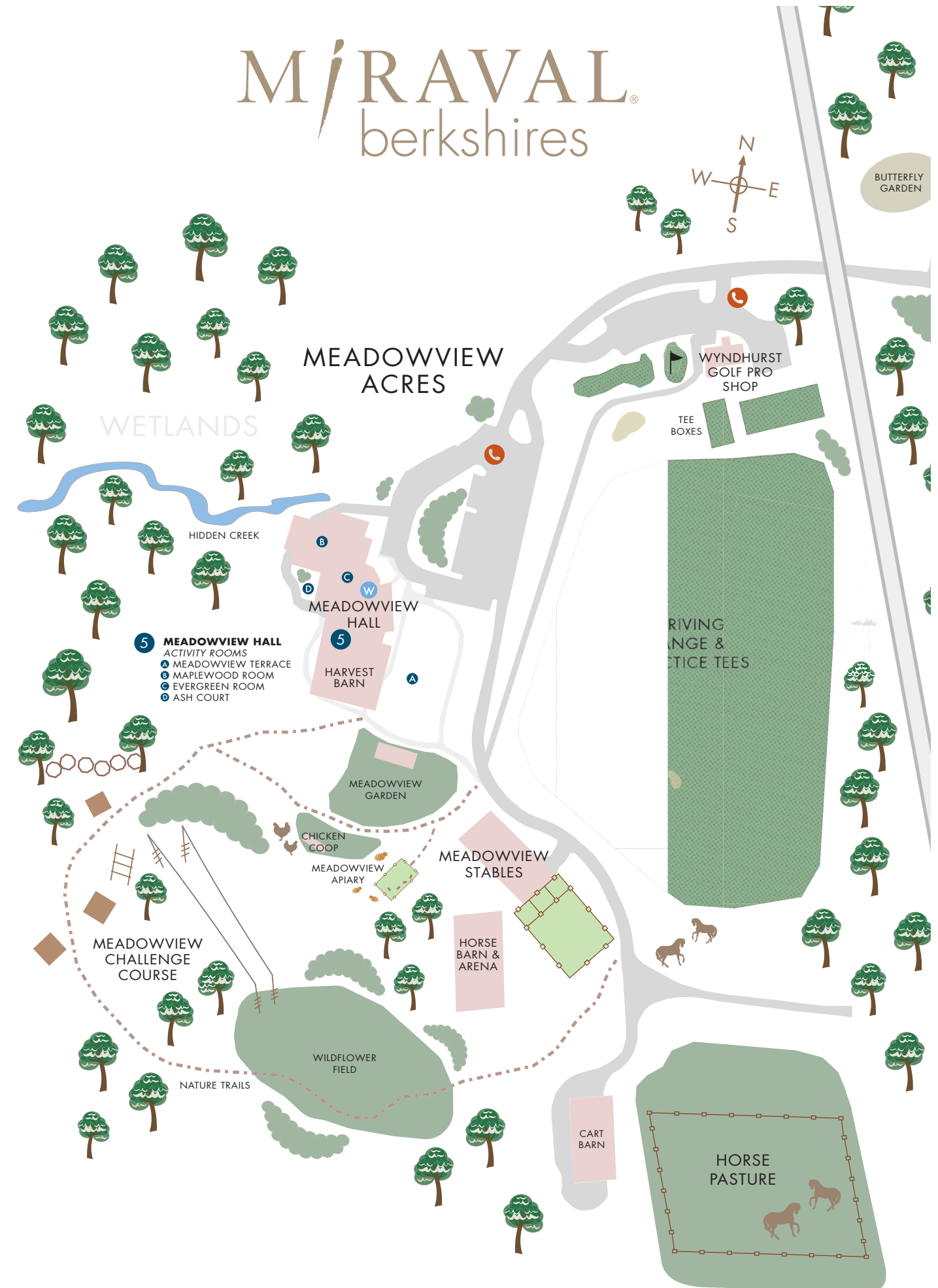
9:00am - 9:00pm

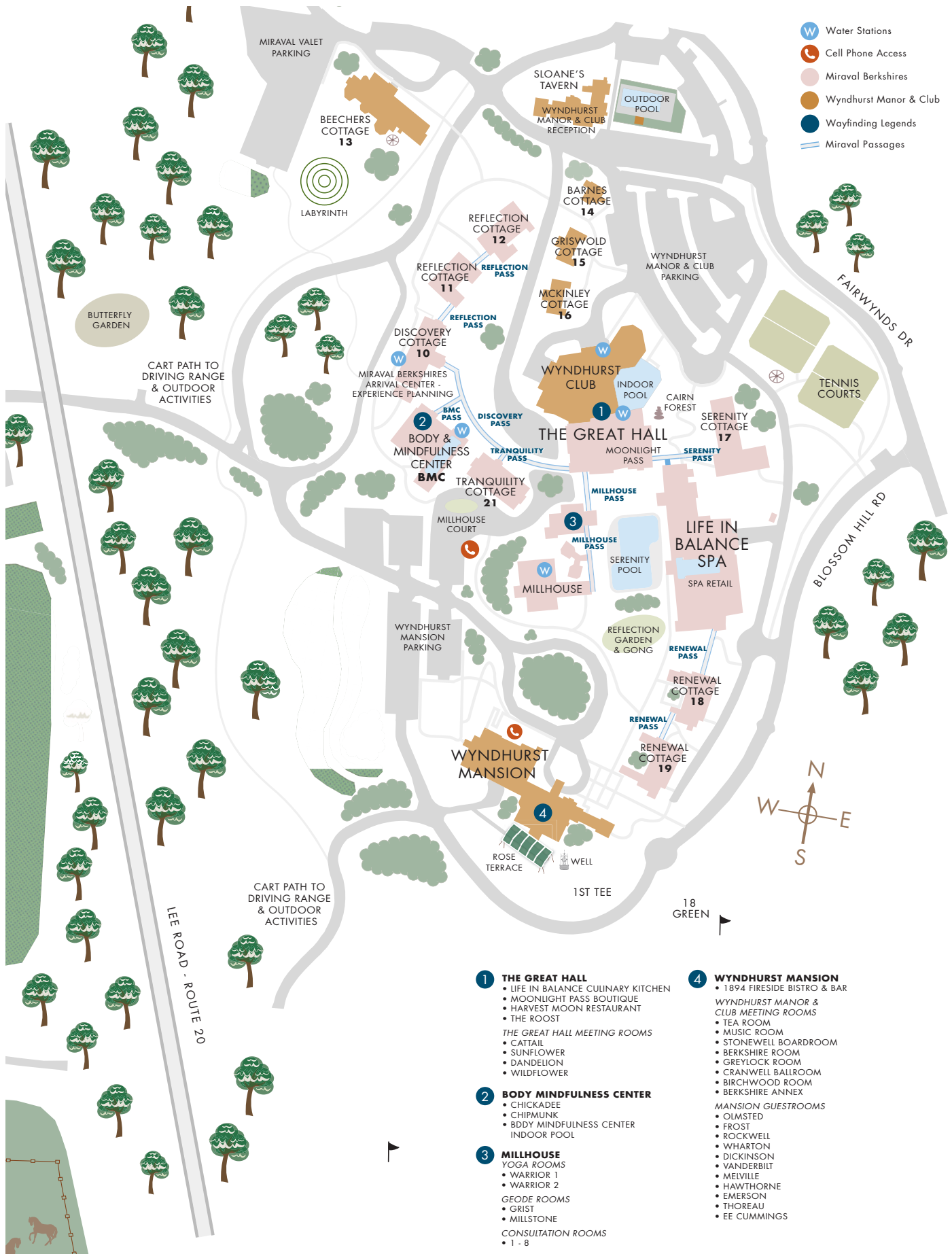
MOONLIGHT PASS BOUTIQUE

9:00am - 6:00pm

BODY MINDFULNESS CENTER

Open 24/7





- W Water Stations
- ☎ Cell Phone Access
- Miraval Berkshires
- Wyndhurst Manor & Club
- Wayfinding Legends
- Miraval Passages

- 1 THE GREAT HALL**
- LIFE IN BALANCE CULINARY KITCHEN
 - MOONLIGHT PASS BOUTIQUE
 - HARVEST MOON RESTAURANT
 - THE ROOST
- THE GREAT HALL MEETING ROOMS
- CATTAIL
 - SUNFLOWER
 - DANDELION
 - WILDFLOWER

- 2 BODY MINDFULNESS CENTER**
- CHICKADEE
 - CHIPMUNK
 - BDDY MINDFULNESS CENTER
 - INDOOR POOL

- 3 MILLHOUSE**
- YOGA ROOMS
 - WARRIOR 1
 - WARRIOR 2
- GEODE ROOMS
- GRIST
 - MILLSTONE
- CONSULTATION ROOMS
- 1 - 8

- 4 WYNDHURST MANSION**
- 1894 FIRESIDE BISTRO & BAR
- WYNDHURST MANOR & CLUB MEETING ROOMS
- TEA ROOM
 - MUSIC ROOM
 - STONEWELL BOARDROOM
 - BERKSHIRE ROOM
 - GREYLOCK ROOM
 - CRANWELL BALLROOM
 - BIRCHWOOD ROOM
 - BERKSHIRE ANNEX
- MANSION GUESTROOMS
- OLMSTED
 - FROST
 - ROCKWELL
 - WHARTON
 - DICKINSON
 - VANDERBILT
 - MEVILLE
 - HAWTHORNE
 - EMERSON
 - THOREAU
 - EE CUMMINGS

