



GUEST GUIDE

# MIRAVALE

*arizona*

JANUARY - MARCH



**MARK STEBBINGS**  
*General Manager*

Thank you for choosing Miraval Arizona as your destination for rest, relaxation, and renewal. We are delighted to welcome you here and happy to celebrate our 30th anniversary with you, as we continue into our third decade of creating wellness through mindfulness, social connection, and balance.

In today's fast-paced world, our attention spans and focus are constantly challenged by screens, smartphones, and social media. It becomes increasingly difficult to remain centered and present in the moment. At Miraval Arizona, we understand this struggle and offer you a unique opportunity to cultivate digital mindfulness and find equilibrium, reducing stress and enhancing overall wellbeing.

I invite and challenge you to fully embrace this experience, releasing the distractions and demands of daily life. Immerse yourself in our activities, programs, and services, carefully designed to help you disconnect from technology and reconnect with yourself and nature. From rejuvenating spa treatments to picturesque hikes in the Santa Catalinas or meditation classes, we aim for you to discover a sense of peace that endures long after your visit.

Together, let us enter this season with gratitude for moments of solace amidst the modern world's overwhelming digital distractions. We hope those around you and closest to you will also honor your opportunity to unplug and be present.



**CANDIS ROCHE**  
*Resort Manager*

Welcome to Miraval Arizona. We are grateful you chose us as your destination for relaxation, rejuvenation, and connection. For 30 years, our Miraval Arizona family has been rooted in a commitment to caring and infusing purpose into the essence of wellbeing.

Whether your quest here centers around physical, spiritual, or mental wellbeing, we celebrate your open embrace of transformative experiences that build a harmonious life.

One of my most fulfilling roles as the resort manager is helping guests align their intentions with our offerings and providers. Each guest has a unique journey, and we are here to tailor it to meet their needs.

I invite you to take advantage of our world-class facilities, indulge in our nourishing cuisine, and engage in our life-changing programs. Approach your stay with an open mind and heart to make profound connections with yourself, colleagues, and fellow guests.

Remember to pause, discover contemplative spaces, meet our family of great horned owls, and enjoy being present in our beautiful Sonoran Desert. May your time at Miraval Arizona support the beginning or continuation of your wellbeing journey of community, purpose, and self-care.



## WELCOME

Build Your Personal Puzzle PAGES 4 - 7

Featured PAGES 8 - 9

MIRAVAL SPECIALISTS PAGES 10 - 14

EXPERIENCES PAGES 15 - 41

Activities & Private Sessions Menu

LIFE IN BALANCE SPA PAGES 44 - 49

MINDFUL REMINDERS PAGES 50 - 51

Unplug & Be Present

Restaurant & Boutique Hours

MIRAVAL RESORT MAP BACK COVER



*Keep this guide handy and  
bring it with you to the  
resort for easy reference.*

## WE'RE HERE FOR YOU

For assistance building your Miraval Arizona  
itinerary contact Experience Planning:

### EMAIL

[Arizona.Reservations@MiravalResorts.com](mailto:Arizona.Reservations@MiravalResorts.com)

### PHONE

866.253.4749

DISCOVER MIRAVAL RESORTS

   @miravalresorts @miravalazizona





welcome

## TO YOUR MIRAVAL JOURNEY

*Build Your Personal Puzzle*

*Think of your Miraval Arizona experience as assembling a puzzle—how does yours come together?*

Use this exercise as a starting point for planning your stay.



### / Start Here

These questions explore the pieces that shape a Miraval stay.

*What challenges me?*

*What supports me?*

*What have I never tried before?*

*What calms me?*

*What makes me feel connected?*

## 2 Identify Your Puzzle Pieces

Answer the questions by reflecting on thoughts, feelings, and experiences from real life.



**WHAT CHALLENGES ME?**

*What's hard to do or something I resist?*



**WHAT SUPPORTS ME?**

*What gives me a boost?*



**WHAT HAVE I NEVER TRIED BEFORE?**

*What makes me curious?*



**WHAT CALMS ME?**

*What makes it all less chaotic?*



**WHAT MAKES ME FEEL CONNECTED?**

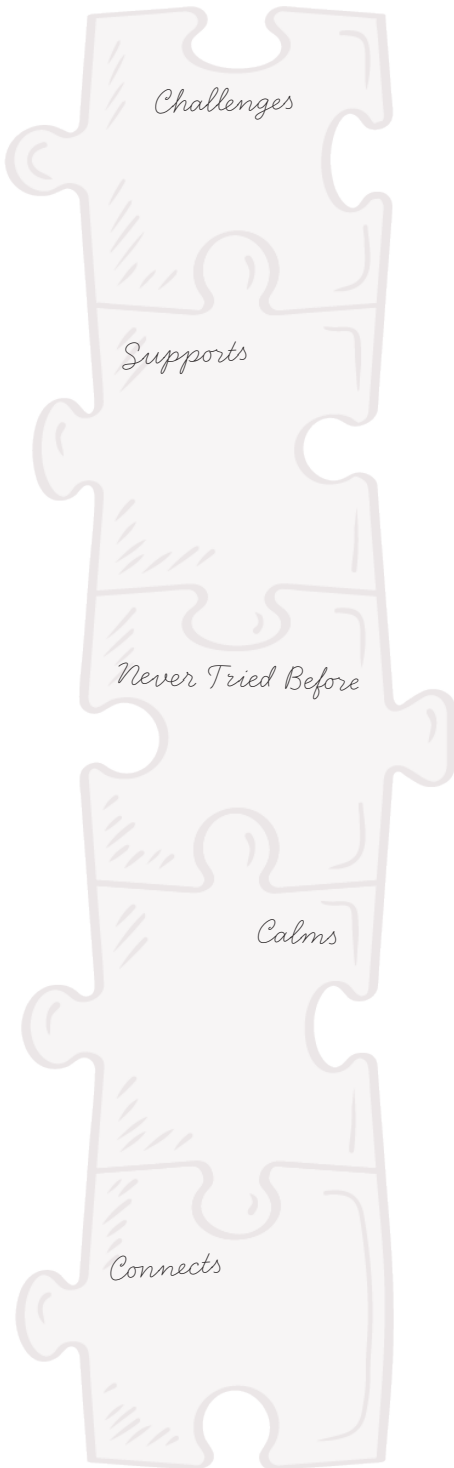
*What gives me a sense of belonging?*

Next step: Use your responses on the next page to guide which Miraval experiences to choose.

### 3 Explore the Guest Guide

Which Miraval activities, private sessions, or spa treatments align with your answers from pg. 3?

Circle what sparks your interest, then add it to the puzzle piece that feels right for you.







### 4 Build Your Itinerary

DAY 1	
MORNING	Welcome...put your phone to bed.
MID-DAY	
EVENING	

Reserve your activities, private sessions, or spa treatments by contacting our Experience Planners or visiting our online booking portal.

*Use this space to start planning. Make sure you leave time for reflecting, eating, and resting.*

DAY 2	DAY 3	DAY 4
		<i>Retail Therapy</i>
<i>Lunch time!</i>		
		
	<i>Dinner in your bathrobe.</i>	
		<i>See you on your next stay.</i>

Your wellness journey begins with your personal puzzle at Miraval Arizona and continues in real life.

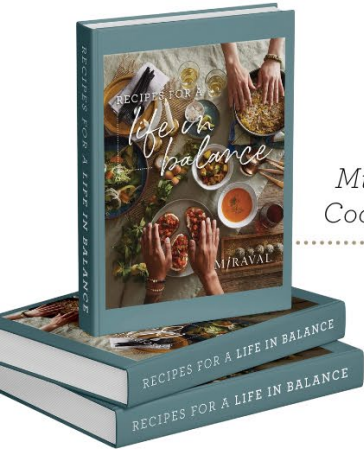
EXPERIENCE  
PLANNING  
PORTAL



*More information on pg. 51.*

## RETAIL THERAPY

*Spoil yourself with souvenirs, pampering products, inspiring reads, and workout wear.*



Miraval  
Cookbook



Miraval Candles



Comfort Zone  
Sheet Masks



Miraval Men's  
Zip Jacket

Online  
Exclusive

ShowerSpa  
Eucalyptus Mist



RAINDANCE  
PASS

### LOCAL TRUNK SHOWS

*5 days a week (Restaurant & Bar Foyer)*

Visit our resort boutique for a unique selection of hand-picked goods, local vendors, and spa products from the heart of Miraval Arizona.

## MIRAVAL BEDDING COLLECTION

Sleep like you are on vacation every night.

Each item is crafted to provide the perfect balance of softness and comfort.



Sheet sets

Duvet covers

Goose-down pillows

Feather beds

Kashmere throws



Continue your journey  
by visiting [miravalshop.com](http://miravalshop.com)



*New at Miraval Arizona*

## PEACE AMONG THE STARS

Miraval introduces an unparalleled opportunity to experience our Sonoran Desert as it transforms into a gateway to the cosmos each nightfall.

Guided by our professional astronomer, guests will gather under an expansive dome of stars to explore planetary bodies, meteors, and a host of constellations -- peering into the heart of our solar system through a powerful 9.25-inch telescope designed for deep-space revelation.

This unique star bathing experience blends mindful relaxation with celestial exploration, reminding you that in the quiet embrace of the Universe, true peace can be found among the stars.

*Reserve your spot with an Experience Planner or through our online booking portal.*



*Patricia*

## UPCOMING EVENTS

Use the QR code to explore immersive retreats, seasonal celebrations, and wellness experiences designed to ground and inspire you.



## MIRAVAL RESORTS *Loyalty Program*

Authentic Circle is our way of thanking loyal guests. Membership in this program offers you more to look forward to with every stay.

Benefits include an exclusive arrival gift, additional resort credits, and more.

*Not a member? Contact Guest Services for additional details on membership.*



# specialists



## LEAH ANN BOLEN

*Sleep & Dream Specialist, CDP, CSSC, AISC*

Leah, an Integrative Adult Sleep Coach, CBT-I clinician, and dreamwork practitioner, helps guests improve their sleep health. During her corporate

career, she witnessed how deeply sleep and dreams support productivity, personal growth, and achievement. Leah can help improve your relationship with rest and offer new ways to interpret dreams for insight and inspiration.

**INCLUDED:** Sleep Well: Rituals for Better Rest • Dream Circle • Symbols & Signs: Your Intuitive Guides

**EXPANDED OFFERINGS (\$):** A Return to Sleep • Dream Manifesting • Sleep for Success • Dream Alchemy

**PRIVATE SESSIONS (\$):** All expanded and included offerings • Dream Discovery • Symbols in the Sand • Nightmare Repair • Sleep Well Coaching



## TEJPAL

*Brennan Healing™ Practitioner, MA, MBS*

Tejpal is a Kundalini Yoga instructor, Ayurvedic wellness adviser, Brennan Healing practitioner, and professional certified life coach with over 20 years of

experience coaching executives in a business context. In 1996, Tejpal experienced the benefits of Brennan Healing Science, which shifted her energy toward healing, spirituality, and vibrant health.

**INCLUDED:** Intuitive Living: 3 Life-Changing Principles • Discover Your Soul Mission • Unleash the Power of Your Soul

**PRIVATE SESSIONS (\$):** Brennan Energy Healing™ • Soul Journey • Soul Guidance



## BONNIE PISIK

*Professional Artist*

As an internationally selling artist specializing in the unique art form of Reverse-Painting Under Glass, Bonnie created painting workshops exclusively

for Miraval Arizona. Recently, she developed Just Let It Go and is thrilled to introduce guests to the joy and excitement of the creative arts.

**INCLUDED:** Just Let It Go

**EXPANDED OFFERINGS (\$):** Paint the Music • Artistic Expression Under Glass

**PRIVATE SESSIONS (\$):** All included and expanded offerings



## LYNDI RIVERS

*Integrative Wellness Specialist & Sexuality Educator LMSW, C-IAYT, CHSE*

Lyndi skillfully blends 20+ years of social work experience in trauma, grief, and nervous system regulation with a

long-time yoga and meditation teaching practice to empower guests with practical and spiritual strategies that support wholeness. Her journey from pelvic floor challenges to pleasure activism makes her a compassionate, intuitive, and playful guide.

**INCLUDED:** Enhance Your Mental Potential • Pelvic Floor Wisdom • The Gift of Gratitude • Intuitive Vision Board • Grief, Loss & Letting Go

**EXPANDED OFFERINGS (\$):** The Beauty of Imperfection • Optimize Your Sex Life • Making Sense of Menopause • Pleasure: Women, Sex & Desire • Awaken Within • Envision Your Season

**PRIVATE SESSIONS (\$):** All included and expanded offerings • Pelvic Wellness • Living in Balance • Embracing Pleasure • Cultivate Resilience • Menopause & Midlife



## BRENT BAUM

*Trauma Specialist*

Brent, an internationally lauded trauma specialist, lecturer, and author, has spent 15+ years working with trauma survivors.

It is possible to address and reconcile memories that induce emotional and physical blockages at their source with Holographic Memory Resolution,<sup>®</sup> a tool Brent created to access and resolve trauma-based memories and emotions.

**INCLUDED:** Master Your Mind to Heal Your Body<sup>®</sup>

**PRIVATE SESSION (\$):** Holographic Memory Resolution<sup>®</sup>



**RICHARD NOEL**

*Frequency & Vibration Specialist*

Richard's love of his Trinidad and Tobago roots and rhythms inspired him to become a REMO-endorsed facilitator and mind-conditioning coach using music

to empower clients to overcome challenges and reach their full potential. He helps clients enhance mental performance and resilience through musical strategies for goal setting, motivation, stress management, positive thinking, and emotional regulation.

EXPANDED OFFERINGS (\$): Manifesting Joy & Harmony • SOCA for the Soul: Spiritual Drumming

PRIVATE SESSIONS (\$): All expanded offerings • W.H.Y. (What Holds You)



**JANET RAE ORTH**

*Clairvoyant*

Janet Rae Orth is a renowned intuitive with over 28 years of experience guiding individuals toward their true path.

