

EMBRACE THE JOURNEY TO
LIFE IN BALANCE

Your path to transformative change begins here.

MIRAVAL[®]
berkshires



Welcome to Miraval Berkshires—our inspired sanctuary situated atop 380 protected acres in the Berkshires countryside. Here, you'll embark on a personal journey of wellbeing with a host of mindful offerings and insightful experiences to guide you on your journey to a life in balance.



BALANCE IS NOT
SOMETHING YOU FIND.
IT IS SOMETHING
YOU CREATE.



LIFE IN BALANCE

Life is filled with choices, stress and judgment. How do we clear our minds to make sure we are paving the path we are meant to journey? How do we become balanced and mindful while maximizing our best qualities and supporting our weaknesses? Escape the noise. Calm your mind. Feed your soul. Indulge, challenge, improve, renew. At Miraval Berkshires, your intentions become ours.



LIFE IN BALANCE SPA

Unwind. Relax. Renew.

OUR SEASONAL SANCTUARY

Existing in harmony with the surrounding natural landscape, our award-winning spa captures the spirit of the Berkshires. Designed to awaken the senses and serve as a catalyst for change, it encourages mindfulness, conscious living, and true wellbeing. In tune with the changing seasons, Miraval Berkshires offers seasonal

activities to help you harness the seasons' transformational energy. Nurture and restore in the winter, rejuvenate and renew in the spring, connect and create in the summer, and reflect and reset in the fall. Our programming is designed to mirror the seasons of life.

OUR PHILOSOPHY

Innovation embraces tradition in life-enhancing services reflecting our deep level of mindfulness and nurturing. We integrate the best modalities from Tibet, India, Europe, China and more to deliver a comprehensive program for mind and wellness transformation.

OUR EXPERTS

Miraval Berkshires therapists are students of their craft—always learning and evolving to bring you the most informed, indulgent treatments available. Our specialists work in concert to help you live your best self and find your internal glow.

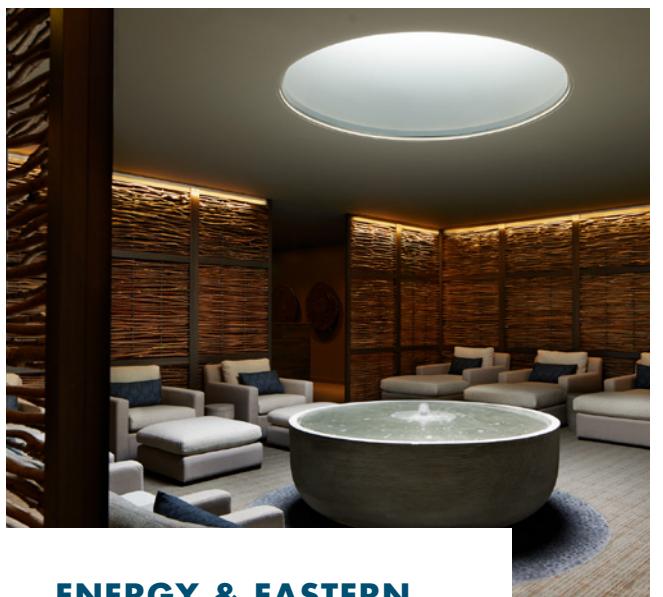
Life in Balance Spa

STEP INTO BLISS



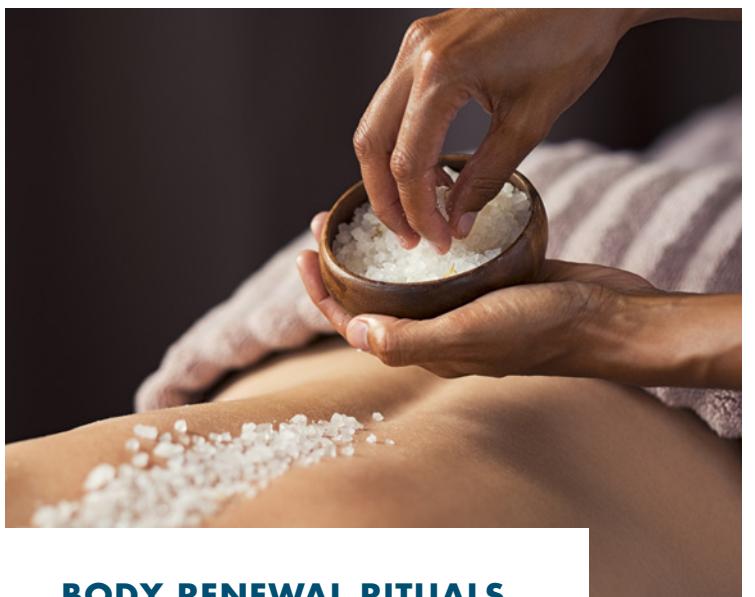
AYURVEDA

Honor the mind-body-spirit connection with balancing, natural therapies that treat root causes, not just symptoms. Ayurveda—"The Science of Life"—has been perfected over centuries.



