

Sunday

Breakfast ~ 6:30 - 9:30 am

Lunch ~ 11:30 am - 2 pm

Dinner ~ Sign up Daily

7:00-9:00	Miraval Outback Hike: Level A (Meet in Palm Court)
7:30-9:30	Swing and A Prayer (Meet in Palm Court)
8:00-8:45	Morning Meditation (Agave Center)
8:30-11:00	Miraval Equine Experience™ (Meet in Palm Court)
9:00-9:45	Cardio Drumming (Roadrunner/BMC)
	Rise & Shine Yoga: Mixed Levels (Agave Center)
10:00-10:45	Extreme Core (Roadrunner/BMC)
	Water Move It (BMC Pool)
10:30-12:30	Quantum Leap II (Meet in Palm Court)
11:00-11:45	Balance (Roadrunner/BMC)
11:00-12:30	Yoga Grooves: Level 2 (Agave Center)
12:00-12:45	Lunch with Andrew Wolf: Buffet service only. Seating is limited and on a first come, first served basis. Check in with the hostess. (Cactus Flower Restaurant)
1:00-1:45	Roll with It (Gecko/BMC)
2:00-2:45	Dance Fusion (Roadrunner/BMC)
3:00-4:30	Photography in Focus (Activity Rooms)
	 <p>❖ Create & Rejuvenate with Clay (Activity Rooms) • \$55 May 5, 12 & 26 - Gain insight into your inner creative resources using clay, relaxation and the practice of “non-judgment.” This workshop will gently guide you from the “head” to the “heart” of your creative spirit, easing any fears you may have about your abilities or doubts due to years away from overtly creative endeavors.</p>
4:00-4:45	Restorative Yoga: Mixed Levels (Agave Center)
4:30-6:00	NEW Artful Photography - with your Camera Phone! (Activity Rooms)
5:30-6:30	Better Skin Now (Activity Rooms)
6:30-7:30	Drumming (Activity Rooms)
7:00-7:45	 <p>Making Weight Loss A Reality with Andrew Wolf (Activity Rooms) In light of the conflicting information about weight loss, this lecture is a breath of fresh air that sweeps away the hype and gets to the facts about exercise-induced body composition change.</p>

❖ Experiences with a fee associated must be booked prior to arrival by calling 800.232.3969 or during your stay with Guest Services.

This complimentary activity requires a sign-up to participate, as space is limited. During your stay, add your name to the activity cards in Palm Court.

RC = Resort Credit: Your nightly resort credit may be applied to this experience and all private group sessions. Many of the activities on this schedule may be booked for private sessions or private groups of 3 or more guests. Please see the Activities and Private Session Menus (pgs. 19 - 28) for pricing and descriptions.

Culinary Clinics



Experience our Culinary Clinics!
 Learn tips, tricks, recipes and techniques from our top chefs.

Kitchen Talk

In this 60 minute, hands on course, you will learn essential technical kitchen skills used by the pros.

Hands on Baking

Explore the art of desserts and baked goods with our Executive Pastry Chef.

Ready, Set, Cook

Executive Chef Justin will take you through a culinary challenge. You will be given a surprise basket of ingredients, and with our Justin by your side to guide you, you will create a starter or an entrée. At the end you will present your plate for judging and a winner will be selected!

There's An App for That

Learn many valuable tips to create your next great cocktail party and get recipe ideas for dips, salsas, and more.

Just Cook For Me Chef

Tiered tasting courses of spa and traditional cuisines offered amidst the bustle of dinner service. All courses include wine selections based on flavor profiles.

Please see the full descriptions of these new offerings in the Activities Glossary.

