

All experiences require advanced sign-up.
To schedule or cancel your activities, please dial ext. 4512.
NEW experiences this month. NOV periodically offered dates.

7:00-7:45	Morning Stretch (Gecko/BMC) pg. 23
7:00-9:00	Miraval Outback Hike (Coyote Moon Patio) pg. 21
7:30-10:00	Gian's Ladder (Coyote Moon Patio) pg. 20
8:00-8:45	Mini DaVinci Body Boards (Gecko/BMC) pg. 23
8:00-8:45	Morning Meditation (Agave Center) pg. 15
9:00-9:45	Nov 25 Cardio Drumming (Roadrunner/BMC) pg. 22
9:00-9:45	Cardio & Strength Machines (Meet at BMC Weight Room) pg. 22
9:00-9:45	Rise & Shine Yoga (Agave Center) pg. 21
9:00-9:45	Tips to Master Your Metabolism (Activity Rooms) pg. 19
9:00-10:30	Transcendence (Discovery Yurt) \$ pg. 16
9:00-11:00	NEW Awaken Self Connection (Palm Court) \$ pg. 25
10:00-10:45	Balance (Gecko/BMC) pg. 22
10:00-10:45	Nov 4, 11 & 18 Cardio Drumming (Roadrunner/BMC) pg. 22
10:00-10:45	Forgiveness Meditation (Agave Center) pg. 15
10:00-11:30	Intuitive Nourishment (Activity Rooms) \$ pg. 19
10:00-12:00	Mountain Biking Basics (Courtyard Fountain) pg. 20
10:30-11:45	Better Sleep in Menopause (Activity Rooms) \$ pg. 10
10:30-1:00	Sky Island Traverse (Coyote Moon Patio) \$ pg. 20
11:00-11:45	Aerial Yoga (Agave Center) \$ pg. 21
11:00-11:45	Pilates Fusion (Roadrunner/BMC) pg. 24
11:30-12:20	Nov 4 & 25 NEW Fostering Creativity (Activity Rooms) pg. 17
12:00-12:45	Journaling for Self-Discovery (Activity Rooms) pg. 10
12:00-12:45	Lunch & Learn with our Sleep & Dream Specialist (Cactus Flower Restaurant)
12:00-12:45	Mindfulness at Miraval (Activity Rooms) pg. 15
12:00-12:45	Trust Love Compassion (TLC) Yoga (Agave Center) pg. 22
12:00-2:00	Miraval Equine Experience (Palm Court) \$ pg. 25
12:30-2:00	Nov 4 & 18 Pickleball: Beyond the Basics, Intermediate (Meet at Pickleball Courts) \$ pg. 23
1:00-1:45	Athletic Walk (Outdoors at the BMC) pg. 22
1:00-1:45	Beginner Yoga (Agave Center) pg. 21
1:00-1:45	Connecting Art to Your Life (Palm Court) pg. 16

1:00-1:50	Appreciating Chocolate (Cactus Flower Restaurant) \$ pg. 18
1:00-2:15	Dream Manifesting (Activity Rooms) \$ pg. 13
1:00-2:15	Stress Management Techniques: Restore Your Nervous System (Activity Rooms) \$ pg. 11
1:00-2:30	Healthy Gut, Healthy You (Activity Rooms) \$ pg. 19
2:00-2:45	Aroma Flow Yoga (Agave Center) pg. 21
2:00-2:45	Barre (Roadrunner/BMC) pg. 22
2:00-2:45	Water Fitness (BMC Pool) pg. 23
2:00-3:00	Nov 11 Artful Photography with Your Camera Phone (Activity Rooms) \$ pg. 16
2:00-3:00	Art Walk (Palm Court) pg. 16
2:00-3:15	Nov 4, 18 & 25 Ground & Rejuvenate with Clay (Activity Rooms) \$ pg. 17
2:15-3:00	Nov 4 & 18 Pickleball: Beginner's Introduction (Meet at Pickleball Courts) pg. 23
2:30-3:45	The Web of Life: Balance & Empowerment (Activity Rooms) \$ pg. 11
3:00-3:45	Artisanal Tacos (Cactus Flower Restaurant) \$ pg. 18
3:00-3:45	Breathwork (Agave Center) pg. 15
3:00-3:45	Crystal Walk (Courtyard Fountain) pg. 13
3:00-3:45	Foam Rolling (Gecko/BMC) pg. 23
3:15-4:30	Past Life Regression: Who We May Be (Discovery Yurt) \$ pg. 14
3:15-5:15	Nov 4 & 18 Pickleball: Advanced (Meet at Pickleball Courts) \$ pg. 23
3:30-5:30	Nov 11 Photography Hike (Palm Court) pg. 16
4:00-4:45	Afternoon Stretch (Gecko/BMC) pg. 22
4:00-4:45	Nov 4, 11 & 25 Outdoor Floating Meditation (Meet at Gong) \$ pg. 15
4:00-5:15	NEW Seasonal Empowerment (Agave Center) \$ pg. 22
4:30-6:30	Magic of Malas (Activity Rooms) \$ pg. 17
5:00-5:45	Cocktails in the Kitchen (Cactus Flower Restaurant) \$ pg. 18
5:15-6:30	NEW Astral Projections: Journey Beyond the Body (Discovery Yurt) \$ pg. 12
6:00-6:45	Crystal Alchemy Sound Journey (Activity Rooms) \$ pg. 13
6:00-6:45	Nov 4, 11 & 25 Dream Yoga for Sleep (Agave Center) pg. 21



PROUD WINNER:

Miraval Arizona has been selected as the "Best USA Wellness Retreat" in the 2024 Modern Luxury Travel Awards!