Leveraging her natural gift and an

unwavering commitment to personal growth, Janet's sessions offer invaluable insight, clarity, and understanding to others.

EXPANDED OFFERINGS (\$): Psychic Protection

PRIVATE SESSIONS (\$): Clairvoyant Reading • Psychic Protection



**ALYSA VOLPE**

*Yoga & Meditation Specialist*

Alysa is a Yoga teacher, meditation guide, artist, and grief and bereavement facilitator. Alysa's gentle guidance helps guests process love and grief through the

integration of both pain and joy as they remember those they have lost and move forward with their lives.

INCLUDED: All Yoga and Meditation included experiences • Spontaneous Creativity

EXPANDED OFFERINGS (\$): Remembrance Ceremony • Aerial Yoga • Floating Meditation • Gentle Aerial Yoga

PRIVATE SESSIONS (\$): All included and expanded Meditation & Yoga offerings • Custom Meditation • Custom Yoga • Partner Yoga • Prenatal Yoga • Seasonal Empowerment



**NOEL PATTERSON**

*Beekeeper & Sommelier*

Noel founded Dos Manos Apiaries in Tucson, AZ, to establish natural, treatment-free beehives and created the flagship apiary at Miraval Resorts. He

offers classes, immersive experiences in beekeeping and wine tasting, and a rare glimpse into the wondrous world of the honeybee hive.

EXPANDED OFFERINGS (\$): The Essence of Terroir • In the Spirit of Grapes • All the Buzz



**KRISTIN REECE**

*Intuitive & Spiritual Guide*

Kristin is a psychic medium, intuitive, and spiritual guide with 10+ years of professional coaching experience. She offers compassionate understanding,

deep listening, and a safe, honest environment to grow and explore. Using her intuitive and spiritual gifts, Kristin empowers guests to discover and develop tools for clarity and living a balanced life.

PRIVATE SESSIONS (\$): Spiritual Journey to Your Higher Power



**NANCY SCHROEDER**

*Professional Photographer, BFA*

Nancy has captured landscapes, moments, adventure, and art photography for over 20 years. She documented her travels through North American scenic trails for adventure

companies such as REI, L.L. Bean, and Eastern Mountain Sports. Nancy teaches photography workshops and sells her art photography at various local galleries and resorts.

INCLUDED: Photography in Focus • Creative Photography Stroll • Artful Photography - With Your Camera Phone •

PRIVATE SESSIONS (\$): Photography Hike • All included offerings



### CAROLYN FIKE

*Spiritual Jewelry & Crystal Educator*

Carolyn, a certified yoga instructor, spiritual jewelry creator, business owner, and mantra meditation practitioner, guides guests with fun offerings that sparkle with

her knowledge of gemstones and crystals. She helps you explore and embody your chakras by creating a mala, spiritually aligned jewelry, and a mantra for your practice.

INCLUDED: Malas, Mantras & Mindfulness • Power of a Pendulum • Crystal Walk • The Subtle Gifts of Crystals • Understanding Crystals

EXPANDED OFFERINGS (\$): Chakra Creations • Magic of Malas • Connect & Create with Crystals

PRIVATE SESSIONS (\$): All included and expanded offerings



### MAKENNA BAUM

*Registered Dietitian, MS, RDN*

Makenna is a registered dietitian nutritionist with a passion for intuitive eating and keeping things simple.

Makenna helps cultivate a deeper trust in yourself and your body and addresses your unique needs to develop a meal plan that effortlessly fits into your lifestyle and supports your path to optimal health.

INCLUDED: Inner Nature • Hacks to Halt Cravings • Food Combinations for Ultimate Health • Tips to Master Your Metabolism • Lunch & Learn

EXPANDED OFFERINGS (\$): Blend & Balance Smoothies • Kitchen Apothecary • Soulful Sips • Intuitive Nourishment • Healthy Gut, Healthy You • Tame the Flame

PRIVATE SESSION (\$): Personalized Integrative Nutrition



### CYNTHIA MILLER

*Artist, BFA, MFA, ASID*

Cynthia's multi-panel artwork celebrates nature's scintillating array of colors. Her unique compositions of kiln-infused glass onto burnished copper panels sparkle

in direct light. They are featured at the resort and collected internationally. Cynthia's offerings demystify how we understand art and explore how it enriches our everyday lives.

INCLUDED: Art Walk



### NANCY TEETER

*Registered Dietitian*

Nancy is a registered dietitian passionate about guiding people to make good daily choices for longevity and health. She uses her 40+ years of experience in food and

nutrition to help guests find joy in eating, obtain confidence in the kitchen, and become independent in making healthy food choices.

INCLUDED: Emotional Wellbeing at the End of Your Fork • Pickleball: Beginner

EXPANDED OFFERINGS (\$): Intuitive Nourishment • Pickleball: Intermediate • Pickleball: Advanced

PRIVATE SESSION (\$): Personalized Integrative Nutrition • Pickleball: Intermediate • Pickleball: Advanced



### TINA POWERS

*Medium*

A former news anchor, Tina humorously refers to her psychic work as "reporting for the other side." Sensitive since childhood, Tina left broadcast news and

tapped into the power of her intuition. Her warmth, laughter, and talent for connecting people to a higher vibration—ranging from business leaders to global celebrities—encourage happier, inspired lives.

PRIVATE SESSION (\$): Intuitive Reading



### RAE JESSIE

*Healing Arts, Mystic & Intuitive Medium*

Born in Glasgow, Scotland, Rae Jessie has traveled the world empowering others on their journey. With her unique vision for growth and healing, she shares wisdom

and love through personal readings and workshops that create profound and transformational experiences for her guests.

EXPANDED OFFERINGS (\$): Elements of Healing • Past Life Regression • Journeys of Renewal • Mythic Revelations • Astral Projections • Akashic Records

PRIVATE SESSIONS (\$): All expanded offerings • Elemental Personal Reading



### LINDSEY BANIS

*Crystal Arts Practitioner*

Lindsey's experiential workshops guide guests to naturally connect to their highest authentic self through trust, clarity, intuitive wisdom, and awareness.

As an integrative healing arts practitioner and certified crystal healer, she offers hands-on experiences for guests to work with vibrational alignment, breathwork, crystals, sound journey meditations, and more.

INCLUDED: Understanding Crystals

EXPANDED OFFERINGS (\$): Chorus of Crystals • Crystal Oil Infusions • Crystal Alchemy Sound Journey

PRIVATE SESSIONS (\$): Understanding Crystals • Crystal Sound Immersion



### KIELY LAVERY

*Registered Dietitian, MS, RDN, LDN*

Kiely is a mother, yoga instructor, and registered dietitian with a master's degree in nutritional sciences and 15+ years of experience integrating

nutrition into the health and wellness industry. Her approach to nutrition fosters radical self-love, cultivates trust in food choices, and facilitates emotional and physical fitness for sustainable lifestyle changes.

INCLUDED: Tips to Master Your Metabolism • Food Combinations for Ultimate Health • Hacks to Halt Cravings • Lunch & Learn • Emotional Wellbeing at the End of Your Fork • Inner Nature

EXPANDED OFFERINGS (\$): Healthy Gut, Healthy You • Recipes for a Life in Balance • Intuitive Nourishment • Tame the Flame • Blend & Balance Smoothies

PRIVATE SESSION (\$): Personalized Integrative Nutrition



### ASHLEY CELESTE LEAL

*Astrologer & Tarot Specialist*

Ashley infuses her readings with the wisdom of 25 years of practice and study of astrology, Yoga, Taoism, and Jungian psychology. Astrology's language of

symbols helps us understand ourselves. Each session with Ashley offers insights that guide guests to remember their soul's purpose and use the challenging parts of their chart as potent growth opportunities.

INCLUDED: Astrology of the Moment • Cosmic Synergy

EXPANDED OFFERINGS (\$): Lunar Rituals • Celestial Circle • Horoscope Happy Hour • Intuiting the Tarot • Echoes of Self

PRIVATE SESSIONS (\$): Astrology Reading • Tarot Reading • Lunar Rituals • Astro-Tarot Combination Reading



### LUCINDA VETTE

*Equine Specialist & Program Manager*

Lucinda works with a horse's innate sensitivity and aptitude for social connection to expand human potential. A lifelong horsewoman and former attorney,

she balances intuition and intellect to facilitate insightful non-verbal conversations between guests and their equine partners. Work with Lucinda to tune into yourself by listening to horses.

INCLUDED: Common Ground • Meet the Herd • Equine Oracle Cards

EXPANDED OFFERINGS (\$): Unbound • Miraval Equine Experience™ • Purple Sage Meditation • Awaken Self-Connection

PRIVATE SESSIONS (\$): All included and expanded offerings • Relationship-Based Horsemanship • Access Inner Wisdom • Connection Over Perfection • Unforgettable Canvas



### MICHELLE FRALEY

*Wellness Counselor, MA WPC*

Michelle combines her training in clinical psychology, holistic life coaching, Yoga, and meditation to offer guests a unique approach to optimizing their wellbeing.

Through tools of positive psychology, neuroplasticity, and mindfulness, Michelle helps guests deepen awareness, balance energy, rewrite subconscious beliefs, increase confidence, and implement effective coping strategies for stress.

INCLUDED: Living a Life in Balance • Journal for Self-Discovery

EXPANDED OFFERINGS (\$): Your Happiness Tool Kit • Transitions: Thriving Through Change • The Web of Life • Stress Management Techniques • Mindful Relationships • Cultivate Confidence

PRIVATE SESSIONS (\$): All included and expanded offerings • Living in Balance • Mindful Parenting • Positive Thinking



### JESS ROSE

*Spiritual Holistic Guide & Sacred Facilitator*

Jess is a certified Spiritual Life Coach and Sacred Facilitator. She uses an integrated approach from her 10 + years of extensive training, combining ancient wisdom and modern modalities. She is passionate about supporting others on the path of illumination and self-realization.

INCLUDED: Manifestation

EXPANDED OFFERINGS (\$): Dharma, The Path to Purpose • Awaken Your Divine Feminine • The Soul's Yes • Cacao Ceremony

PRIVATE SESSIONS (\$): Dharma & Destiny • The Soul's Yes • The Art of Manifesting • Awaken Your Divine Feminine



### ALEXANDRA NICOL

*Psychic Medium*

Alexandra is a psychic medium who has been connecting with spirits since childhood. She uses information from the departed to help their loved ones by channeling and using oracle cards. Through joy and laughter, Alexandra transcends the limits of time and space to offer tangible messages of clarity and guidance.

PRIVATE SESSION (\$): Psychic Reading



### LISA FRANK

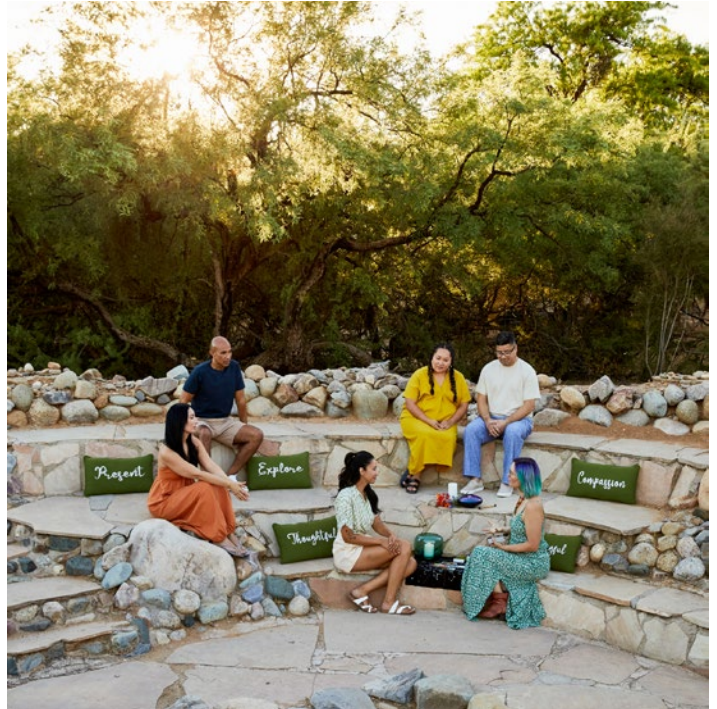
*Mind-Body Wellness Counselor & Life Coach, M.Ed*

Lisa's integrative mind-body approach empowers guests to move into greater health and happiness. She has been a counselor since 2004 and is also certified in Yoga, EFT, Reiki, life coaching, and Phoenix Rising Yoga Therapy. She weaves embodied mindfulness and inner compassion to help enhance and repair the relationship with self and others.

INCLUDED: The Gift of Gratitude

EXPANDED OFFERINGS (\$): The Power of Self-Compassion • Moving Intention Into Action

PRIVATE SESSIONS (\$): Conscious Connections • Mind-Body Wisdom • Somatic Voyage



### MATT DEMERY

*Executive Chef*

Chef Matt elevates Miraval Arizona's culinary offerings while honoring our conscious cooking and mindful eating philosophy. He explored complex flavors, ingredients, and spices at Grand Hyatt Shanghai and Hyatt Regency Indonesia and led his Park Hyatt Washington D.C. team to achieve critical acclaim at Blue Duck Tavern, where he created farm-fresh menus.



### ZACH ANDERSON

*Chef De Cuisine, Life in Balance Culinary Kitchen*

Chef Zach's memories of watching and helping his grandmother prepare Christmas dinner inspired his culinary journey. He worked for a James Beard award-winning restaurant before opening his own venue. He went on to work for a group of 16 restaurants, rising from sous chef to chef de cuisine to executive chef.

*All culinary activities and private sessions are led by culinary specialists.*

# animal connections

---

## EQUINE

- *Work with horses for restorative exploration.*
- *Professional staff mediates human-equine connection & holds space for authentic experiences.*
- *All classes held at Purple Sage Ranch; wear closed-toed shoes & appropriate attire.*

**THE ART OF BEING** Experience inner peace and awaken to life's interconnectedness through a guided journey with our free-roaming herd, channeling wisdom and possibility in the horses' calming presence. Includes drawing or journaling. \$

### NEW

**AWAKEN SELF-CONNECTION** Create space for self-connection with a six-point method to connect to your body, gather data, approach challenges, and sense unspoken feelings with the help of our equine herd. \$

**COMMON GROUND** Practice assertive non-verbal communication and leadership skills with a horse in this unmounted activity. Use collaboration, creativity, and observation to inspire the horse to move without speech, touch, or rope.