ENERGY & EASTERN

From acupuncture to Thai massage, crystal energy work to Reiki, these ancient healing arts draw from time-tested global traditions.



BODY RENEWAL RITUALS

Our exfoliating scrubs, nourishing wraps, and restorative peels leave your skin healthy and glowing, while pampering techniques help you relax the body and mind.



MASSAGE

With techniques tailored to easing aches, managing chronic pain, stretching tight spots and more, our targeted massages work for you—and help your muscles feel renewed.

HAIR

You'll look your best after treating your tresses to one of our salon services for men and women, including coloring, cuts, scalp treatments, styling, beard trims and more.



NAILS

Go beyond the basics to keep your nails colorful and healthy with our custom manicures and pedicures. Signature services include amber oil, hot stones, and tangerine fig butter.



SKINCARE

Enjoy the most innovative facials in the world by the aestheticians who created them. Equal parts results and pampering, our services will give you the unmistakable Miraval glow.

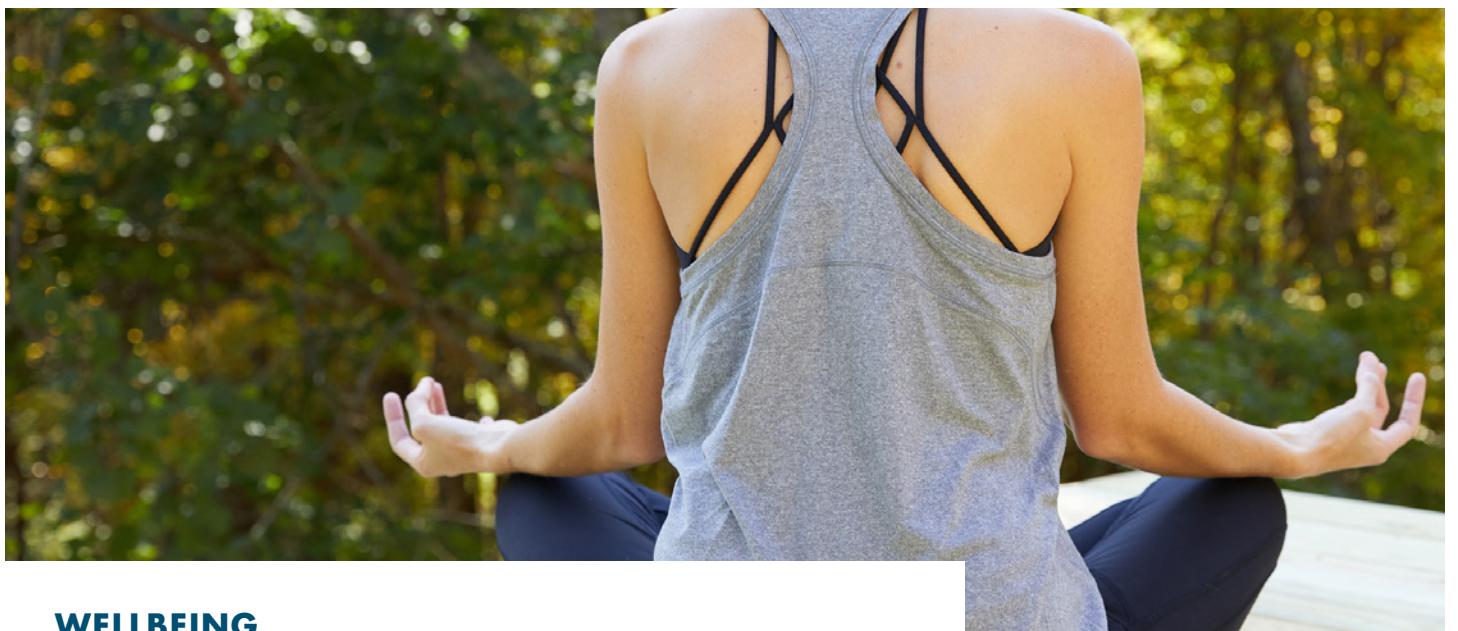
Experiences

MAKE US YOUR CATALYST FOR WELLBEING, YOUR WELLSPRING OF INSPIRATION

Whether it's adventure, relaxation, or healing you crave, our vast life-enriching programming can help put you on a transformative path to wellbeing. Awaken your creative side with workshops that take a fun and imaginative approach to art and photography, step outside of your comfort zone on our Meadowview Challenge Course, expand your horizons with our inspired mindful offerings, nourish your body with our healthy culinary activities in our Life in Balance Culinary Kitchen, and indulge your senses with our innovative spa treatments. Your personalized journey awaits.