Monday

Breakfast ~ 6:30 - 9:30 am
Lunch ~ 11:30 am - 2 pm
Dinner ~ Sign up Daily

7:00-7:45	Morning Stretch (Gecko/BMC)
7:00-9:00	Miraval Outback Hike: Level A (Meet in Palm Court)
	Mountain Biking (Meet in Palm Court)
7:00-12:30	❖ Miraval Off-Property Hike: Level C - Pima Canyon (Meet in Palm Court) • \$55 RC
7:30-9:30	Out on a Limb (Meet in Palm Court)
8:00-8:45	Power, Punch & Plie' (Roadrunner/BMC)
8:30-11:00	Miraval Equine Experience™ (Meet in Palm Court)
9:00-9:45	Cardio Drumming (Roadrunner/BMC)
10:00-10:45	Water Move It (BMC Pool)
	Tread & Shed (Outdoors/Meet at BMC)
10:00-11:30	Energy Yoga: Level 2 (Agave Center)
10:30-12:30	May 13, 20 & 27 - Desert Tighrope (Meet in Palm Court)
11:00-11:45	Cardio Dance: ZUMBA! (Roadrunner/BMC)
	Abs & Glutes (Gecko Room/BMC)
11:00-12:30	 ❖ An Ounce of Prevention with Jim Nicolai, M.D. (Activity Rooms) • \$115 May 6, 20 & 27 - In this workshop, learn how to spot the key markers of chronic disease and inflammation and discover how simple lifestyle tools can begin to reverse these processes.
11:30-12:30	Cooking Demonstration: Buffet service only. Seating is limited and on a first come, first served basis. Check in with the hostess. (Cactus Flower Restaurant)
12:00-12:45	Lunch with Anne Parker: Buffet service only. Seating is limited and on a first come, first served basis. Check in with the hostess. (Cactus Flower Restaurant)
1:00-1:45	Chi Gong (Gecko/BMC)
2:00-2:45	Yoga Nidra Meditation (Agave Center)
	BoCircuit (Roadrunner/BMC)
3:00-3:45	Circuit Blast (BMC Weightroom)
	The Exercise Factor: What Makes Exercise Such a Panacea? with Andrew Wolf (Activity Rooms)
3:30-4:30	Grief, Loss & Letting Go with Anne Parker (Activity Rooms)
4:00-4:45	Yoga Essentials: Level 1 (Agave Center)
	TRX Endurance Circuit - Advanced Level (Roadrunner Room/BMC) Limited Attendance
5:00-5:45	Yogilates (Gecko/BMC)
5:00-6:30	❖ May 6 & 13 - Skillfully Aware™: Tools for Transformation with Mark Pirtle (Activity Rooms) • \$115
6:00-6:45	NEW Pranayama Mudra Meditation (Agave Center)
6:30-7:30	 Join Wellness Counselor Anne Parker for: May 6 & 20 - 7 Keys to Joy & Vitality (Activity Rooms) Learn seven keys that will guide you to peace & joyful living. May 13 & 27- Mindful Relationships (Activity Rooms) Relate to the people you love with Mindfulness – improve communication, connections, and shift expectations.

Our Chefs:



Justin Macy
Executive Chef

Justin is a true food artist. Building on Miraval's innovative mindful philosophy, he is known for creating dishes inspired by images and memories. He gives his creations a deeper meaning, and allows guests the opportunity to do the same. He has culinary sensibilities uncannily attuned to the philosophy of mindful eating. He loves using local and regional ingredients to create beautiful, fresh, healthy cuisine with unexpected flavor and texture combinations. Justin passes along an appreciation for beautiful food that can be enjoyed mindfully, no matter where you are.

Kim Macy
Pastry Chef



Kim creates timeless, classic cuisine with a fun and inspired healthy twist. She graduated with honors from the Le Cordon Bleu Culinary Program at The Scottsdale Culinary Institute. Kim crafts a gorgeous array of desserts that vary in portion size, color and texture. Incorporating vibrant fruits and trading in sugars for sweet nectars, Kim continues to develop her techniques, constantly inspiring our guests with her deep love of food and sharing her passion, one bite at a time.