**JOURNEY TO SELF** Tap into a universal story of life choices to lead your equine partner by a rope through obstacles, making mindful choices to reframe challenges as opportunities and become your journey's hero. \$

**MEET THE HERD** Are you curious about our Equine program? Join us for a fun, relaxed, behind-the-scenes introduction to our horses to ask questions and learn more about their stories and personalities.

### MIRAVAL EXCLUSIVE

**MIRAVAL EQUINE EXPERIENCE™** Practice living in the moment by working with our horses and expert facilitators to notice and shift restrictive patterns. *Not a riding class.* \$

**PURPLE SAGE MEDITATION** Tap into the power of horses as models of mindful, embodied presence. This meditation departs from traditional formal practices and explores alternative ways to bring mindfulness into daily life. \$

**UNBOUND** This unmounted class explores connection through equine collaboration, recognizing default states we enter when stressed, and mindfully redirecting our responses. Tune into the horse's flowing energy to find shared sacred space. \$

## PRIVATE SESSIONS

- *All Animal Connections experiences are offered as private sessions in addition to the list below.*
- *Contact an Experience Planner to book private sessions.*

### NEW

**ACCESS INNER WISDOM** Access inner wisdom through your heart and a horse's sentient communications. Through equine interactions, you can learn to trust yourself, release control, quiet the mind, and liberate unbridled possibilities. \$

**CADENCED CONNECTION** Discover the synchrony of moving rhythmically while mounted on a horse. Through fluid and authentic communication, this exploration promotes a deeper sense of trust and connection between horses and humans. \$

### RELATIONSHIP-BASED HORSEMANSHIP

This unmounted experience elevates the human-horse bond by increasing self-awareness, mutual respect, connection, and trust. Learn skills like energy modulation, nonverbal communication, and healthy boundary-making in partnership with a horse. \$

**UNFORGETTABLE CANVAS** Tap into your creative spirit by using a horse's side as a living canvas to stay present and grounded in your storytelling. Dress appropriately for a messy experience. \$

# creative expression

---

## HANDCRAFTS

- Engage in a guided process of creating functional art as a tool for presence.
- No previous experience required.

**CHAKRA CREATIONS** Learn about the significance, characteristics, and corresponding gemstones of the seven major chakras, and create a bracelet with gemstones matching the chakras you wish to represent. Materials and velvet pouch included. \$

**CONNECT & CREATE WITH CRYSTALS** Discover your Life Path Number and its corresponding crystal using numerology. Select a crystal and meditate with it to create a bracelet with beads of that same crystal type. *Provide birthdate, month, and year when booking.* \$

**CRYSTAL OIL INFUSIONS** Make a crystal-infused essential oil roller bottle while learning how crystal energy and essential oils combine to invite peaceful moments. Take home an infusion-blend, affirmation, and peaceful ritual. *Not suitable for pregnant guests or anyone with essential oil allergies.* \$

**GROUND & REJUVENATE WITH CLAY** This workshop gently guides you from the head to the heart of your creative spirit. Explore the practice of non-judgment by using clay as a tactile tool for grounding, creativity, and relaxation. \$

**MAGIC OF MALAS** Discover the spiritual connection of a mala containing 108 beads, a sacred number associated with global spiritual practices. Craft your mala and learn how to incorporate it into meditative rituals. *Bring reading glasses if needed.* \$

---

## MUSIC & PERFORMANCE

- Connect with your expressive side to access emotions & increase sensory perception.
- No previous experience required.

### JUST LET IT GO:

*Improvisational Games & Laughter* Leap into the world of improvisation and embrace the opportunity to be spontaneous, collaborative, positive, and present in a safe and spirited space.

**MANIFESTING JOY & HARMONY** Produce rhythmic sounds, focusing on presence, self-expression, and empowerment with reflection, joy, and breathing. Use tone as a harmonizing tool to release mental blocks and shift your inner narrative. \$

**PAINT THE MUSIC** Immerse yourself in an artistic and interpretive experience while music and a professional artist inspire and guide you to create a take-home abstract painting, inviting freedom, joy, and playfulness. \$

### SOCA FOR THE SOUL:

*Spiritual Drumming* This dynamic, guided drumming experience blends joyful island spirituality with the power of rhythm, mindful movement, and communal energy to release stress, ignite creativity, and rediscover a playful spirit. \$

---

## VISUAL ARTS

- *Connect with yourself by rediscovering your inner artist.*
- *No previous experience required.*

**ART WALK** Enjoy this casual stroll and learn about the art that organically graces the Miraval Arizona property. Explore a curated selection of artists and techniques.

**ARTFUL PHOTOGRAPHY – WITH YOUR CAMERA PHONE** Learn camera phone functions to enhance light, focus, filters, panoramic shots, and the basics of editing. This is an indoor class.

**ARTISTIC EXPRESSION UNDER GLASS** Unleash your inner artist by using the technique of reverse painting under glass to create an abstract piece of art with a professional, contemporary, and abstract artist. \$

**CREATIVE PHOTOGRAPHY STROLL** Walk the resort paths with any type of camera and learn to use awareness of available natural light and compositional elements to make your images strong and compelling.

**ENVISION YOUR SEASON** This powerful self-discovery workshop encourages you to reflect on what you want to bring to fruition. Guided meditations and journaling exercises will provide insight as you create your vision board. \$

### **NEW**

**FOSTERING CREATIVITY** Seek new ways to solve complex problems and create change in your life by working through creative blocks and accessing more expansive models of thinking.

**INTUITIVE VISION BOARD** Create an intuitive vision board to activate the law of attraction, visually represent your goals, and evoke emotional responses to your conscious and subconscious intentions with your soul's wisdom. \$

**PHOTOGRAPHY HIKE** Join a professional photographer on a moderately paced hike with any camera. Work on composing landscapes and learn to look for interesting light in the desert. *Wear appropriate shoes and bring water and personal items for a 2-hour hike.* \$

**PHOTOGRAPHY IN FOCUS** Learn basic digital camera operations, then explore outdoors for aperture and shutter speed lessons. Canon DSLR available. Bring your smartphone for a Wi-Fi transfer lesson.

**SPONTANEOUS CREATIVITY** Enjoy a guided meditation that inspires artistic freedom. Draw and flow creatively to reveal your inner joy. Focus on fun and let your heart and mind create something new.

## PRIVATE SESSIONS

- *All Creative Expression experiences are offered as private sessions in addition to the list below.*
- *Contact an Experience Planner to book private sessions.*

**PHOTOGRAPHY** Design and customize a session that meets your personal photography goals. Cameras are available for use. \$

**W.H.Y. (WHAT HOLDS YOU)** Release mental clutter and emotional blocks holding you in negative states through breathwork, tonal meditation, and positivity, moving you from static states of “WHY” to dynamic states of all you can be. \$

# farm & garden

---

## APIARY

- *Connect to the natural world through beekeeping activities & lectures.*
- *Develop a deeper understanding of interconnected of natural systems.*

### **GUEST FAVORITE**

**ALL THE BUZZ** Don a beekeeper suit and join our beekeeper at the beehives as he shares his love of apiculture and offers a hands-on experience of bees working and surviving in today's world. \$



---

## HORTICULTURE

- *Rediscover your connection to the land.*
- *Explore the relationship between humans & the natural environment.*

**ASK THE FARMER** Miraval Arizona's gardener delivers fresh produce to our kitchens from his neighboring farm and offers weekly tours of our on-site garden to demonstrate how to create your own.

## PRIVATE SESSIONS

- *All Farm & Garden experiences are offered as private sessions.*
- *Contact an Experience Planner to book private sessions.*



# fitness

---

## ACTIVE PLAY

- *Goal: Reconnect with the playful spirit of childhood.*
- *Exercises: Joyful movement that feels more like fun than fitness.*
- *Focus: Cardiovascular health & coordination.*

### NEW

**CARDIO DANCE FUSION** This high-energy cardio class fuses styles, which may include country line-dance, Zumba, belly dancing, and 1980s dance styles for high-energy cardio fun.

### GUEST FAVORITE

**CARDIO DRUMMING** This energetic workout combines traditional aerobic movements with powerful drumbeats and rhythms.

### PICKLEBALL:

*Advanced* This two-hour workshop is for experienced players (3.25 rating or higher) who want to learn more strategies and build additional skills. \$

### PICKLEBALL:

*Beginner* Learn pickleball basics on the court, including dinking, serving, volleying, and scoring: a fun and energizing workout for all levels.

### GUEST FAVORITE

### PICKLEBALL:

*Intermediate* This 90-minute workshop is reserved for players familiar with pickleball basics (rules, scoring, serving, and dinking), ready to elevate their game with new strategies and skills. \$



---

## ALIGNMENT & BALANCE

- *Goal: Improve balance, prevent injury & support confident, efficient movement.*
- *Exercises: Core engagement & precise, alignment-based movement.*
- *Focus: Stability & functional mobility.*

**BALANCE** Improve, challenge, and stimulate your balance system using foam rollers, resistance tubing, or a balance disk.

**BARRE** This class combines ballet barre, resistance training with bands, balls, and a core component.

**CORE ADVANCED** Using your body weight and a freeFORM board, build strength and become reacquainted with muscles that have been lying dormant.

**GLUTE STRENGTH** Prevent underdeveloped gluteal muscles by strengthening your trunk using a Step bench, free weights, medicine balls, or resistance tubing to prevent hamstring injuries, back and hip pain, and knee damage.

---

## AQUATIC

- *Goal: Use water as a medium & tool for protection, resistance, intensity-modulation & enjoyment.*
- *Exercises: Water-assisted muscle-building & cardiovascular activities.*
- *Focus: Aquatic fitness & fun.*
- *All classes held in the BMC pool; wear a swimsuit.*

### NEW

**DESERT SPLASH BOOTCAMP** Heat up and cool down simultaneously with the challenge of a fast-paced circuit class on the water's surface. This class incorporates low and high-intensity exercises using inflatable standup paddleboards.

### NEW

**PEACEFUL WAVES YOGALATES** Challenge your balance and core in this engaging floating workout that fuses Pilates and Yoga utilizing our inflatable standup paddleboards.

### NEW

#### TRANQUIL WATERS:

*Sunset Sound Bath* Float weightlessly in the pool to soothing sounds with the Arizona sunset as your backdrop, easing your body and mind into a relaxing guided meditation and sound bath.

**WATER FITNESS** Jump in the water with this powerful and fun class designed to burn calories and build muscle, strength, coordination, and flexibility.

---

## CARDIO & INTERVAL TRAINING

- *Goal: Get your heart pumping & body moving.*
- *Exercises: Cardiovascular exercises & alternating short bursts of intense exercise & brief rest or lower-intensity activity periods.*
- *Focus: Elevate heart rate, increase VO<sub>2</sub> Max & burn calories more efficiently.*

**ATHLETIC WALK** Explore our beautiful property on mostly flat desert terrain with slight inclines and declines, led by a fitness instructor on trails close to the resort. *Wear comfortable, athletic shoes that can get dusty.*

**BODYWEIGHT HIIT** Strengthen your core and sculpt your muscles as you use only your body weight to develop agility and strength with high-intensity interval training.

**CARDIO KICKBOXING** Punch, jab, and kick in this high-impact martial arts style class that combines cardio, agility, and core work.

**CARDIO & STRENGTH MACHINES** Join an energizing workout in the weight room, fusing strength, cardio, and core with our Techno Gym cardio and Hoist Roc-It Series strength equipment.

**HIIT WITH PROPS** This high-intensity interval training exercise incorporates a combination of steps, BoSu, resistance tubing, ropes, and TRX Suspension Trainers.

#### OUTDOOR BOOTCAMP:

*Advanced* Experience the challenge of a high-intensity cardio and strength class using the natural landscape around Miraval Arizona as our gym.

**POWER CYCLE** Cycle indoors in this high-intensity cardio class.

**RIDE & RELEASE** A full 30-minute indoor cycling workout ends with myofascial foam-roller release.

**STEP IT UP** Step into a joyful journey with this energetic and uplifting class that adapts to all skill levels.

---

## PILATES

- *Goal: Develop strength & flexibility; improve range of motion for joints.*
- *Exercises: Low-impact, core-strengthening movements.*
- *Focus: Core stabilization & postural realignment from the inside out.*

### MIRAVAL ARIZONA EXCLUSIVE

**COREFORMER** Miraval Arizona offers a one-of-a-kind, Pilates-Reformer-inspired workout for all fitness levels. Use a FlexKord and ballet barre to mimic core, posture, and alignment challenges that make Pilates Reformer workouts famous.

**PILATES FUSION** Build a strong, long, lean body and add grace and balance with a fusion of Yoga and Pilates.

**PILATES WITH PROPS** Challenge your whole body with a focus on spinal flexion, extension, and rotation by using BOSU, stretch straps, or Slo-Mo Fusion balls.

**YOGALATES** Strengthen your balance and core in this engaging workout that fuses Pilates and Yoga. *Wear Yoga attire.*

---

## STRENGTH & CONDITIONING

- *Goal: Improve strength, endurance & power.*
- *Exercises: Free weights, dumbbells, resistance tubing & bodyweight exercises.*
- *Focus: Balance muscle groups & distribution of strength throughout the body.*

**ABS & GLUTES** This nonstop core conditioning class strengthens and tones abs, glutes, hips, and legs with targeted exercises.

**DAVINCI BODY BOARDS** This full-body resistance band workout engages often-overlooked muscle groups, creating an unbeatable core focus through opposing tension. *Also offered on mini boards for home use.*

**WOMEN'S WELLNESS WITH WEIGHTS** Stimulate new bone growth with an introductory, low-intensity toning and strength-training class, focusing on osteoporosis and osteopenia prevention. Learn to lift weights safely and incorporate resistance training into your workouts. *Open to all, focusing on those identifying as women.*



.....

