

SUNDAY'S ACTIVITIES

	Hiking and Biking Activities: Please see the sign up board in Palm Court for daily hiking and biking activities.	
7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00-8:45	Fitness Walk (Outdoor/Meet at BMC)	Revolutions Within (Gecko/BMC)
	Morning Yoga: All Levels (Agave)	Mindful Eating (Cactus Flower Restaurant)
9:00-9:45	Salsa Dancing (Roadrunner/BMC)	Morning Meditation (Agave)
9:00-10:45	Desert Journey (Spa Pool Snack Bar)	
9:00-11:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
10:00-10:45	Water Conditioning (BMC Pool)	Iso Box – High Intensity (Roadrunner/BMC)
	Quick & Easy Good Nutrition (See Weekly Schedule for Location)	
10:00-11:45	Creating Home Practice (See Weekly Schedule for Location)	
	Yin/Yang Yoga: All Levels (Agave)	
11:00-11:45	Let's Have a Ball (Roadrunner/BMC)	
12:15-1:00	Lunch with the Nutritionist: Sugar and Sugar Substitutes (Cactus Flower Restaurant)	
1:00-1:45	Postural Alignment (Gecko/BMC)	Mindfulness at Miraval (Agave)
1:30-3:30	Quantum Leap II (Spa Pool Snack Bar)	
2:00-2:45	Water Conditioning (BMC Pool)	Mindful Time Management (Agave)
2:00-4:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
3:00-3:45	Body Conditioning (Roadrunner/BMC)	
3:00-6:00	Desert Photography Hike (See Sign Up Board)	
4:00-4:45	Stretch & Relax (Gecko/BMC)	
5:00-5:45	Sound Meditation (Agave)	
6:00-7:00	Drumming (Gecko/BMC)	

MIRAVAL
LIFE IN BALANCE.

5000 East Via Estancia Miraval
Catalina, Arizona 85739

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Shaded offerings require sign up in Palm Court. Please be mindful of the start times of offerings, so as not to interrupt the process/classes in session.

MONDAY'S ACTIVITIES

	Hiking and Biking Activities: Please see the sign up board in Palm Court for daily hiking and biking activities.	
7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00-8:45	Fitness Walk (Outdoor/Meet at BMC)	
	Mindful Eating (Cactus Flower Restaurant)	Morning Yoga: All Levels (Agave)
9:00-9:45	Pilates - Basic (Gecko/BMC)	Cardio Intervals – High Intensity (BMC)
	Morning Meditation (Agave)	
9:00-11:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
	Photography in Focus (See Sign Up Board)	
9:30-11:30	Face to Face (Spa Pool Snack Bar)	
10:00-10:45	BOSircuit (Roadrunner/BMC)	Water Conditioning (BMC Pool)
10:00-11:00	Healthy Lifestyles for Weight Management (See Weekly Schedule for Location)	
11:00-11:45	Cardio Rev (Roadrunner/BMC) – Limited Space	
	Magic Mat (Gecko/BMC)	Yoga Essentials: Level 1 (Agave)
12:15-1:15	Cooking Demonstration (Cactus Flower Restaurant)	
1:00-1:45	Mindfulness at Miraval (Agave)	
	Circuit 101 (BMC)	
1:30-3:30	Quantum Leap (Spa Pool Snack Bar)	
2:00-2:45	Aqua-Essence (BMC Pool)	
2:00-3:45	Periodically Offered. Sex, Love & Intimacy (March 5, 19, and 26 – See Weekly Schedule for Location) Join Dr. Taylor for an exploration of how changing our habitual ways of thinking about love and sexuality can help us realize our true potential in intimate relationships.	
2:00-3:45	Mindful Stress Mastery (Agave)	
2:00-4:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
3:00-3:45	Step & Tone (Roadrunner/BMC)	Push & Pull (Gecko/BMC)
4:00-4:45	Stretch & Relax (Gecko/BMC)	
4:00-5:15	Yoga Flow: Level 2 (Agave)	
4:30-6:00	Joy & Balance: Discovering the Seven Spiritual Steps (See Weekly Schedule for Location) Explore the “Seven Spiritual Steps” to cultivating joy and balance in all aspects of your life. These steps will guide you to a new self-awareness leading to positive change, growth, healing and inner peace.	
6:00-6:45	Chakra Meditation (Agave)	
7:00-7:45	Periodically Offered: Crystal Bowl Meditation Concert (Agave) March 5 and 19	