Tuesday

Breakfast ~ 6:30 - 9:30 am
Lunch ~ 11:30 am - 2 pm
Dinner ~ Sign up Daily

7:00-7:45	Yoga Stretch: Mixed Levels (Agave Center)	
7:00-8:00	NEW Trail Run (Meet in Palm Court)	
7:00-9:00	Miraval Outback Hike: Level A (Meet in Palm Court)	
	Mountain Biking (Meet in Palm Court)	
7:00-3:00	❖ Climb On! Mt. Lemmon Rock Climbing • \$425 RC	
7:30-9:30	Quantum Leap II (Meet in Palm Court)	
8:00-8:45	Morning Meditation (Agave Center)	
9:00-9:45	Rise & Shine Yoga: Mixed Levels (Agave Center)	
	Mindful Eating: Includes Breakfast - Buffet service only. Seating is limited and on a first come, first served basis. Check in with the hostess. (Cactus Flower Restaurant)	
9:00-10:45	❖ Group Trail Ride (Meet in Palm Court) • \$75	
10:00-10:45	Breathwork (Agave Center)	
	Water Conditioning (BMC Pool)	I Chi Flow (Yucca Pool)
10:30-12:30	❖ May 14, 21 & 28 - Desert Sky Zipline Experience (Meet in Palm Court) • \$150 RC	
11:00-11:45	Pilates Mat Work (Gecko/BMC)	
11:00-12:30	❖ May 7, 21 & 28 - Finding the Zone Workshop with Jim Nicolai, M.D. (Activity Rooms) • \$115	
	Flying Dragon Yoga: Level 2 (Agave Center)	
11:30-12:30	❖ NEW Culinary Clinic: Kitchen Talk (Cactus Flower Restaurant) • \$75	
12:00-12:45	Lunch with Andrew Wolf: Buffet service only. Seating is limited and on a first come, first served basis. Check in with the hostess. (Cactus Flower Restaurant)	
12:00-2:30	Miraval Equine Experience™ (Meet in Palm Court)	
12:30-3:00	❖ May 7, 14 & 28 - It's Not About the Horse with Wyatt Webb (Meet in Palm Court) • \$150	
1:00-1:45	6 Tips to Master Your Metabolism (Activity Rooms)	
	Balance (Roadrunner/BMC)	
2:00-2:45	Mindfulness at Miraval (Agave Center)	On the Ball (Roadrunner/BMC)
2:30-3:30	Sharing the Journey: Our Midlife Transition with Sheryl Brooks, R.N. - for Women Only! (Activity Rooms)	
3:00-3:45	Optimal Posture Stretches (Gecko/BMC)	
4:00-4:45	NEW Floating Meditation (Agave Center)	
4:00-5:00	Mastering Your Makeup: Beauty Demonstration with Makeup Artist Bonnie Johnson (Activity Rooms)	
4:00-5:45	❖ May 14 & 28 - Life is Simple, Who Complicates It? with Wyatt Webb (Activity Rooms) • \$150	
5:00-5:45	May 14, 21 & 28 - Intuitive Living: Discover Three Principles that will Change Your Life with Tejpal (Activity Rooms)	
	Yoga Flow: Mixed Levels (Agave Center)	
6:00-6:45	Loving Kindness Meditation (Agave Center)	
	An Integrative Approach to Life with Jim Nicolai, M.D. (Activity Rooms)	

❖ Experiences with a fee associated must be booked prior to arrival by calling 800.232.3969 or during your stay with Guest Services.

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RC = Resort Credit: Your nightly resort credit may be applied to this experience and all private group sessions. Many of the activities on this schedule may be booked for private sessions or private groups of 3 or more guests. Please see the Activities and Private Session Menus (pgs. 19 - 28) for pricing and descriptions.

Photography



NATGEO PHOTOGRAPHY WORKSHOPS

Join the photo experts of National Geographic Expeditions for a unique retreat to learn to take magazine-quality photos. Explore the beauty of the desert and Tucson's historic downtown.

Upcoming Workshops:
May 30-June 2, July 18-21 & September 5-8

Speak with a Reservations Advisor at ext. 4898 or call 800.232.3969 to reserve your space.

HONE YOUR SKILLS

PHOTOGRAPHY HIKE

Savor the memories you make here with a private tour of the Miraval outback with Miraval's professional photographer, Nancy Schroeder. Learn how to use your camera in new ways as you explore this amazing landscape.