## STRETCH & RELEASE

- *Goals: Improve flexibility & reduce muscle tension.*
- *Exercises: Movements that involve holding a position or taking you through a full range of motion.*
- *Focus: Lengthen & relax muscles.*

### GUEST FAVORITE

**HAPPY HIPS** Improve your hip flexibility and mobility using self-myofascial release techniques, hip joint opening exercises, and Yoga-based stretches.

**ROLL WITH IT** Use a foam roller, myotherapy ball, or RAD roller to give yourself a deep-tissue massage and improve flexibility.

**SHOULDERS SET FREE** Increase the entire shoulder girdle's mobility and stability with a foam roller and a stretch-out strap.

**STRETCH & RELAX** Unwind during this 45-minute, head-to-toe stretch series that encourages you to hold stretches longer and focus on breath.

## PRIVATE SESSIONS

- *Most Fitness experiences are offered as private sessions in addition to the list below.*
- *Contact an Experience Planner to book private sessions.*

**BONE HEALTH STRENGTH TRAINING** Learn to load your skeleton to optimize bone density with personalized strength and flexibility instruction for continued bone health support. \$

**FITNESS PROGRAM DESIGN** Get detailed fitness assessments, including Body Composition, Resting Metabolic Rate, and other exercise-related tests. Leave with a personalized exercise plan charting a path to future health. *Suitable for all abilities.* \$

**IDEAL POSTURE ASSESSMENT** Identify postural imbalances (muscle tightness, weakness, range of motion) that lead to misalignments like forward head, rounded shoulders, and tilted pelvis. Receive corrective exercises to improve posture. \$

**PERSONAL TRAINING** Meet with a personal trainer and continue your fitness regimen while at Miraval Arizona. This consultation is for guests already working with a trainer at home. \$

**PILATES:**  
*Apparatus, for Cyclists, Equestrians, Golf, Tennis, Runners, Swimmers* Meet with a Pilates instructor to take your workout to the next level. \$

**SWIM LESSONS** Take swimming lessons to overcome fear, learn basics, or improve techniques or strokes. Enhance timing, technique, and breathing for better ease, efficiency, power, and endurance in the water. \$

**TENNIS LESSON** Coaches work with beginners and experienced tennis players alike to teach basics or hone existing skills. Tennis equipment provided. \$

**TRX SUSPENSION TRAINING** This private session teaches you to safely utilize TRX in your training program. Great for beginners. \$

# integrative wellbeing

## EMOTIONAL WELLNESS

- *Integrate emotional & social wellbeing.*
- *Explore various life aspects & promote taking a proactive role in your wellness journey.*
- *Topics include grief, trauma, stress, body image, confidence, sexuality, relationships or navigating challenges.*

### AWAKEN WITHIN:

*A Sensory Journey* Sensory awareness connects us to our innate sense of pleasure, permitting us to be playful, curious, and joyful. Explore your senses for an embodied experience of pleasure in daily life. \$

**THE BEAUTY OF IMPERFECTION** Highlight pottery repairs with gold paint in a Kintsugi-inspired workshop that embraces flaws through compassionate reflection. Instead of disguising cracks in art or life, showcase imperfections with beauty and strength. \$

**CULTIVATE CONFIDENCE** Join a discussion of the benefits of building confidence while addressing common misconceptions. Learn powerful and practical strategies to boost confidence, increase resilience, and feel empowered. \$

**ENHANCE YOUR MENTAL POTENTIAL** Your brain's state influences happiness, productivity, and the quality of your interactions. Learn to change and improve at any age or stage with tools to support a healthier, happier, lucid brain.

**GRIEF, LOSS & LETTING GO** Honoring and supporting ourselves through grief can be challenging and complex. Understanding its mental, physical, and emotional impacts can help us navigate grief with self-compassion and kindness.

### NEW

#### HEALTHY LIFESTYLES THROUGH MENOPAUSE

Explore how combining exercise and lifestyle promotes a mindset for prioritizing strategies and a roadmap for success during this transitional time. Create a mission statement to clarify your menopause journey goals.

### NEW

**MAKING SENSE OF MENOPAUSE\*** Examine perimenopause, menopause, and post-menopause with curiosity and compassion. Share in an intimate discussion about hormone therapy and other strategies for navigating symptoms, including hot flashes, vaginal dryness, and brain fog. \$

**MASTER YOUR MIND, HEAL YOUR BODY™** Join an introductory lecture to learn about Holographic Memory Resolution™, a method developed for understanding the body's potential to repair and release stored trauma.

### NEW

**MINDFUL RELATIONSHIPS** Join an interactive workshop on mindfulness practices for creating healthy relationships. Explore attachment styles, love languages, communication strategies, and boundary-setting for deeper emotional connections. \$

### NEW

**MOVING INTENTION INTO ACTION** Clarify and act on intentions by accessing your inner wisdom with a wellness counselor. Elements of Phoenix Rising Yoga Therapy, holistic life coaching, and energy psychology combine for a comprehensive experience. *Wear comfortable attire for movement.* \$



**NEW**

**OPTIMIZE YOUR SEX LIFE** Great sex starts outside the bedroom. A sexuality educator shares eight components of magnificent sex, myths that get in our way, and connection exercises foundational for amazing sexual experiences. \$

**PELVIC FLOOR WISDOM** One third of us face pelvic floor-related issues. Explore the pelvic floor's structure and function, dispel myths, understand the limits of Kegels, and gain tools for a supportive, healthy, and pleasurable pelvis.

**PLEASURE:**

*Women, Sex & Desire* Join a sexuality educator in exploring how pleasure and mindfulness enhance sexuality, libido, arousal, and orgasm while acknowledging challenges like pain, menopause, childbirth, and stress. *Open only to guests who identify as women.* \$

**THE POWER OF SELF-COMPASSION** This workshop explores ways to deepen compassion and kindness for yourself and others. Guided by a wellness counselor, learn to repair self-judgment patterns and expand wellbeing through self-compassion. \$

**YOUR HAPPINESS TOOL KIT** Join a wellness counselor to examine neuropsychology and behavioral aspects of positive thinking. Learn to shift your mindset with strategies to support new neural pathways, emotional resilience, and happiness. \$

.....  
**MINDFUL LIVING**

- *Integrate tangible tools, daily habits & mindfulness practices.*
- *Explore clarity & self-connection.*
- *Topics include cultivating gratitude, setting intentions, journaling, or sleep rituals.*

**A RETURN TO SLEEP** Do you struggle to fall or stay asleep? Learn insomnia's causes and explore techniques to reclaim restorative sleep, setting the foundation for a healthier, happier life through better sleep habits. \$

**DHARMA, THE PATH TO PURPOSE** Within each soul lives a dharma—a calling toward fulfillment and authentic expression. Uncover your gifts, attune to the voice of your soul, and align with your true purpose. \$

**DISCOVER YOUR DOSHA** Ayurveda, a timeless system of health, teaches strategies to optimize wellness. Discover your Ayurvedic constitutional type (dosha), which informs your essential nature, tendencies, characteristics, strengths, and challenges. \$

**DREAM ALCHEMY** Enhance your dream recall and practice “dream incubation” to uncover creative solutions and insights, connecting with recurring dream themes and nighttime visions to empower and inspire your waking life. \$

**DREAM MANIFESTING** Create your inspired life by aligning energy, accessing higher consciousness, and finding tools to manifest your best life while releasing limitations that hold you back. \$

**THE GIFT OF GRATITUDE** Discover how an awareness of gratitude enhances health and relationships while learning simple, impactful ways to incorporate gratitude practices into daily life for improved wellbeing.

**INTUITIVE LIVING:**

*3 Life-Changing Principles* When you open the door to your intuitive self on a daily basis, you can create a better-balanced life that is more in tune with your true identity.

**JOURNAL FOR SELF-DISCOVERY** This experiential lecture explores the benefits of journaling as a powerful tool for self-connection, introspection, and personal growth, with actionable insights to begin or refresh a meaningful journaling practice.

**LIVING A LIFE IN BALANCE** Contemplate what balance means in family, work, personal values, and self-care, and gain practical strategies from wellness counselors to redefine priorities and restore realistic, meaningful balance to your life.

**MALAS, MANTRAS & MINDFULNESS** Use a mala, paired with a mantra, to manifest your intentions and develop or deepen a meditation practice. Use this unique tool to connect with yourself and enhance spiritual awareness.

**MINDFUL STRESS MASTERY** Shift your relationship with stress using mindfulness practices and science-based tools to begin an openhearted relationship with yourself, your life, and the world around you.

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

**QUANTUM CONSCIOUSNESS** Explore quantum consciousness through mantra meditation and its connection to quantum physics. Enhance creativity, health, and fulfillment by examining consciousness as the source of thought, action, and physical manifestation.

**NEW**

**SLEEP FOR SUCCESS** Our sleep specialist shares tips for improving sleep naturally, offering insights on sleeping pills, supplements, and gadgets. Discuss natural sleep enhancers, stress-reducing techniques, and guided sleep-supporting practices for better success. \$

**SLEEP WELL:**

*Rituals for Better Rest* Explore nighttime rituals inspired by ancient civilizations' sleep and dream temples to shift your relationship with rest, foster healthy sleep habits, and create a sanctuary for embracing your dreams' power.

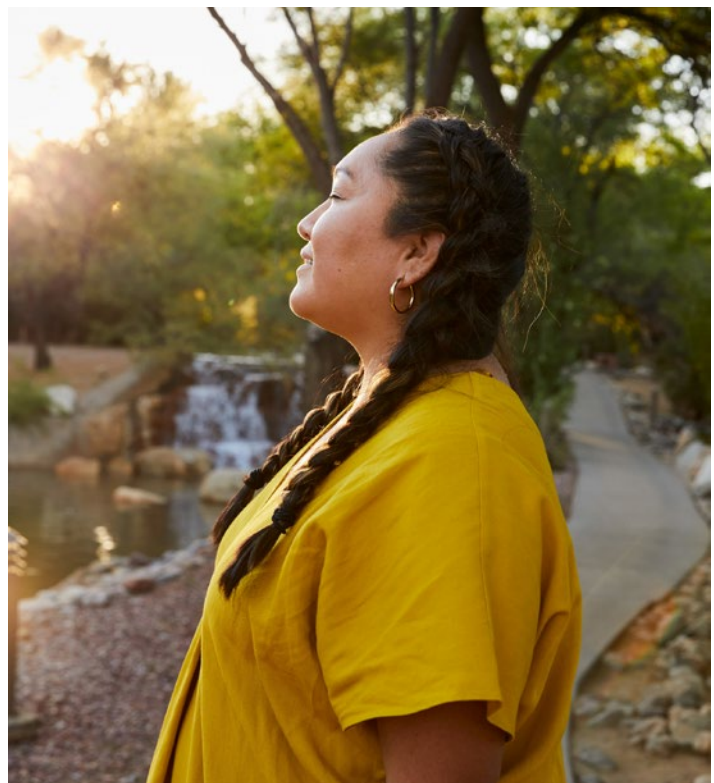
**STRESS MANAGEMENT TECHNIQUES** A wellness counselor discusses the effects of nervous system dysregulation, providing holistic strategies to manage chronic stress across mental, emotional, physical, spiritual, and relational dimensions with practical mind-body approaches. \$

**TRANSITIONS:**

*Thriving Through Change* This experiential workshop offers techniques for navigating life transitions confidently using mindset mastery tools, practical behavioral strategies, and rituals for developing coping skills, resilience, and empowerment during periods of change. \$

**THE WEB OF LIFE:**

*Balance & Empowerment* Explore 10 areas of your current life to identify strengths and challenges, gain self-awareness, and take concrete, actionable steps toward your ideal life in this insightful workshop. \$



## PRIVATE SESSIONS

- *All Integrative Wellbeing experiences are offered as private sessions in addition to the list below.*
- *Contact an Experience Planner to book private sessions.*

**CONNECTION OVER PERFECTION** Hear equine stories illustrating the evolving horse and human bond, offering a framework for accessing inner wisdom. \$

**CONSCIOUS CONNECTIONS** A wellness counselor combines Partner Yoga with Mindful Relationships to enhance trust, intimacy, and relationship mindfulness, fostering deeper appreciation by shifting patterns through playful physical practice and conscious connection. \$

**CULTIVATE RESILIENCE** Your mindset shapes how you make decisions, manage stress, and cultivate resilience. Learn techniques to release limiting beliefs and embrace joy, empowering you to navigate life's challenges with positivity. \$

**DHARMA & DESTINY** Embrace your Dharma—your life's purpose—and ignite your potential with curiosity and imagination. Navigate your destiny by awakening your true nature to reclaim radiance and inner power through guided self-discovery. \$

**DREAM DISCOVERY** Explore dream themes or recurring dreams to uncover their transformational potential, practicing techniques to honor, integrate, and unwrap the gifts your dreams bring into your waking life. *Also offered as a duet.* \$

**EMBRACING PLEASURE** Sexual pleasure is part of a balanced life. Privately discuss topics like libido, orgasms, sexual dysfunction, masturbation, toys, aging, and more for insights and ideas to enhance sexual pleasure and connection. \$

**HOLOGRAPHIC MEMORY RESOLUTION®** This therapeutic method helps trauma survivors access memories to resolve emotions associated with traumatic events, addressing physical and emotional blockages that cause pain, compulsivity, and other disorders. \$

**LIVING IN BALANCE** Consult a wellness counselor to address issues related to transitions, balancing demands, emotional resilience, habit changes, or difficult emotions. Discover new perspectives for personal growth, balance, and integrating positive changes. \$

### NEW

**MENOPAUSE & MIDLIFE** Consult a wellness counselor to address issues related to transitions, balancing demands, emotional resilience, habit changes, or difficult emotions. Discover new perspectives for personal growth, balance, and integrating positive changes. \$

**MIND-BODY WISDOM** Adopt a holistic approach to release limiting beliefs, clear blocked energy, and build self-awareness, fostering harmony between physical sensations, emotions, and belief systems for greater self-connection and growth. \$

**MINDFUL PARENTING** Explore mindful parenting techniques with a wellness counselor—learn compassionate communication, discipline, self-awareness, and strategies for family cohesion to foster acceptance and presence with your children and yourself. \$

**NIGHTMARE REPAIR** Work with a certified dreamwork practitioner to explore the meaning of your nightmares and learn techniques for easing fear, reducing nightmares, and practicing control, ensuring calmer and safer nights. \$

**PELVIC WELLNESS** This consult supports your pelvic concerns, including incontinence, prolapse, pain, or other challenges. Receive guidance on individualized tools like breathing techniques, movements, or meditations to support pelvic floor function and health. \$

**POSITIVE THINKING** Retrain your brain for optimism and hope, breaking negative thoughts or belief systems and fostering positivity with tools for neuroplasticity and improved wellbeing through guidance from a wellness counselor. \$

**SLEEP WELL COACHING** Our certified sleep science coach will help identify the root causes of your sleep challenges. Take home a personalized plan with simple, specific sleep-related habits and routines. \$

**SOMATIC VOYAGE:**

*Transformative Self-Empowerment* A wellness counselor uses Phoenix Rising Yoga Therapy to integrate physical movement, therapeutic touch, and dialogue to foster self-discovery, awareness, and acceptance, promoting connection to your authentic self through embodied experiences. \$

**STRESS REDUCTION** Learn how to identify what factors contribute to stress in your life, customize mindfulness practices that could benefit you, and invite a sense of calm. \$



# meditation

---

## BREATHWORK

- *Explore techniques for using your breath to regulate physical & emotional responses.*

**BREATHWORK** Learn how your breath affects your physical, mental, and emotional health. This class offers useful tools to calm your mind and utilize your breath to benefit your health and wellbeing.