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TUESDAY'S ACTIVITIES

	Hiking and Biking Activities: Please see the sign up board in Palm Court for daily hiking and biking activities.	
7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00-8:45	Fitness Walk (Outdoor/Meet at BMC)	Morning Yoga: All Levels (Agave)
	Mindful Eating (Cactus Flower Restaurant)	Revolutions Within (Gecko/BMC)
9:00-9:45	Iso Box – High Intensity (Roadrunner/BMC)	Pilates – Intermediate (Gecko/BMC)
	Morning Meditation (Agave)	
	Changing Your Metabolism (See Weekly Schedule for Location)	
9:00-10:45	Digital Photographing Horse Play (See Sign Up Board)	
9:00-11:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
9:30-11:30	Quantum Leap II (Spa Pool Snack Bar)	
10:00-10:45	Water Conditioning (BMC Pool)	Balance (Roadrunner/BMC)
10:00-11:00	Thinking, Feeling, Eating: How Food Affects Mood (See Weekly Schedule for Location)	
10:00-11:45	Yoga Based Visualization (Agave)	
11:00-11:45	Let's Have a Ball (Roadrunner/BMC)	Fletcher Floor Work™ (Gecko/BMC)
12:15-1:00	Lunch with the Nutritionist: Omega 3's (Cactus Flower Restaurant)	
12:15-1:15	Cooking Demonstration (Cactus Flower Restaurant)	
1:00-1:45	Mindfulness at Miraval (Agave)	
1:00-2:45	Mindful Decision Making™ (Palm Court)	
1:00-3:15	Rediscovering Your Wild Side (Palm Court)	
1:15-1:45	Abs & Glutes Express (Roadrunner/BMC)	
1:30-3:30	Trail Ride (Foyer at Raindance Pass Boutique)	
2:00-2:45	Aqualosity (BMC Pool)	Strength 101 (BMC)
2:00-3:45	Restorative Yoga: All Levels (Agave)	
2:00-4:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
3:00-3:45	Bar None (Roadrunner/BMC)	Dynamic Flow (Gecko/BMC)
3:00-3:45	Periodically Offered. Feldenkrais®: Awareness through Movement (March 6, 20, and 27 – See Weekly Schedule for Location)	
4:00-4:45	Stretch & Relax (Gecko/BMC)	
4:00-5:15	Yoga Flow: Level 2 (Agave)	
4:00-6:30	Sunset Nature Hike (Palm Court)	
4:30	Quiz the Som: Questions & Answers with the Wine Guy (Brave Bill Lounge)	
5:00-6:30	Accessing Your Heart's Intelligence (See Weekly Schedule for Location) You'll learn to create a calm, dynamic state of being at will, and transform feelings of stress and worry to quickly restore harmony.	
6:00-6:45	Loving Kindness Meditation (Agave)	

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WEDNESDAY'S ACTIVITIES

	Hiking and Biking Activities: Please see the sign up board in Palm Court for daily hiking and biking activities.	
7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00-8:45	Fitness Walk (Outdoor/Meet at BMC)	Zen Boot Camp – High Intensity (Outdoor/Meet at BMC)
	Mindful Eating (Cactus Flower Restaurant)	Morning Yoga: All Levels (Agave)
8:30-11:30	Instructional Trail Ride (Foyer at Raindance Pass Boutique)	
9:00-9:45	Pilates – Basic (Gecko/BMC)	Cardio Dance (Roadrunner/BMC)
	Morning Meditation (Agave)	Tennis Group: All Levels (Sign Up with Guest Relations)
9:00-11:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
9:30-11:30	Why High (Spa Pool Snack Bar)	
10:00-10:45	Body Conditioning (Roadrunner/BMC)	Water Conditioning (BMC Pool)
	Quick & Easy Good Nutrition (See Weekly Schedule for Location)	
10:00-11:45	Power Flow Yoga: Level 2-3 (Agave)	Grief, Loss & Letting Go (See Weekly Schedule for Location)
11:00-11:45	Cardio Rev (Roadrunner/BMC) – Limited Space	
	Fletcher Towel Work™ (Gecko/BMC)	
12:15-1:15	Cooking Demonstration (Cactus Flower Restaurant)	
1:00-1:45	Mindfulness at Miraval (Agave)	
	Postural Alignment (Gecko/BMC)	
1:30-3:30	Trail Ride (Foyer at Raindance Pass Boutique)	
	Swing and a Prayer (Spa Pool Snack Bar)	
2:00-2:45	Water Conditioning (BMC Pool)	
2:00-3:45	Mindful Stress Mastery (Agave)	
2:00-4:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
	Photography in Focus (See Sign Up Board)	
2:30-3:30	Home Herbalism (Palm Court)	
3:00-3:45	BOSircuit (Roadrunner/BMC)	Magic Mat (Gecko/BMC)
3:00-4:45	Journaling Workshop (See Sign Up Board)	
4:00-4:45	Stretch & Relax (Gecko/BMC)	
4:00-5:15	Yin Yoga: All Levels (Agave)	
5:00-5:45	Periodically Offered. Mindfulness at Work (March 7 and 21 - See Weekly Schedule for Location)	
5:00-6:30	Sunset Nature Walk (Palm Court)	
5:00-6:30	Periodically Offered. Healing Sleep & Dreams with Dr. Rubin Naiman. (March 14, and 28 - See Weekly Schedule for Location) This discussion considers sleep in terms of both its scientific and spiritual roots and offers practical guidance to achieving more restful nights.	
6:00-6:45	Peace is Every Step (Agave)	