Reserve a Private Session with Guest Services at ext. 4512.

Wednesday

Breakfast ~ 6:30 - 9:30 am
Lunch ~ 11:30 am - 2 pm
Dinner ~ Sign up Daily

7:00-7:45	Morning Stretch (Gecko/BMC)
7:00-9:00	Miraval Outback Hike: Level A (Meet in Palm Court)
	Mountain Biking (Meet in Palm Court)
7:00-12:30	❖ Miraval Off-Property Hike: Level D - Finger Rock (Meet in Palm Court) • \$55 RC
8:00-8:45	Spinning: Attendance Limited (Gecko Room) Power, Punch, Plie' (Roadrunner/BMC)
	Morning Meditation (Agave Center)
	May 1, 8, 22 & 29 - BreathWalking for Wellness with Jim Nicolai, M.D. (Activity Rooms)
8:30-11:00	Miraval Equine Experience™ (Meet in Palm Court)
9:00-9:45	Rise & Shine Yoga: Mixed Levels (Agave Center)
	Zen Bootcamp - Advanced Level (Outdoors/Meet at BMC)
10:00-10:45	Cardio Drumming (Roadrunner/BMC)
	May 1, 15 & 29 - Zen-nis Tennis with Coach Leigh (Meet at Tennis Courts)
10:00-11:45	Mindful Stress Mastery (Activity Rooms)
10:00-12:00	Climbing Wall (Meet in Palm Court)
10:30-12:30	Swing and A Prayer (Meet in Palm Court)
11:00-11:45	Cardio Dance - ZUMBA! (Roadrunner/BMC)
	Chi Gong (Gecko/BMC)
11:00-12:30	❖ NEW Menopause: A Change for the Better with Sheryl Brooks, R.N. (Activity Rooms) • \$75
12:00-12:45	Lunch with the Nutritionist: Seating is limited. Buffet service only. Seating is limited and on a first come, first served basis. Check in with the hostess. (Cactus Flower Restaurant)
12:00-1:30	❖ NEW Culinary Clinic: Hands On Baking (Cactus Flower Restaurant) • \$100
1:00-1:45	Roll with It (Gecko/BMC)
	Yin Yoga (AgaveCenter)
2:00-2:45	BoCircuit (Roadrunner/BMC)
	What is Balance and How Do I Get It? with Anne Parker (Activity Rooms)
2:00-3:30	❖ NEW Vitamins, Supplements & Your Health with Junelle Lupiani (Activity Rooms) • \$75 RC
3:00-3:45	Dance Fusion (Roadrunner/BMC)
4:00-4:45	Less is More: Intelligent Exercise for Graceful Aging with Andrew Wolf (Activity Rooms)
	NEW Aerial Yoga (Agave Center) Participants should have a regular yoga practice of 2-3 times per week for at least the past 6 months or have participated in a private Aerial Yoga session while here at Miraval.
	TRX Endurance Circuits: Advanced Level (Roadrunner/BMC) Limited Attendance
4:30-6:30	May 1, 8, 22 & 29 - Evening Photography Walk (Activity Rooms)
5:00-5:45	May 1, 15, 22 & 29 - Discover Your Soul Mission: Explore the Four Elements that Create the Anatomy of the Soul with Tejpal (Activity Rooms)
	Yogilates (Gecko/BMC)
5:30-6:30	NEW Salude Per Aqua - Health throguh Water with Aqua Zen Therapist Becca Brandes (Activity Rooms)
6:00-6:45	Healthy Skin at Every Age with Miraval-Clarins Beauty & Skin Care Specialist, Davina Salese (Activity Rooms)
6:30-7:30	Healing Sounds of Shuniya with Pam Lancaster (Activity Rooms)

New Yoga/ Meditation Offerings



Aerial Yoga*

Breathe, flow and fly in this exciting new yoga practice that helps improve overall health and physical agility, lengthens muscles and releases tension throughout your entire body. You will stretch, strengthen and realign using the support of silk hammocks suspended three feet from the ground. Participants should have a regular yoga practice of 2-3 times per week for at least the past 6 months or have participated in a private Aerial Yoga session while here at Miraval.