### **NEW**

**BREATHWORK FOR PAIN MANAGEMENT** Learn practical and straightforward breathing techniques to improve pain management and overall wellbeing.

---

## MOVEMENT-BASED

- *Explore kinetic meditation as an alternative to classic, stillness-based practices.*

### **MIRAVAL EXCLUSIVE**

**FLOATING MEDITATION** Experience the calming benefits of meditation in a silk hammock, releasing your mind's stress and tension while rocking weightlessly or "floating" above the floor. \$ *May cause motion sickness. Also offered outdoors.*

**INNER NATURE** Join a morning walking practice on our self-guided trails to connect with nature, feel grounded in your body, and receive the earth's guidance.

**LABYRINTH JOURNEY** The labyrinth represents an inward journey. Connect movement, breath, and intention through walking meditation to find inner wisdom while navigating this sacred and meaningful path.

### **NEW**

**QIGONG** This moving meditation that improves your mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent.

---

## STILLNESS-BASED

- *Discover variations of classic meditation practices to support sleep, express gratitude, enhance self-reflection & sharpen senses.*

### **NEW**

**CHAKRA MEDITATION** Connect to your body's seven chakras, or master energy centers, through this guided meditation. Explore the meaning of the chakras and how you can understand them to enhance various aspects of yourself.

### **NEW**

**FORGIVENESS MEDITATION** This heart-opening meditation invites you to release negative thoughts while fostering greater patience and compassion. Practicing mindful forgiveness leads to a more vibrant and liberated state of being.

**GRATITUDE MEDITATION** This guided form of meditation cultivates contentment by engaging the mind in appreciative thoughts.

### **NEW**

**JOURNEY OF AWAKENING** This class will focus on deepening your understanding of the multiple aspects of mindfulness meditation, providing a space to begin a new practice or strengthen an established one.

**LOVING KINDNESS MEDITATION** Discover the Buddhist practice of friendliness with a guided meditation using mantra and intention to open you up to the possibility of love and kindness for all beings.

**MORNING MINDFULNESS MEDITATION** Start your day with a seated Vipassana meditation, focusing on insight and compassion to calmly observe the mind's fluctuations and embrace serenity, setting a balanced tone for the hours ahead.

**POSITIVE VISUALIZATIONS MEDITATION** This guided form of meditation engages the mind and harnesses the power of positive imagery to create states of wellbeing and pathways for mind-body balance.

**PRANAYAMA MUDRA MEDITATION** Discover pranayama (yogic practice of breath control), combined with mudras (gestures) of the hands, to strengthen a steady mind focus during meditation.

**YOGA NIDRA MEDITATION** This intention-setting meditation guides the practitioner through five stages of conscious awareness that encourage a state of deep, meditative relaxation.

## PRIVATE SESSIONS

- *All Meditation experiences are offered as private sessions in addition to the list below.*
- *Contact an Experience Planner to book private sessions & specify preferred meditation style.*

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

**VEDANTA MANTRA MEDITATION** Receive a custom Vedic mantra based on your birthday and learn how to properly pronounce and use it to enhance mindfulness and incorporate this custom into your daily practice. **\$**





**NEW**

**CHEF'S TABLE** Dine in the heart of Miraval Arizona's kitchen and savor our chefs' exclusive dishes, paired with wine, for an intimate, unique foodie experience. *Dietary preferences accommodated with advanced notice.* \$

**EAT WELL, LIVE WELL** Inspired by the world's healthiest geographical zones, where people live into their hundreds, our chefs and dietitians share tips for making delicious and healthful meals. \$

**THE ESSENCE OF TERROIR:**

*A Guided Honey-Tasting* Honey encapsulates the essence of place—flowers, roots, climate, and soil. Experience a refined tasting that lets you savor the distinct elements of time, space, and terroir in every drop. \$

**MIRAVAL EXCLUSIVE**

**JUST COOK FOR ME\*** Sample our talented chefs' creations in the Life in Balance Kitchen. Savor selections from our curated menu and fresh, exclusive dishes paired with wine. *This offering is for the adventurous foodie.* \$

**NEW**

**KEEP IT SIMPLE** Learn to nourish your body and soul with unprocessed foods in this hands-on experience that aligns your holistic health journey with making simple and tasty meals.

**KITCHEN APOTHECARY** Explore functional foods that enhance mental wellbeing, reduce stress, boost brainpower, and support mood improvement. Gain practical tips from a dietitian and taste examples you can incorporate into everyday recipes. \$

**PLANT-BASED COOKING** Prepare a dish with our chefs that supports a healthy, plant-based diet full of phytonutrients offering tremendous antioxidant and anti-inflammatory benefits. \$

**NEW**

**RECIPES FOR A LIFE IN BALANCE** Step into a space of inspiration with a registered dietitian to simplify meal planning. Take home our cookbook to savor the experience and elevate everyday meals and moments. \$

.....  
**NUTRITION**

- *Learn about the interaction of vitamins, minerals, & macronutrients.*
- *Make food choices that support a healthy & energizing lifestyle.*

**EMOTIONAL WELLBEING AT THE END OF YOUR FORK** Food has the potential to promote physical, mental, and emotional health, but it can also exacerbate memory loss and stress. Gain a roadmap for improving mood, increasing energy, and brainpower.

**FOOD COMBINATIONS FOR ULTIMATE HEALTH** Food synergy can lead to significant health benefits. Our registered dietitian highlights the value of whole foods and offers examples of nutrient synergies to integrate into your diet.

**HACKS TO HALT CRAVINGS** Why do we experience cravings, and how can we prevent them? Join our dietitian to dive into the science to help you feel confident in your ability to halt cravings.

**HEALTHY GUT, HEALTHY YOU** Gut health affects every aspect of our wellbeing. This interactive workshop guides you in optimizing your digestive health and determining which supplements and foods to include or avoid. \$

**INTUITIVE NOURISHMENT** Explore practices in an experiential workshop to connect with your body's intelligence, fostering peace and confidence in eating choices. Leave with strategies for nourishing your whole being. \$

**LUNCH & LEARN WITH OUR DIETITIAN** Dine with our registered dietitian in a casual, welcoming setting. Enjoy lunch, ask questions, and learn simple tips to support balanced eating and a more nourished life.

## STRATEGIES TO SUPPORT YOUR IMMUNE SYSTEM

The immune system is a complex network that works to protect your body and fight invaders. In this lecture, our dietitian provides practical ways to support your immune system.

### TAME THE FLAME:

*Curb Inflammation with Food* Join our dietitian to learn how food can mitigate chronic inflammation. Take home cooking and shopping tips and recipes for long-term health. \$

**TIPS TO MASTER YOUR METABOLISM** Your body has inherent intelligence and a vast capacity for change. Learn how metabolism is measured, why it changes, and how you can influence yours and, perhaps, your weight.

## PRIVATE SESSIONS

- *All Nourishment experiences are offered as private sessions in addition to the list below.*
- *Contact an Experience Planner to book private sessions.*
- *Communicate allergies or dietary restrictions at time of booking.*

## PERSONALIZED INTEGRATIVE NUTRITION

Co-create a holistic plan with a registered dietitian nutritionist (RDN), rooted in whole foods and integrative lifestyle practices to optimize your well-being. Optional metabolic analysis provides insight into your unique nutritional needs. \$



# outdoor adventure

---

## ADVENTURE

- *Connect with the natural world & create community through adventure-based practices for wellbeing.*
- *Wear appropriate attire (closed-toed shoes, sun protection).*

**MOUNTAIN BIKING BASICS** Explore the Sonoran Desert on a mild single track, learning off-road biking skills like braking, shifting, climbing, and balancing during this three-to-four-mile ride for beginners without prior experience.

**MOUNTAIN BIKING TECHNIQUES** Learn intermediate mountain biking skills like balance, cornering, descending, and navigating rock features on a single track in this 3-5-mile class. Prior mountain biking experience recommended for this physically demanding course.

**MOUNTAIN BIKING ADVANCED RIDE** Challenge yourself with an 8-12-mile single-track ride on trails above Miraval Arizona. Prior mountain biking experience is required. Try Mountain Biking Techniques or private sessions if you're less experienced.

**SLACKLINING** This humbling art involves balance, breathwork, and play. Slackliners traverse a two-inch fabric strap strung between trees about 12 inches off the ground.

**THE WAY OF THE ARCHER** Discover how archery is a quintessential activity for practicing mindfulness. Combine intention, focus, presence, stillness, and breathwork to perfect your aim and center yourself. \$

**WINGS OF THE SOUTHWEST** Join birdwatching guides to observe and identify Southwest avian species, develop observational skills, practice stillness, and connect deeply with nature on Miraval Arizona's scenic grounds.

---

## CHALLENGE COURSE

- *Create connections with fellow guests in collaborative problem-solving & team-building activities.*
- *Participants must weigh under 280 pounds.*
- *Not suitable for those who are pregnant.*

**DESERT SKY ZIPLINE EXPERIENCE** Celebrate the freedom of letting go and stepping toward new beginnings as you soar from a height of 45 feet above the desert floor. \$

**DESERT TIGHTROPE** Stretch yourself and practice letting go as you traverse a cable 35 feet in the air using a series of hanging ropes to help maintain your balance.

**FACE TO FACE** Explore the balance between self-care and supporting others as you move in pairs across cables suspended 30 feet off the ground.

**GIANT'S LADDER** Integrate the importance of trust, balance, and cooperation as you challenge yourself physically and mentally to work together as a team to attempt the climb up a 40-foot giant ladder.

**OUT ON A LIMB** Integrate calm and confidence as you cross a log suspended 25 feet in the desert sky.

### **GUEST FAVORITE**

**QUANTUM LEAP™** Expand the boundaries of your comfort zone and relearn trust with a leap from a 25-foot pole.

### **GUEST FAVORITE**

**QUANTUM LEAP II™** Take a giant step high above the ground and discover new levity as you leap from the top of a 35-foot pole with a partner.

**SKY ISLAND TRAVERSE** Discover multiple elements, from zip lines to ropes, 35-45 feet above the desert, breaking through perceived physical, mental, and emotional limits before gliding down, reflecting on growth amidst the Sonoran landscape. \$

**SWING & A PRAYER** Face your doubt, insecurity, and fear as you swing from a cable 35 feet above the desert floor. *May cause motion sickness.*

---

## HIKING

- *Wear appropriate attire for weather (closed-toed shoes, raingear, hat).*

**MIRAVAL OFF-PROPERTY HIKES** Some of the country's best hiking trails are within a 30-minute drive from Miraval Arizona. Seasonal variety. Hiking boots recommended but not essential. 24-hour cancellation required. \$

- *Intermediate* Designed for the moderately fit and enthusiastic hiker, these hikes explore different facets of the Catalina Mountains. Steep, rocky trails are often part of the route. Gain 800 - 1,600 feet of elevation with distances of four to six miles.
- *Advanced* Designed for those in top physical condition or those looking for a physical challenge, these hikes explore longer, more strenuous, Stair Master-like terrain. Steep, rocky trails make up the majority of the route. Gain 1,600 - 3,000 feet of elevation with distances of six to ten miles.

**MIRAVAL OUTBACK HIKE** Begin your day with a two-hour hike through rolling hills, featuring occasional steep sections, gaining 200-300 feet of elevation over 3-4 miles in the Sonoran Desert.

**TRAIL RUN** Enjoy a trail run through desert landscapes. This group trail run is suited for either beginners or experienced runners; we will manage the group to stay together during the activity.

**TRAIL RUN WITH THE DIRECTOR OF PROGRAMS** This all-level trail run with the Director of Programs is a great way to learn about trail running as well as the flora, fauna, and artifacts of the Sonoran Desert.

**YOGA HIKE** Enjoy the benefits of hiking in the beautiful foothills behind Miraval Arizona, combined with a Yoga practice and a silent meditative hike back to the property. \$



## PRIVATE SESSIONS

- *All Outdoor Adventure experiences are offered as private sessions.*
- *Contact an Experience Planner to book private sessions.*

# spirit & soul

---

## CEREMONIES & RITUALS

- *Connect through guided ceremonies, rituals & shared stories inspired by ancestral traditions.*

**AWAKEN YOUR DIVINE FEMININE** Awaken your divine feminine essence through a sound journey with rose oil and quartz. Embrace harmony, empowerment, and love, emerging with your inner goddess stirred and inspired. \$

### NEW

**CACAO CEREMONY** Experience ceremonial cacao—an ancient heart-opening elixir. Sip with intention and be guided on a heart journey to awaken intuition, emotional clarity, and the wisdom of the heart. \$

**DREAM CIRCLE** This experiential lecture offers a safe, welcoming container for honoring dreams. Cross-cultural traditions of dream circles open us to our own and others' dream experiences, enhancing empowerment, empathy, and belonging.