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THURSDAY'S ACTIVITIES

	Hiking and Biking Activities: Please see the sign up board in Palm Court for daily hiking and biking activities.	
7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00-8:45	Fitness Walk (Outdoor/Meet at BMC)	BOSycle (Gecko/BMC)
	Mindful Eating (Cactus Flower Restaurant)	Morning Yoga: All Levels (Agave)
8:30-11:30	Instructional Trail Ride (Foyer at Raindance Pass Boutique)	
9:00-9:45	Step & Tone (Roadrunner/BMC)	Roll With It (Gecko/BMC)
	Morning Meditation (Agave)	
9:00-9:45	Periodically Offered. Ageless Radiance (March 1, 8, 15, and 22 - See Weekly Schedule for Location)	
9:00-11:15	Rediscovering Your Wild Side (Palm Court)	
9:00-11:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
9:30-11:30	Quantum Leap (Spa Pool Snack Bar)	
10:00-10:45	Water Conditioning (BMC Pool)	Reformer 101 (Yucca Cabana)
	Dining Out Mindfully (See Weekly Schedule for Location)	
10:00-11:15	Vital Body, Vital Soul with Dr. Janelle White - Learn how you can achieve greater vitality and higher levels of functioning by re-balancing your energy system.	
10:00-11:45	The Art of Mindful Dialogue (See Weekly Schedule for Location)	
11:00-11:45	Push & Pull (Gecko/BMC)	Cardio Intervals (BMC)
	Yoga Essentials: Level 1 (Agave)	
11:00-12:45	Mindful Decision Making II (Palm Court)	
12:15-1:15	Cooking Demonstration (Cactus Flower Restaurant)	
1:00-1:45	Mindfulness at Miraval (Agave)	
1:00-2:45	Periodically Offered. Passionate Lives: Learning How to Enhance Sexuality (March 1, 8, and 29 – See Weekly Schedule for Location) An interactive workshop with Dr. Holstein devoted to enhancing all seven dimensions of sexuality and to establishing reliable, repeatable, exceptional sex.	
1:15-1:45	Abs & Glutes Express (Roadrunner/BMC)	
1:30-3:30	Trail Ride (Foyer at Raindance Pass Boutique)	
2:00-2:45	Aqua-Essence (BMC Pool)	Strength 101 (BMC)
	Breath Connection (Agave)	
2:00-3:30	Desert Wildlife Walk (Palm Court)	
2:00-4:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
2:30-4:30	Equine Photography (See Sign Up Board)	
3:00-3:45	Dynamic Flow (Gecko/BMC)	Bar None (Roadrunner/BMC)
3:00-4:45	Power Flow Yoga: Level 2-3 (Agave)	
4:00-4:45	Stretch & Relax (Gecko/BMC)	
5:00-5:45	Healing Visualizations (Agave)	
5:00-6:30	Master Your Mind to Heal Your Body - (See Weekly Schedule for Location) Holographic Memory Resolution is a remarkable, new process for releasing stress and trauma stored in the cellular memory of the body-mind.	