Floating Meditation

Enjoy the pleasure of being suspended from the ceiling in a nurturing yoga hammock while your mind is gently guided into a relaxed state. Experience the calming benefits of induced meditation while you are gently rocked to the soothing vibrations of crystal bowls. Release your mind's stress, tension or worry while you "float" weightlessly in a silk hammock.

Aerial Yoga Private Session*

Whether a beginner or advanced yogi join us to experience this exciting new offering. Through this practice, participants will be able to decompress tight joints, perform yoga inversions without neck or back compression, stretch further with less strain, and create better body awareness while increasing overall agility.

*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.

Thursday

Breakfast ~ 6:30 - 9:30 am
Lunch ~ 11:30 am - 2 pm
Dinner ~ Sign up Daily

Spa Morning Menu Special



Yoga Stretch : Mixed Levels (Agave Center)

Gently open the body with stretching postures. Calmly connect breath and movement.

7:00-7:45

7:00-9:00

Miraval Outback Hike: Level A (Meet in Palm Court)

Mountain Biking (Meet in Palm Court)

7:00-9:30

❖ Yoga/Hike (Meet in Palm Court) • \$55 **RC**

7:00-3:00

❖ Climb On! Mt. Lemmon Rock Climbing • \$425 **RC**

7:30-9:30

Out on a Limb (Meet in Palm Court)

8:00-8:45

Morning Meditation (Agave Center)

8:30-11:00

Miraval Equine Experience™ (Meet in Palm Court)

9:00-9:45

Rise & Shine Yoga: Mixed Levels (Agave Center)

Mindful Eating: Includes Breakfast - Buffet service only. Seating is limited and on a first come, first served basis. Check in with the hostess. (Cactus Flower Restaurant)

10:00-10:45

Water Conditioning (BMC Pool)

10:30-12:30

Face to Face (Meet in Palm Court)

11:00-11:45

Extreme Core (Roadrunner/BMC)

11:00-12:30

❖ An Integrative Approach to Stress with Jim Nicolai, M.D. (Activity Rooms) • \$115

May 2 & 16 - Native American Yoga: Mixed Levels (Agave Center)

May 9, 23 & 30 - Yin/Yang Yoga (Agave Center)

12:00-12:45

Lunch with Anne Parker, Wellness Counselor: Buffet service only. Seating is limited and on a first come, first served basis. Check in with the hostess. (Cactus Flower Restaurant)

1:00-1:45

Maximize Your Biological Age with Junelle Lupiani (Activity Rooms)

Balance (Roadrunner/BMC)

1:30-3:00

❖ **NEW** Culinary Clinic: Ready, Set, Cook! (Cactus Flower Restaurant) • \$100

2:00-2:45

NEW Floating Meditation (Agave Center)

On the Ball (Roadrunner/BMC)

May 2, 16, 23 & 30 - Unleash the Power of the Soul with Tejpal (Activity Rooms)

3:00-3:45

Optimal Posture Stretches (Gecko/BMC)

3:30-4:30

Grief, Loss and Letting Go with Anne Parker (Activity Rooms)

4:00-4:45

NEW Athletology™: Tools for Becoming Emotionally FIT! with Coach Leigh (Activity Rooms)

Art at Miraval (Meet in Raindance Pass Foyer)

Breathwork (Agave Center)

4:30-5:30

NEW Let's Talk about Sex with Sheryl Brooks, R.N. For Women Only! (Meet in Palm Court)

5:00-5:45

Yoga Essentials: Level 1 (Agave Center)

Rock & Roll Tennis with Coach Leigh (Meet at Tennis Court)

5:00-6:30

Master Your Mind to Heal Your Body (Activity Rooms)

6:00-6:45

Labyrinth Journey (Meet in Palm Court)

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Schedule any Spa service and receive 20% off any same day Morning Menu service.

Morning Menu Services include offerings such as

- The Blood Orange Manicure
- The Blood Orange Pedicure
- Body Transformations Slimming or Firming Treatments
- Sweet or Savory Desert Succulents
- Vibrant Morning

Monday - Thursday only. Visit the Spa Desk or Guest Services for more details.