**ELEMENTS OF HEALING** Engage in a guided visualization with obsidian and river stones, balancing energy and realigning emotions. Leave with a personal message and touchstone to reconnect with vitality, openness, and comfort. \$

**JOURNEYS OF RENEWAL** Cleanse your past, embrace the present, and unlock future potential through a ceremonial smudging and spiritual journey, offering Mother Earth's wisdom, intuitive insight, and sacred guidance from your spirit animal. \$

**REMEMBRANCE CEREMONY** This walking meditation honors grief and loss. Navigate the labyrinth, reflect on memories, and meditate briefly with a fire ritual symbolizing the relationship between grief, memory, and intention. \$

### NEW

#### SOULFUL SIPS:

*A Tea Ritual* Discover a tea ritual that fosters mindfulness, connection with nature, and self-presence through guided practices, a soothing cup of tea, and exploration of the property's tranquil surroundings. \$

**THE SOUL'S YES** Your soul carries a yes — a truth waiting to be heard. This immersive journey opens a sacred space to remember, listen, and follow your soul's yes into luminous becoming. \$

### GUEST FAVORITE

**TRANSCENDENCE** Experience deep relaxation through aromatherapy, guided chakra meditation, and Yoga Nidra in a shared experience fostering connection and self-reflection. Guided relaxation elements include journaling, essential oils, crystals, and singing bowls. \$

---

## HIGHER WISDOM

- *Enhance self-awareness & connect with your intuition through guided explorations.*

**CRYSTAL WALK** Stroll the property to learn about crystals, their properties, and how to use them in your home for emotional and spiritual wellbeing, enhancing your connection to nature and personal energy balance.

**DISCOVER YOUR SOUL MISSION** Explore the four elements of the soul to ground your life in purpose and connection. A guide coaches your group through a short soul journey and offers intuitive feedback.

**MANIFESTATION** Manifestation is the practice of becoming the architect of your reality. Dissolve limitations, ignite creative power, and harness intention to open pathways of possibility, shaping life with clarity and truth.

#### PAST LIFE REGRESSION:

*Who We May Be* Engage in a guided group past life regression with obsidian meditation, delving into your inner processes to explore past lives, uncover personality aspects, and see new reflections of your purpose. \$

### NEW

**THE SUBTLE GIFTS OF CRYSTALS** Formed over millions of years, crystals carry harmonizing frequencies that align human energies. Discover how crystal grids and layouts can amplify your vibration and transform your personal and environmental energy.

**NEW**

**SYMBOLS & SIGNS:**

*Your Intuitive Guides* Learn to interpret symbols and signs to enhance intuition, foster self-discovery, illuminate your path, and apply symbolic wisdom in dreams, creative projects, and daily experiences for personal growth and renewal.

**UNDERSTANDING CRYSTALS** Take home knowledge about crystal energy, care, and programming techniques to balance and rejuvenate your energy and enhance your life on mental, emotional, physical, and spiritual levels.

**UNLEASH THE POWER OF YOUR SOUL:**

*Commit to Vibrant Living* Become vibrant physically, emotionally, mentally, and spiritually with restorative tools from ancient spiritual traditions.



.....  
**METAPHYSICAL**

- *Explore the soul with psychics, mediums, intuitive guides, energy workers, or astrologers.*

**NEW**

**AKASHIC RECORDS:**

*Access the Infinite* Delve into the Akashic Records, a space holding the wisdom of all souls across time. Clarify your life's purpose and embrace personal growth through insights from the Akashic Council's 12 masters. \$

**NEW**

**ASTRAL PROJECTIONS:**

*Journey Beyond the Body* Travel beyond your body in a guided group journey to explore adjacent realities, clear spiritual obstacles, and discover new understandings through meditation techniques for empowerment and expanded perception. \$

**NEW**

**ASTROLOGY OF THE MOMENT** Discover the cosmic pulse of the moment, exploring astrological forces shaping today's world. Learn about the season's sign, planetary alignments, changes, and their impact on current events and individual experiences.

**CELESTIAL CIRCLE** Gather by the fire to uncover hidden astrological meanings, revealing cosmic unity and individual destiny while connecting to the universe's rhythms and your place within its vast tapestry. \$

**NEW**

**COSMIC SYNERGY** Examine the synergy between Astrology and Tarot, combining ancient wisdom to deepen insights into personality and destiny through intuitive interpretations and enhanced understanding of their interconnected systems.

**NEW**

**ECHOES OF SELF:**

*Your Tarot Archetype* Use your birthdate's Tarot connection to seek clarity on your life path or uncover hidden aspects of yourself to reveal your purpose and current growth opportunities. \$

**EQUINE ORACLE CARDS** The equine world helps us hone intuition, expand consciousness, and heighten awareness and self-connection. Use equine oracle cards to channel wisdom, navigate blocks, and gain insights into life's questions.

**HOROSCOPE HAPPY HOUR\*** Experience astrology's wonders and savor fine wine as you unveil the universe's secrets, aligning planetary insights with self-discovery and enhancing an understanding of life's mysteries through celestial guidance and connection. \$

**NEW**

**INTUITING THE TAROT** Reveal the Tarot's mysteries to enhance your intuition and deepen your connection with the cards, using it as a tool for personal growth, spiritual alignment, and awakening. Take-home deck included. \$

**LUNAR READING:**

*Guidance from the Moon* Use intention-based rituals to tap into the moon's power by letting its eight phases guide your path and illuminate when you can act, observe, or reflect on your experiences. \$

**MYTHIC REVELATIONS:**

*Wisdom & Tarot* This workshop blends mysticism and personal insight to guide you into a tarot experience, with exercises revealing archetypal messages for a path toward self-discovery and illumination. \$

**POWER OF A PENDULUM** Learn to use a pendulum—a symmetrical, weighted object hanging from a cord—and visual meditation to unlock your subconscious mind's power to manifest your highest intention.

**PSYCHIC PROTECTION** We often internalize other people's energy and emotions without realizing it. Learn techniques to protect yourself from unwelcome energy, create boundaries, and make space for joy and vitality. \$

.....  
**SOUND & VIBRATION**

- *Discover how vibration & sound can clear energetic pathways & enhance mental clarity.*

**CHORUS OF CRYSTALS** Reset your chakras with a crystal layout and soothing sound bath with Himalayan bowls and a crystal harp. Gain renewed energy, chakra insights, and crystal recommendations for keeping them balanced. *Not suitable for pregnancy or mobility issues.* \$

**CRYSTAL ALCHEMY SOUND JOURNEY** This relaxing sound journey with guided intention-setting reconnects you to your breath and body, activating your full awareness and an embodied sense of self. \$

## PRIVATE SESSIONS

- *All Spirit & Soul experiences are offered as private sessions in addition to the list below.*
- *Contact an Experience Planner to book private sessions.*

**THE ART OF MANIFESTING** Examine limiting beliefs blocking your desires, gain tools to reprogram your subconscious mind, shift your mindset, and create clear intentions. Emerge with clarity and confidence to initiate your manifestation journey. \$

### NEW

**ASTRO-TAROT COMBINATION READING** Deepen your Astrology and Tarot knowledge to reveal your life's purpose, growth edges, and current relevance. A holistic perspective aligns you with your path and embraces opportunities and challenges. *Provide birthdate, place & time when booking.* \$

**ASTROLOGY READING** Discover how celestial alignment at birth shapes your traits, guiding you through strengths, challenges, and future opportunities for empowered decision-making and purposeful life navigation. *Provide birthdate, place & time when booking.* \$

**BRENNAN ENERGY HEALING™** Join a certified Brennan Energy worker for a hands-on energy session that reveals insights at the spiritual, mental, heart, emotional, and physical levels. \$

**CLAIRVOYANT READING** Gain clarity and self-knowledge through a unique clairvoyant reading, uncovering limitations and empowering your life path with validation, enthusiasm, and insight for meaningful decisions and changes. \$

**CRYSTAL SOUND IMMERSION** Take a restorative and deeply meditative journey, surrounded by gemstones, into a crystal sound immersion with harmonic tones from quartz singing bowls that leave you feeling balanced and buoyant. \$

**ELEMENTAL PERSONAL READING** This personal reading combines intuitive mediumship, energy connection, and a traditional Scottish card reading to provide insight and spiritual guidance tailored to your life's concerns and support your path forward. \$

### NEW

**LUNAR RITUALS** An astrologer guides you in lunar meditation and ritual to create a personalized moon map, understand your birth chart's moon placement, and align intentions with lunar cycles and cosmic currents. *Provide birthdate, place & time when booking.* \$

**PSYCHIC READING** A psychic medium shares soulful insights through joy, laughter, and aura reading to transform your perspective, connecting you to protective spirits that leave you feeling clear, renewed, and uplifted. \$

**SOUL GUIDANCE** Gain clarity on specific life situations through intuitive guidance, coaching, energy work, and spiritual insights to release blocks, ease pain, or create joy with personalized shifts for transformation. \$

**SOUL JOURNEY** Explore your lineage and past lives through music and channeling, receiving insights from spiritual guides to support your journey toward soul fulfillment and overcoming blocks to a vibrant life. \$

**SOUND BATH** This meditative experience bathes you in sound to bring open awareness and insight through the reverberations of crystal bowls tuned to frequencies that induce mental calm and balance. \$

**SPIRITUAL JOURNEY TO YOUR HIGHER POWER** Tap into the desert's beauty and a guide's intuitive wisdom to align, embrace self-discovery, and receive clarity through spiritual channeling and inherent energy. *Indoor sessions available.* \$

**SYMBOLS IN THE SAND** Enter a symbolic world of sand and miniatures to explore your inner landscape. Guided by intuition, create scenes that reveal messages, themes, and insights—connecting deeply with your inner wisdom. \$

**TAROT READING** Understand your inner world and your place in the Tarot as an astrologer unveils archetypal energies influencing your life stage, using symbolic imagery and intuitive interpretation to explore your subconscious. *Provide birthdate when booking.* \$

# yoga

---

## AERIAL

- Use suspended silks to elevate your Yoga practice to new levels.

### AERIAL YOGA:

*Mixed Level* Breathe, flow, and fly in this exciting new Yoga practice that improves overall health and physical agility, lengthens muscles, and releases tension throughout your body.

*Note: Participants should have regular Yoga practice for at least six months or have participated in a private Aerial Yoga session at Miraval Resorts. If you have glaucoma, are beyond your first trimester of pregnancy, or have had Botox injections within 24 hours, you should not participate in this class. \$*

**GENTLE AERIAL YOGA** All are welcome to join this introductory aerial class. Movements will be slow and deliberate with deep stretches. \$



---

## ENERGIZING

- Use Yoga practices to boost your energy & promote mental focus.

**ADVANCED FLOW YOGA** This invigorating flow class is for guests who already have a regular, rigorous yoga practice.

### GUEST FAVORITE

**AROMA FLOW YOGA** Enhance focus and strength through fluid Yoga motion paired with uplifting essential oils, promoting physical vitality and spiritual energy in a blend of sensory infusions and movement practices.

### CORE YOGA:

*Advanced* Develop your core strength in this powerful practice of balance and stamina.

**DESERT WAVES YOGA** Strengthen your core and increase your ability to balance on the Indo board as you experience classic Yoga poses in a new and challenging way. *No experience required.*

**RISE & SHINE YOGA** Start your day with an inspiring mixed-level Yoga practice to prepare your body and mind for awareness in all that you do.

**YOGA GROOVE** This mixed-level Vinyasa flow practice incorporates creative movement while listening to inspiring and fun music.

### NEW

**UNDERSTANDING THE PSOAS** Take a journey to one of the deepest and mysterious muscles in your body. Explore the psoas muscle's connection to breathing, nervous system regulation, and hip flexion and extension.

---

## RELAXING

- *Discover Yoga methods for reflection, restoration & recharging.*

**BEGINNER YOGA** This introduction to the Hatha Yoga practice enhances breathing, balance, and flexibility.

**CELESTIAL YOGA** This unique outdoor Yoga offering guides you into a state of complete serenity. Breathe the aromatic desert air, listen to nature's nocturnal sounds, and gaze at the stars while practicing the restorative pose of Savasana.

### CHAKRA VINYASA YOGA:

*Mixed Level* This flow practice brings awareness and balance to the energy centers of the body.

**DREAM YOGA FOR SLEEP** Experience deep relaxation through gentle and restorative Yoga poses, breath, and aromatherapy to prepare the mind and body for restful sleep.

**GENTLE STRETCH** Gently open the body with stretching postures while you calmly connect breath and movement.

**PEACEFUL PELVIS** Focus on the pelvic floor and its muscles through breathing, stretching, and strengthening exercises that go beyond traditional Kegels to improve support and mobility for the pelvic bowl.

**RESTORATIVE YOGA** Learn to rest deeply in your Yoga postures using props in this practice known as "Active Relaxation."

**RESTORE & REJUVENATE** Relax deeply in supported postures with tranquility-enhancing essential oils. Experience the slow release of tension, fostering calmness and restorative rejuvenation in body and mind.

**ROLL INTO RELAXATION** Reset and ease areas of discomfort and tension using therapy balls. This class will help detect troublesome areas in your body and offer Yoga techniques to create lasting relief.

**SLOW FLOW YOGA** Escape the fast-paced hustle and take a moment to flow slowly and intentionally using deep, steady breath, held postures, and smooth transitions.

### NEW

**SOMATIC YOGA** This gentle practice blends traditional Yoga with somatic awareness to support nervous system regulation and inner connection. This class supports trauma recovery, stress reduction, and compassionate reconnection with the body.