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FRIDAY'S ACTIVITIES

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7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00-8:45	Fitness Walk (Outdoor/Meet at BMC)	
	Mindful Eating (Cactus Flower Restaurant)	Morning Yoga: All Levels (Agave)
8:30-10:00	Bird Watching (Palm Court)	
8:30-11:30	Instructional Trail Ride (Foyer at Raindance Pass Boutique)	
9:00-9:45	Pilates - Intermediate (Gecko/BMC)	Iso Box – High Intensity (Roadrunner/BMC)
	Morning Meditation (Agave)	Tennis Group: All Levels (Sign Up with Guest Relations)
9:00-11:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
9:30-11:30	Swing and a Prayer (Spa Pool Snack Bar)	
10:00-10:45	BOSircuit (Roadrunner/BMC)	Water Conditioning (BMC Pool)
10:00-11:00	Healthy Lifestyles for Weight Management (See Weekly Schedule for Location)	
10:00-11:45	Yin/Yang Yoga: All Levels (Agave)	Aging into Wisdom (See Weekly Schedule for Location)
11:00-11:45	Fletcher Floor Work™ (Gecko/BMC)	Let's Have a Ball (Roadrunner/BMC)
11:00-12:45	Mindful Decision Making™ (Palm Court)	
11:30-1:30	35mm Digital Photography (See Sign Up Board)	
12:00-12:45	Mindfulness at Miraval (Agave)	
12:15-1:00	Lunch with the Nutritionist: Health Benefits of Chocolate (Cactus Flower Restaurant)	
12:15-1:15	Cooking Demonstration (Cactus Flower Restaurant)	
1:00-1:45	Circuit 101 (BMC)	
1:30-2:30	Home Herbalism (Palm Court)	
1:30-3:30	Trail Ride (Foyer at Raindance Pass Boutique)	Tea Here Now (Agave Center)
2:00-2:45	Aqualosity (BMC Pool)	
2:00-4:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
3:00-3:45	Ask the Instructor (BMC)	Magic Mat (Gecko/BMC)
3:30-5:30	Quantum Leap II (Spa Pool Snack Bar)	
4:00-4:45	Stretch & Relax (Gecko/BMC)	
4:00-5:45	Restorative Yoga: All Levels (Agave)	
4:30-6:00	Joy & Balance: Discovering the Seven Spiritual Steps (See Weekly Schedule for Location) Explore the “Seven Spiritual Steps” to cultivating joy and balance in all aspects of your life. These steps will guide you to a new self-awareness leading to positive change, growth, healing and inner peace.	
5:00-6:30	Sunset Nature Walk (Palm Court)	
5:00-7:30	Sunset Photography Walk (See Sign Up Board)	
6:00-6:45	Loving Kindness Meditation (Agave)	

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SATURDAY'S ACTIVITIES

	Hiking and Biking Activities: Please see the sign up board in Palm Court for daily hiking and biking activities.	
7:00-7:45	Morning Stretch (Gecko/BMC)	
8:00-8:45	Fitness Walk (Outdoor/Meet at BMC)	Zen Boot Camp – High Intensity (Outdoor/Meet at BMC)
	Morning Yoga: All Levels (Agave)	Mindful Eating (Cactus Flower Restaurant)
8:30-10:00	Bird Watching (Palm Court)	
8:30-11:30	Instructional Trail Ride (Foyer at Raindance Pass Boutique)	
9:00-9:45	Cardio Intervals (BMC)	Roll With It (Gecko/BMC)
	Morning Meditation (Agave)	
9:00-11:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
9:30-11:30	Quantum Leap (Spa Pool Snack Bar)	
10:00-10:45	Water Conditioning (BMC Pool)	Body Conditioning (Roadrunner/BMC)
10:00-11:00	Thinking, Feeling, Eating: How Food Affects Mood (See Weekly Schedule for Location)	
10:00-11:45	Mindful Stress Mastery (Agave)	
11:00-11:45	Revolutions Within (Gecko/BMC)	Balance (Roadrunner/BMC)
11:00-12:45	Mindful Decision Making II (Palm Court)	
12:00-12:45	Yoga Essentials: Level 1 (Agave)	
12:15-1:15	Cooking Demonstration (Cactus Flower Restaurant)	
1:00-1:45	Mindfulness at Miraval (Agave)	
1:00-3:15	Rediscovering Your Wild Side (Palm Court)	
1:15-1:45	Abs & Glutes Express (Roadrunner/BMC)	
1:30-3:30	Trail Ride (Foyer at Raindance Pass Boutique)	
2:00-2:45	Water Conditioning (BMC Pool)	Cardio Dance (Roadrunner/BMC)
2:00-3:45	Healing Power of Deep Listening (Agave)	
2:00-4:45	Miraval Equine Experience™ (Foyer at Raindance Pass Boutique)	
	Photography in Focus (See Sign Up Board)	
2:00-6:00	Periodically Offered. Glass Creations: An Unparalleled Mindful Opportunity (March 3, 10 and 17 – Sign up with Guest Relations – Fee Applies) This 4-hour workshop will take you through the entire glass making process and result in a beautiful piece of art to help remind you of your Miraval visit.	
3:00-3:45	Step & Tone (Roadrunner/BMC)	Dynamic Flow (Gecko/BMC)
3:30-5:30	Why High (Spa Pool Snack Bar)	
4:00-4:45	Stretch & Relax (Gecko/BMC)	
4:00-5:45	Power Flow Yoga: Level 2-3 (Agave)	
4:30	Quiz the Som: Questions & Answers with the Wine Guy (Brave Bill Lounge)	
6:00-6:45	Peace is Every Step (Agave)	

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