The detailed Morning Menu is listed on page 34.

Friday

Breakfast ~ 6:30 - 9:30 am
Lunch ~ 11:30 am - 2 pm
Dinner ~ Sign up Daily

7:00-7:45	Morning Stretch (Gecko/BMC)
7:00-9:00	Miraval Outback Hike: Level A (Meet in Palm Court)
	Mountain Biking (Meet in Palm Court)
7:00-12:30	❖ Miraval Off-Property Hike: Level C - Romero Canyon (Meet in Palm Court) • \$55 RC
7:30-9:30	Quantum Leap (Meet in Palm Court)
8:00-8:45	Spinning: Limited Attendance (Gecko/BMC)
	Morning Meditation (Agave Center)
	Power, Punch & Plie' (Roadrunner/BMC)
8:30-11:00	May 3, 10, 17 & 24 - Miraval Equine Experience™ (Meet in Palm Court)
9:00-9:45	Cardio Drumming (Roadrunner/BMC)
10:00-10:45	Water Move It (BMC Pool)
	Tread & Shed (Outdoors/Meet at BMC)
	NEW Aerial Yoga (Agave Center) Participants should have a regular yoga practice of 2-3 times per week for at least the past 6 months or have participated in a private Aerial Yoga session while here at Miraval.
10:30-12:30	❖ Desert Sky Zipline Experience (Meet in Palm Court • \$150 RC)
11:00-11:45	Pilates Mat Work (Gecko/BMC)
	Zen-nis Tennis with Coach Leigh (Meet at Tennis Courts)
11:00-12:30	❖ Finding the Zone with Jim Nicolai, M.D. (Activity Rooms) • \$115
12:30-3:00	❖ It's Not About the Horse with Wyatt Webb (Meet in Palm Court) • \$150
1:00-1:45	Lunch with the Nutritionist: Seating is limited. Buffet service only. Seating is limited and on a first come, first served basis. Check in with the hostess. (Cactus Flower Restaurant)
	Chi Gong (Gecko/BMC)
1:30-2:30	❖ NEW Culinary Clinic: There's An App For That! (Cactus Flower Restaurant) • \$75
	Sharing the Journey: Our Midlife Transition with Sheryl Brooks, R.N. - for Women Only! (Activity Rooms)
2:00-2:45	NEW Carry Your Mental Couch to the Curb with Coach Leigh (Activity Rooms)
	BoCircuit (Roadrunner/BMC)
	Mindfulness at Miraval (Agave Center)
	Anti-Inflammatory Diet: Boost Your Health & Prevent Disease (Activity Rooms)
3:00-3:45	Dance Fusion (Roadrunner/BMC)
4:00-4:45	Yin Yoga: Mixed Levels (Agave Center)
	TRX Endurance Circuit - Advanced Level (Roadrunner/BMC) Limited Attendance
4:00-5:45	❖ Life is Simple, Who Complicates It? with Wyatt Webb (Activity Rooms) • \$150
4:30-6:30	May 3, 10, 17 & 24 - Evening Photography Walk (Activity Rooms)
5:00-5:45	Yogilates (Gecko/BMC)
5:00-6:30	❖ May 3 & 10 - Skillfully Aware®: Tools for Transformation with Mark Pirtle (Activity Rooms) • \$115
6:00-6:45	Healing Visualization Meditation (Agave Center)
6:30-7:15	Healthy Skin at Every Age with Miraval-Clarins Beauty & Skin Care Specialist, Davina Salese (Activity Rooms)
6:00-8:00	❖ NEW Just Cook for Me Chef! (Cactus Flower Restaurant) • \$150

Raindance Pass Boutique



Open Daily 8am to 6pm

Raindance Pass was recently awarded the "Favorite Selection of Retail Offerings at a Spa-Resort" by North America- American Spa Magazine in December 2012!

Raindance Pass Boutique has a beautiful array of merchandise to compliment your experience here and enable you to take a piece of Miraval home with you.