### NEW

**SUNRISE/SUNSET YOGA** This outdoor mixed-level Yoga practice encourages an appreciation for body and mind as you start or end your day in the striking Sonoran Desert.

**TRUST LOVE COMPASSION (TLC) YOGA** Focus on opening your solar plexus, heart, and throat chakras through gentle movements and breath, cultivating self-trust, love, and compassion in this calming practice.

### NEW

**THE YAMAS & NIYAMAS** Yoga's foundational ethical guidelines offer a framework for living with integrity, awareness, and compassion. This discussion-based class offers space for journaling and self-reflection to bring these principles into daily life.

**YIN YOGA** In this quiet practice, focus on stretching deeply into the fascia of the hips and lower back. Soften and surrender into your postures for minutes at a time.

### NEW

**YIN YOGA FOR GRIEF** Grieving is a natural process, and Yin Yoga offers a physical way to hold space for it by targeting fascia through the five elements of wood, fire, earth, metal, and water.

### NEW

**YOGA FOR BONE HEALTH** One of the keys to bone health is sustaining strength in your Yoga poses. Learn techniques to improve bone health and create a strong foundation for a healthy lifestyle.

**NEW**

**YOGA FOR A HEALTHY BACK** Explore Yoga poses that help bring space and vitality to our spines. You can support a healthy back by opening and stabilizing the muscles along the whole spine from head to tailbone.

**NEW**

**YOGA PROPS FOR STRENGTH & FOCUS** Explore new ways to move, stretch, and play in this all-levels class using props like blocks, bolsters, and straps. Discover supportive techniques that deepen alignment, enhance poses, and spark curiosity.

**YOGA WHEEL** Use a versatile, round Yoga prop to help release tension in your chest, shoulders, and hips. This class includes backbends, which can support a healthy spine.

*Note: Moderate experience needed. Please avoid class if there is a history of acute back injuries.*



## PRIVATE SESSIONS

- *All Yoga experiences are offered as private sessions in addition to the list below.*
- *Contact an Experience Planner to book private sessions.*

**CUSTOM YOGA** During this private consultation, an instructor tailors Yoga's holistic benefits to meet your needs or help you set up an ongoing routine. *Specify intention or type of practice at booking.* \$

**PARTNER YOGA** Partner Yoga fosters trust, intimacy, and balance. Instructors guide couples through appropriate partner poses to stretch, breathe, and connect, enhancing awareness and unity through shared practices. \$

**NEW**

**PRENATAL YOGA** This practice offers tools to support physical and emotional challenges during pregnancy and postpartum. \$

**SEASONAL EMPOWERMENT** Discover seasonal alignment through Yoga, meditation, and journaling, connecting to nature's cycles to enhance awareness and adopt practices suited to your body and mood throughout the year. \$

# life in balance spa

## ACUPUNCTURE

**ACUPUNCTURE** Skilled licensed acupuncturists educate and immerse you in this traditional Chinese medicine modality. A consultation, including tongue and pulse diagnoses and palpation, guides fine-needle insertions into meridian points to release energy blockages and balance energy flow. *Wear loose, comfortable clothing, allowing access to knees and below, and elbows.* \$

### *Enhancement to Acupuncture Treatments*

**EAR SEEDING** Chinese medicine theorizes that the ears contain a map of the body and relate to the nervous system. Intentionally placed tiny seeds on acupressure points can stimulate relaxation, reduce stress, and address chronic pain. *Seeds last 3-5 days and dislodge naturally or can be gently removed.* \$

**JIN SHOU-TUI NA** Based on the Yin-Yang theory of balance, this service fuses the vigorous, focused strokes of Tui Na massage with the subtle energy work of CranioSacral to move energy, release restrictions, and restore free-flowing energy in the pathways. *Wear loose, comfortable clothing.* \$

**QI AWAKENING** Combining the focused, fast strokes of Tui Na with the healing power of acupuncture needling, this experience starts with the opening of the meridians that hold our Qi. Releasing the meridians prior to acupuncture enhances the power of the needling. *Wear loose, comfortable clothing, allowing access to knees and below and elbows.* \$

**QI GROUNDING** This treatment regulates harmony using traditional Chinese medicine, acupuncture, and energy therapies to clear meridians and physical restrictions. Experience the calming effects of Qi life force and feel more grounded and centered. *Wear loose, comfortable clothing, allowing access to knees and below and elbows.* \$

**QI JOURNEY** Balance your being with a fusion of energy therapies. Thai massage gently opens the body and joints to release tension and stimulate meridians, acupuncture needles address energetic imbalances, and CranioSacral releases remaining energy restrictions. *Wear loose, comfortable clothing, allowing access to knees and below and elbows.* \$

## AYURVEDA

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

**BRAHMI CHARAN** This Ayurvedic lower leg-and-foot massage combines foot reflexology, ghee, and warm Brahmi herbal poultices to relieve tension and stimulate energy channel clearing. Conclude with a balancing neck, shoulder, and scalp massage. \$ *Limited availability*

**BRAHMI SWEDNA** This Ayurvedic full-body treatment uses warm Brahmi oil, steamed Brahmi poultices, ghee foot massage, and an aromatic linen wrap. Brahmi herb nourishes skin, calms the mind, and lifts spirits to higher consciousness. \$ *Limited availability*



#### PRADHANA VEDA:

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

**RASAYANA RENEWAL RITUAL** Sanskrit for path of essence, this Ayurvedic treatment's dosha-revealing assessment influences the oil used in a full-body firm-pressure massage with steamed herbal poultices, a hibiscus body-buffing grain, and ghee foot massage. \$ *Limited availability*

**RASAYANA SHIRODHARA** Learn your dosha type and receive a full-body steamed-herbal-poultice massage using a dosha-complementing warm oil, followed by Shirodhara (warm oil gently poured over your forehead), a warm linen wrap, and hibiscus buffing grain. \$ *Limited availability*

**SHAMANA-KARMA** This spirit-boosting service begins with an herbal coconut-ginger-rosemary oil massage and steaming tension-releasing poultices of lemongrass, mint, nutmeg, and clove. Conclude with a restorative aromatic linen wrap and hibiscus powder dusting. \$

**VEDANTA MANTRA MEDITATION** This Ayurvedic meditation practice can access profound awareness and expand mindfulness. Receive a unique Vedic mantra that corresponds with your birthday. Learn how to correctly pronounce and incorporate it into your daily practice. \$ *Limited availability*

## BODY RENEWAL RITUALS

**ABUNDANCE** This full-body ritual includes a lime-sugar scrub followed by a green cooling mint body clay and linen wrap. Rinse with an energizing kombucha body wash and conclude with a nourishing blend of oils to promote luxuriously silky skin. \$

**ALMOND ORANGE BODY POLISH** A kombucha body cleanse and skin-brightening exfoliation stimulate circulation. Vitamin-E-rich shea butter, grape stem cells, and green and white teas deliver nutrients to freshly cleansed skin. \$

**DESERT SAGE BODY POLISH** This mineral-rich salt scrub incorporates aloe vera juice and essential oils of lavender, rosemary, and wild sage. Begin with a full-body scrub and end with a hydrating body butter application. \$

**DETOX & FIRM** This full-body specialty treatment combines dry brushing, cryotherapy spheres, and a thermal mud wrap to reduce inflammation, stimulate circulation, and detox the skin. Enjoy a luminous hair oil scalp massage before showering. Conclude with an immune-boosting lymphatic brush and a hydrating antioxidant-rich firming cream. \$

**GINGER HEALER** This restorative journey begins with a ginger-oil-infused deep pressure massage and powerful energy-restoring facial marma point therapy. A ginger sea salt scrub and shower complete the service, leaving you refreshed and rejuvenated. \$

**NATURE'S ESCAPE** Soothe the mind and stimulate your senses with an exfoliating scrub to nourish the skin. A relaxation massage dispels tension while hints of sweet almond and citrus provide a sensory experience. Let nature support your journey to restorative bliss. \$

**PRICKLY PEAR SUGAR SCRUB** This full-body exfoliation uses pure cane-sugar-rich oils, prickly pear, and calendula extract. A hydrating body butter application completes the experience and leaves you with a full-body glow. \$

**SONORAN MONSOON** Recreate the calm after a storm with this anti-inflammatory, restorative experience inspired by local monsoon rains. Enjoy a full-body detoxifying mud mask and linen wrap, then shower before reenergizing and refreshing the skin with hydrating mountain arnica. \$

.....

## ENERGY & EASTERN

**AQUA ZEN** Stress and strain melt away in this nurturing experience. A practitioner cradles your body as you float in serene, warm waters. Body and spirit relax into this safe space with subtle stretches and guided movements. *Swimsuit required. Weather dependent.* \$

**CHI NEI TSANG** This ancient Taoist modality helps you access a broader awareness of your abdomen. Gentle massage techniques encourage proper digestive motion for internal organ rejuvenation and overall holistic effects for the entire body. *Wear loose, comfortable clothing. Do not eat or consume alcohol two hours before service.* \$

**CRANIOSACRAL THERAPY** This gentle, light-touch therapy optimizes the energy flow that nourishes and protects us by shifting mind and body into a mode of rest and recovery to explore the healing potential of quiet and stillness. *Wear loose, comfortable clothing.* \$

### NEW

**ELEMENTAL RENEWAL** A ritual of breath, rhythm, and stillness, this immersive massage draws on the five elements to inspire renewal. Grounding touch, fluid strokes, stimulating tools and techniques, and the soft resonance of sound invite bodily harmony. \$

**ENERGY OF THE WOLVES** In an ongoing battle between two wolves, one represents hope, love, and joy, the other anger and fear. Ask yourself which one you will feed in this ceremony of drumming, song, and sacred indigenous energy work. *Wear loose, comfortable clothing.* \$ *Limited availability*

### NEW

**HARMONIZE** This meditative sound experience uses singing bowls placed on the body. Resonant tones gently open energetic channels, realigning body and mind through deep vibration and intentional sound. *Wear loose, comfortable clothing.* \$

### MOTHER'S BLESSINGS:

*Spiritual Energy Work* Madre Emilia is a faith guide, minister, and Reiki practitioner who uses laying on of hands therapeutically and tailors each session to you. Her blessings, spiritual gifts, wisdom, and energy profoundly affect guests. *Wear loose, comfortable clothing.* \$

### MIRAVAL EXCLUSIVE

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

**PATH OF THE JAGUAR** This energy-based ritual restores harmony through ceremony. Discover the Jaguar's transformative path to empowerment by appealing to the spirits with energy work and breathwork to strengthen self-connection and leave Hucha (heavy energy) behind. *Wear loose, comfortable clothing.* \$ *Limited availability*

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

**REIKI** This Japanese stress-reduction practice frees emotional, spiritual, or energetic blockages and leaves you with a sense of peace. Your practitioner's hands are placed on or above the body to connect with and restore the flow of universal energy running through you. *Wear loose, comfortable clothing.* \$

**THAI FOOT & LEG** Treat your legs and feet with Thai massage stretches, compressions, and acupressure. A stimulating foot massage, using warm stones and a Thai acupressure tool, powerfully affects muscles and fascia, supporting circulation and mobility. *Wear loose, comfortable clothing.* \$

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

### MIRAVAL EXCLUSIVE

**TULA** Sanskrit for balance, Tula harmonizes your energies in a celebration and communion of traditional eastern practices. Gua Sha-inspired techniques open energy channels, stimulate circulation, relax muscles, resolve tension, and restore flow and vitality. \$

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

---

## MASSAGE

### NEW

**ANCHOR** This grounding leg and foot massage is designed to ease tension and restore vitality. Focused touch and cooling botanicals support circulation and release, helping you feel steady, rooted, and reconnected from the ground up. \$

**BODY IN BALANCE** This customized massage balances your musculoskeletal system and addresses chronic tightness. Share insights with a senior therapist to tailor your treatment with specialized techniques to meet your specific needs and restore balance. \$

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

**DEEP RIVER STONE** Heated river rocks and cool marble stones are combined to release muscle tension and toxins, nourishing the skin with a botanical oil blend that invites a deep state of relaxation. \$

**FOCUS MASSAGE** This targeted 20-minute treatment allows your therapist to focus massage techniques on a specific area. This is an excellent way to enhance your day of departure. \$

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

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

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

**NECK & SCALP MASSAGE** Walk away from this 20-minute scalp, neck, and shoulder massage feeling soothed and revitalized. This is an excellent way to enhance your day of departure. \$

**NEUROMUSCULAR MASSAGE** This specialized treatment releases trigger points to promote musculoskeletal and nervous system harmony. Specialized techniques focus on root causes to address pain, numbness, and weakness caused by nerve entrapment, postural distortion, and ischemia. \$

**PEACEFUL SLEEP** This full-body soothing and relaxing aromatherapy experience uses special facial tapping techniques to help quiet the mind. A calming weighted blanket envelops you as warm, sweet-birch-infused towels wrap your feet to relax tired muscles. \$

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

**SWEET SLUMBER** Prepare for a peaceful night with aromatherapy, tapping, and acupressure. A neck-and-shoulder massage shifts to rhythmic rocking and a relaxing lavender oil massage. Warm, steeped towels embrace your legs and arms while activated acupressure points invite restful slumber. \$

**TAVASYA** Sanskrit for strength, Tavasya's grounding holistic service is choreographed to rebuild depleted energy. An intentional balancing aromatherapy moment, sea-salt foot cleanse, acupressure stimulation, Himalayan salt stones, and a full-body massage replenish your natural reserves. \$

---

## SALON | HAIR

- *Top off your Miraval experience with one of our salon services. Choose from cuts, styling, scalp treatments, & more.*

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

**BEARD/MUSTACHE TRIM** Grooming for your beard or mustache. \$

**CLIPPER CUT** This cut is for super-short hair that requires the use of clippers. Does not include a shampoo or blow-dry. \$

**EXPRESS SCALP TREATMENT** On its own or in concert with another hair treatment, this powerful experience promotes the growth of thicker, denser, stronger hair, supporting scalp and root wellness. *Leaves your hair damp.* \$