Please stop by our boutique after your session with one of our many specialists to ensure you bring your mindfulness experience home with you. We feature products that allow you to continue your Miraval journey at home.

Our Boutique carries some of the most fashion forward brands in the industry by working with companies that source and create their garments in the USA. Call extension x4231 to set up a personal shopping experience with our Miraval style guide, who will design outfits ready for you arrive in the Boutique!

Saturday

Breakfast ~ 6:30 - 9:30 am
Lunch ~ 11:30 am - 2 pm
Dinner ~ Sign up Daily

7:00-7:45	Morning Stretch (Gecko/BMC)
7:00-9:00	Miraval Outback Hike: Level A (Meet in Palm Court)
	Mountain Biking (Meet in Palm Court)
7:00-9:30	Giant's Ladder (Meet in Palm Court)
7:00-12:30	❖ Miraval Off-Property Hike: Level C - Oracle Ridge (Meet in Palm Court) • \$55 RC
8:00-8:45	TRX Endurance Circuits: Advanced Level - Limited Attendance (Roadrunner/BMC)
	Morning Meditation (Agave Center)
	Spinning (Gecko/BMC) Limited Attendance
9:00-9:45	Rise & Shine Yoga: Mixed Levels (Agave Center)
	Zen Boot Camp - Advanced Level (Outdoors/Meet at BMC)
9:00-10:45	❖ Group Trail Ride (Meet in Palm Court) • \$75
10:00-10:45	Water Conditioning (BMC Pool)
	Just Play! with Coach Leigh (Meet at Tennis Court)
10:00-11:30	Core Yoga: Level 2/3 (Agave Center)
10:00-11:45	Mindful Stress Mastery (Activity Rooms)
10:00-12:00	Climbing Wall (Meet in Palm Court)
10:30-12:30	❖ Desert Sky Zipline Experience (Meet in Palm Court) • \$150 RC
11:00-11:45	Abs & Glutes (Gecko/BMC)
	Cardio Dance - ZUMBA! (Roadrunner/BMC)
11:00-12:30	❖ NEW May 4 & 18 - Menopause: A Change for the Better with Sheryl Brooks, R.N. (For Women Only!) (Activity Rooms) • \$75
12:00-12:45	Lunch with Miraval-Clarins Beauty & Skin Care Specialist, Davina Salese: Buffet service only. Seating is limited and on a first come, first served basis. Check in with the hostess. (Cactus Flower Restaurant)
12:00-2:30	Miraval Equine Experience™ (Meet in Palm Court)
12:30-3:00	❖ It's Not About the Horse with Wyatt Webb (Meet in Palm Court) • \$150
1:00-1:45	Mindful Eating: Includes Lunch - Buffet service only. Seating is limited and on a first come, first served basis. Check in with the hostess. (Cactus Flower Restaurant)
	On the Ball (Roadrunner/BMC)
2:00-2:45	Optimal Posture Stretches (Gecko/BMC)
	Yoga Nidra Meditation (Agave Center)
4:00-4:45	Yoga Flow: Mixed Levels (Agave Center)
4:00-5:45	❖ Life is Simple, Who Complicates It? with Wyatt Webb (Activity Rooms) • \$150
5:00-5:45	Dream Yoga: Mixed Levels (Agave Center)
6:00-6:45	Gratitude Meditation (Agave Center)

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Special Events



DEBORAH KING
Master Healer/Spiritual
Teacher & *New York Times*
Best-Selling Author

November 21-23

Join Spiritual Teacher, Master Healer, and *New York Times* best-selling author Deborah King for a pivotal workshop where you will learn simple techniques for regaining your youthful energy and passion for living.

Art at Miraval!



INSPIRED ART

Dozens of nationally recognized up-and-coming artists have their artwork on display throughout the property. If a piece catches your eye, visit Raindance Pass to find out how you may enjoy it at home. Join us at 4 pm every Thursday for our Miraval Artwalk to learn about all the beautiful pieces on Miraval's grounds. Every piece of art you admire on our property may be purchased at the Raindance Pass boutique.