**MINDFUL SCALP RENEWAL** Pamper and rejuvenate your scalp, neck, and shoulders with this enhanced multi-correctional scalp service. Enjoy a deep scalp treatment, including gua sha scalp and neck massage, that addresses overall hair wellness. *Leaves your hair damp.* \$

**SHAMPOO, CUT & BLOW-DRY** Consult our talented stylists to refresh your style. This service includes a shampoo, haircut, and blow-dry. For additional time to flat-iron or curl your new style, please add on a thermal treatment. \$

**SHAMPOO & THERMAL STYLE** If you enjoy the feeling of freshly washed and styled hair, this is the service for you—combining a shampoo, blow dry, and thermal style. Ideal for departure day or any other. \$

**THERMAL STYLING** Whether you are looking to enhance your curls or smooth luxurious locks, our stylists will cater to you. This enhancement can be added to an existing hair appointment or on its own when you join us with clean, dry hair. Ideally timed to provide a finished look. \$

**WASH & GO** This quick shampoo and conditioning treatment leaves your hair damp and ready for your next Miraval adventure. \$

---

## SALON | NAILS

- *The Life in Balance Salon treats natural nails only and cannot accommodate overlays or nail extensions.*
- *Please pair with gel/shellac removal as necessary to ensure full service time.*

**COLD STONE & CLAY MANICURE** This cooling and invigorating manicure experience incorporates citrus and coconut. Ease tension with a cold stone and clay hand massage, followed by an exfoliation and body butter. *Natural nails only.* \$

**COLD STONE & CLAY PEDICURE** This cooling and invigorating pedicure experience incorporates citrus and coconut. Ease tension with a cold stone and clay foot massage, followed by an exfoliation and body butter. *Natural nails only.* \$

**EXPRESS MANICURE** Maintain your weekly manicure and refresh your nails with this enhanced polish change service focusing on essential nail maintenance. *Natural nails only.* \$

**EXPRESS PEDICURE** Refresh your weekly pedicure by maintaining a sandal-ready look. This service addresses essential nail maintenance, including a light buffing of the foot. \$

**FRENCH POLISH** Available in addition to any nail service. \$

**SHELLAC REMOVAL** This is a required booking when gel or shellac polish is present on fingernails or toenails. Gel or Shellac polish will need to be removed before a manicure or pedicure booking. We are a natural nail salon, offering nail polish applications that dry naturally. *Available in addition to any nail service. Will not remove acrylic nails or dip polish only.* \$

**KNESKO MASK FOR HANDS** This mask deeply hydrates, softens, and smooths the skin. *Available as an enhancement to Cold Stone & Clay Pedicure or Sonoran Monsoon Pedicure (included in Tranquility Pedicure).* \$

**MIRAVAL ARIZONA EXCLUSIVE**

**SONORAN MONSOON MANICURE** Recreate the feeling of calm after the storm with this restorative experience inspired by local monsoon rains. Includes a mud wrap, mist, a hydrating application of arnica on hands, and essential nail maintenance. *Natural nails only. Not safe during pregnancy.* \$

**MIRAVAL ARIZONA EXCLUSIVE**

**SONORAN MONSOON PEDICURE** Recreate the feeling of calm after the storm with this restorative experience inspired by local monsoon rains. Includes a mud wrap, mist, a hydrating application of arnica on feet, and essential nail maintenance. *Natural nails only. Not safe during pregnancy.* \$

**TRANQUILITY MANICURE** This calming manicure experience features soothing aromatics and mindful touch to relax the senses and restore a sense of inner peace. \$

**TRANQUILITY PEDICURE** This calming pedicure experience features soothing aromatics, a luxurious hand mask, and mindful touch to relax the senses and restore a sense of inner peace. \$



.....  
**SKINCARE ENHANCEMENTS**

- *The following enhancements are designed to be added to a facial treatment. Some facial protocols include enhancements. Not all facials are eligible for enhancements. Enhancements cannot be booked as treatments.*

**LIFT & FIRM:**

**Neck & Decolletage Treatment** This enhancement is rich in AHAs and peptides to firm, tone, and tighten the skin. \$

**EYE RECOVERY** Rejuvenating, refreshing, and corrective, this enhancement contains caffeine, which provides action for immediate fatigue relief and boosted circulation. \$

**CALMING PEEL-OFF MASK** This visibly re-plumping and lifting bi-phasic mask firms, plumps, and softens fine lines. \$

**DETOX PEEL-OFF MASK** This deep charcoal cleansing mask removes impurities and pollution residues from the skin. \$

**HYDRATING LIP TREATMENT** Exfoliate, moisturize, and plump your lips for soft, long-lasting hydration. \$

**DERMAFLASH ENHANCEMENT** A results-driven tool removes dead skin cells, improves skin texture and removes pesky peach fuzz. \$

**KNESKO FACE, EYE, & LIP MASK ENHANCEMENT** Elevate your facial experience with Knesko masks. Choose from eye, lip, or full-face collagen-rich masks to replenish your skin's hydration. \$

.....

## SKINCARE

**BRILLIANCE FACIAL** Nurture your inner vitality with a gently formulated biphasic peel that renews and restores the skin's structural integrity through plant-powered extracts and multi-layered hyaluronic acids. Facial massage stimulates skin brilliance from within. \$

**CARA DORADA** Spanish for Face of Gold, this facial combines the Reiki energy infused into the Knesko Nano Gold face, neck, and décolleté mask with cold-pressed, organic, vitamin C-rich Maya Chia skin care to impart a golden glow. \$

### MIRAVAL EXCLUSIVE

**CARA VIDA** This unique facial is inspired by the Native people of Arizona and their connection to mesquite (the tree of life) that provides nourishment and warmth. Cold-pressed, organic, vitamin-C-rich chia seeds exfoliate your skin as you enter a sensory journey of massage and mask application of Arizona honey. \$

**DERMAFLASH EXPRESS FACIAL** This results-oriented, 20-minute express facial removes dead skin cells, improves skin texture, and removes pesky peach fuzz. The application of serum, moisturizer, and sunscreen leaves your skin glowing with radiance. \$

### MIRAVAL X LAUREL EXCLUSIVE

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

**EXPRESS GLOW FACIAL** Refine your skin with this 100-percent natural, paraben-free, and results-oriented facial. The antioxidant-rich plant and marine extracts of spirulina and kombucha bring balance to your skin, while goji berry, white and green teas, and aloe hydrate. \$

**HYDRATION HONEY + HERBS FACIAL** This moisturizing facial combines the benefits of Dermaflash gentle exfoliation and fine hair removal with the luxurious whole-plant infusion of nutrient-dense herbs. A nourishing and hydrating anti-inflammatory balm protects the skin against free-radical damage. \$

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

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

**QUANTUM ENERGY FACE TREATMENT** This facial experience goes beyond the skin's surface to balance your body's natural healing abilities. We combine facial reflexology with manual lymphatic drainage massage for face and decollete. This product-light facial massage can deliver visible results to your skin's contour and texture. \$

**RESONANCE FACIAL** Using skin-adaptive botanicals, this facial enhances the skin's natural ability to regulate sensitive and dehydrated skin. A massage inspires heat energy while encouraging lymphatic flow and a sense of soothing relief over renewed skin. \$

### RUGGED REGENERATION:

*Face & Beard Renewal* This revitalizing treatment is designed for skin and beard care. Restore tone and texture with deep cleansing, exfoliating, and conditioning, leaving your skin and beard refreshed, nourished, and refined. \$

**SUN GODDESS FACIAL** This facial is for sensitive skin conditions, including rosacea or excessive sun exposure. This completely customized service provides deep nourishment and intense hydration. \$

**VITAMIN C FACIAL** This intensive treatment brightens and stimulates the skin. We combine vitamin C and fruit acids for a powerful facial that is ideal for those with hyperpigmentation or anyone seeking a refreshed glow. \$

# Prenatal

## GENTLE BEGINNINGS

- Thoughtfully curated for the first trimester of pregnancy.
- Intentional positioning on the table with comfort in mind.
- Aroma profiles selected in consideration of sensitivities.

### MASSAGE & BODY RITUALS

ALMOND ORANGE BODY POLISH  
FOCUS MASSAGE  
GROUNDING  
GENTLE BEGINNINGS MASSAGE  
NECK & SCALP MASSAGE

### ENERGY & EASTERN

CRANIOSACRAL  
MOTHER'S BLESSING  
PATH OF THE JAGUAR  
REIKI

## NESTING & RESTING

- Thoughtfully curated for the second and third trimesters of pregnancy.
- Intentional positioning on the table with comfort in mind.
- Experiences are designed to support mental and physical needs during pregnancy.

### MASSAGE & BODY RITUALS

ALMOND ORANGE BODY POLISH  
BODY IN BALANCE  
FOCUS MASSAGE  
GROUNDING  
NATURE'S ESCAPE  
NESTING & RESTING MASSAGE  
NECK & SCALP MASSAGE  
PRICKLY PEAR SUGAR SCRUB  
TULA

### ENERGY & EASTERN

AQUA ZEN  
CRANIOSACRAL  
MOTHER'S BLESSING  
PATH OF THE JAGUAR  
REIKI

## SALON & SKINCARE

- Thoughtfully curated for enjoyment during all stages of pregnancy.
- Facials are designed to soothe and balance the skin.
- Mindful product selections.

### SALON

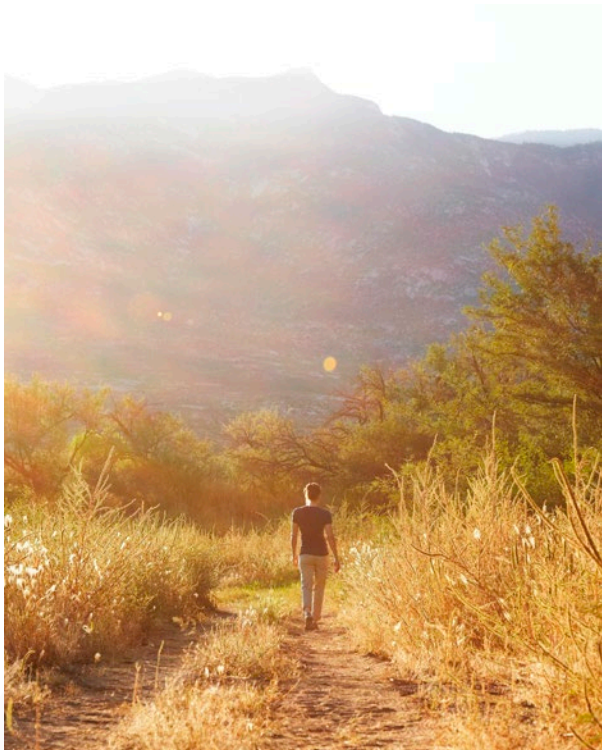
ALL HAIR SALON EXPERIENCES  
EXPRESS MANICURE & PEDICURE  
SONORAN MONSOON MANICURE & PEDICURE  
TRANQUILITY MANICURE & PEDICURE

### SKINCARE

CARA VIDA  
DERMAFLASH EXPRESS FACIAL  
ESSENCE OF MIRAVAL FACIAL  
EXPRESS GLOW FACIAL  
HYDRATION HONEY + HERBS FACIAL  
ORGANIC FACIAL  
RESONANCE  
SUN GODDESS FACIAL



*When booking appointments online, please select services labeled Gentle Beginnings, Resting & Nesting, or Prenatal to ensure your treatment is scheduled with a provider specially trained in these services.*



## *Practice Digital Mindfulness to* DISCOVER ABUNDANCE

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

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

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

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

### *Activate your intention to disconnect*

Create three scheduled times to be without your phone every day. Try making these times coincide with mealtimes.

Designate your eating space as a device-free zone during mealtime.

At the scheduled time, silence device notifications or turn the phone off completely, place it inside the cellphone sleeping bag, and store it in a separate room if possible.



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

# MINDFUL REMINDERS

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

**ITINERARY PLANNING** All experiences must be reserved in advance. Visit the Experience Planning Portal with the QR code below or contact Guest Services by calling 855.234.1672.

While on property Guest Services is available at (x.4512) or Spa front desk at (x.4510) to reserve your space while you're here.

Book Activities & Spa  
EXPERIENCE  
PLANNING PORTAL



Resort Information  
EVERYTHING YOU  
NEED TO KNOW

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

## CANCELLATION, CHANGE & NO-SHOW POLICY

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

## TIMING MATTERS

**TO THE SPA:** Please arrive more than 10 minutes prior to your scheduled service. Late arrivals will 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, consider another offering.

- *Reservations are required for dinner at Cactus Flower Restaurant. Use the QR code below, visit the restaurant, or follow the instructions on your in-room TV to make reservations during your stay.*
- *Cactus Flower Restaurant Patio seating cannot be reserved and is based on availability.*
- *Take-out options are available for every meal.*

BOOK DINNER  
RESERVATIONS



## CACTUS FLOWER RESTAURANT

Breakfast

6:30 - 10:00am

Lunch

11:30am - 2:00pm

Dinner

5:00 - 9:00pm

## PALM COURT CAFÉ

6:00am - 5:00pm

## OASIS POOL & BAR

11:00am - 5:00pm

*weather permitting*

## COYOTE MOON LOUNGE

2:00 - 9:00pm

## IN-ROOM DINING

Breakfast

7:30am - 10:00am

Lunch & Dinner

LIFE IN BALANCE SPA  
8:30am - 9:00pm

SPA BOUTIQUE  
9:00am - 9:00pm

RAINDANCE PASS  
BOUTIQUE  
8:00am - 5:00pm

PAINTED SKY  
BOUTIQUE  
9:00am - 4:00pm

**DON'T FORGET**  
*Bring this guide  
with you—your  
key to a seamless  
resort experience.*

MIRAVAL IS A DIGITAL DEVICE FREE PROPERTY

MIRAVALRESORTS.COM/ARIZONA 800.232.3969 TUCSON, AZ



- Trailhead
- Water Stations
- Digital Device Area
- Mindful Journey Locations

MIRAVAL arizona

We support FSC standards 52