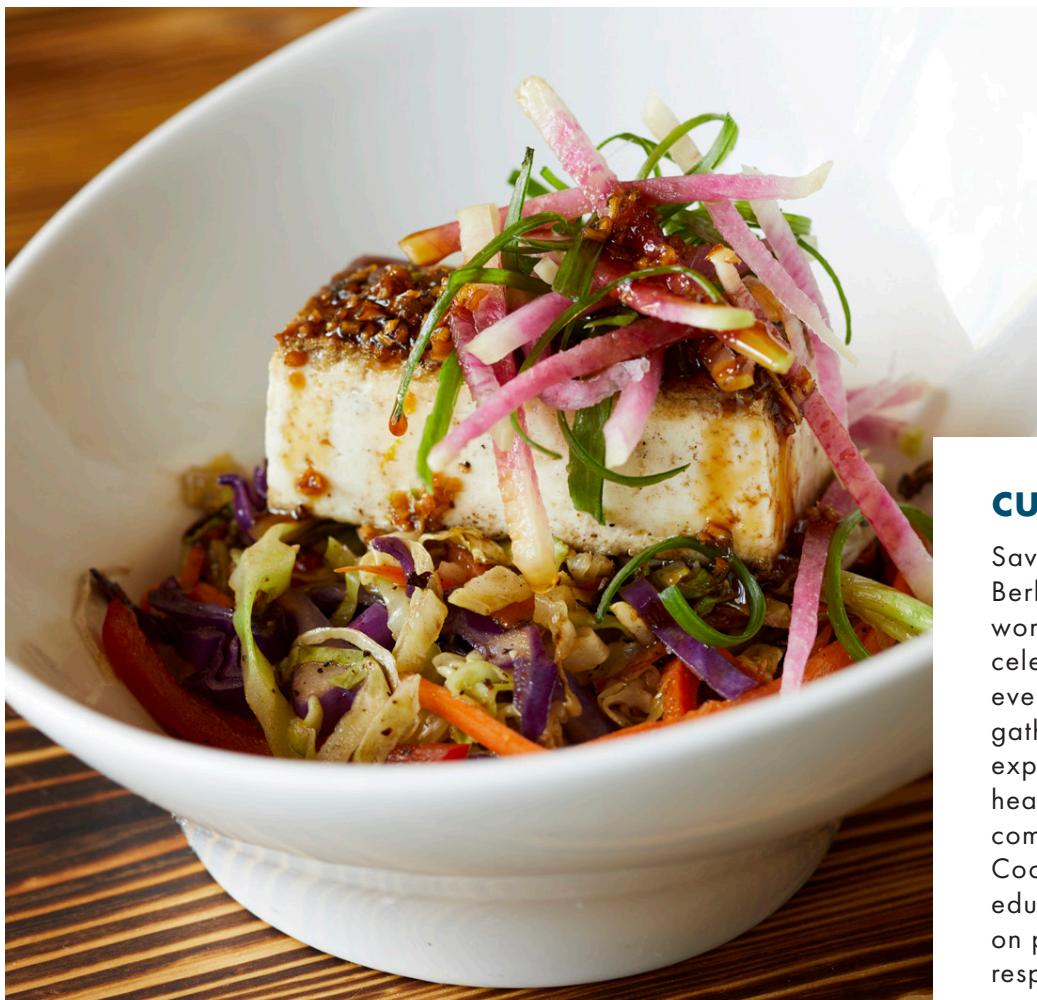
Let us guide you as you explore the possibilities. We offer a full menu of daily classes, lectures, and workshops, many of which are complimentary. We are also delighted to customize an itinerary of private experiences just for you.





WELLBEING

Discover what a life in balance may look like for you by learning ways to make lasting changes that benefit both your health and your soul. Explore the various dimensions of wellbeing. Meditate to mind your body and bend your mind. Enjoy experiential art offerings that bring mindfulness and presence to your creations. Your journey doesn't end here—it begins.



CULINARY & NUTRITION

Savor the flavors of Miraval Berkshires with interactive workshops guided by our celebrated chefs, tasting events, special dinners, cocktail gatherings, and other unique experiences. And because healthy dining should not require compromise, our Conscious Cooking philosophy and educational activities focus on pleasing the palate while respecting the body.



SUSTAINABLE LIVING

Our Meadowview Acres & Farm is home to herb and flower gardens as well as our beloved bees, which are critical to the health of our planet. They help balance our delicate eco-system and are responsible for pollinating much of the food we eat. Join our resident beekeeper for an eye-opening journey into their wonderful world

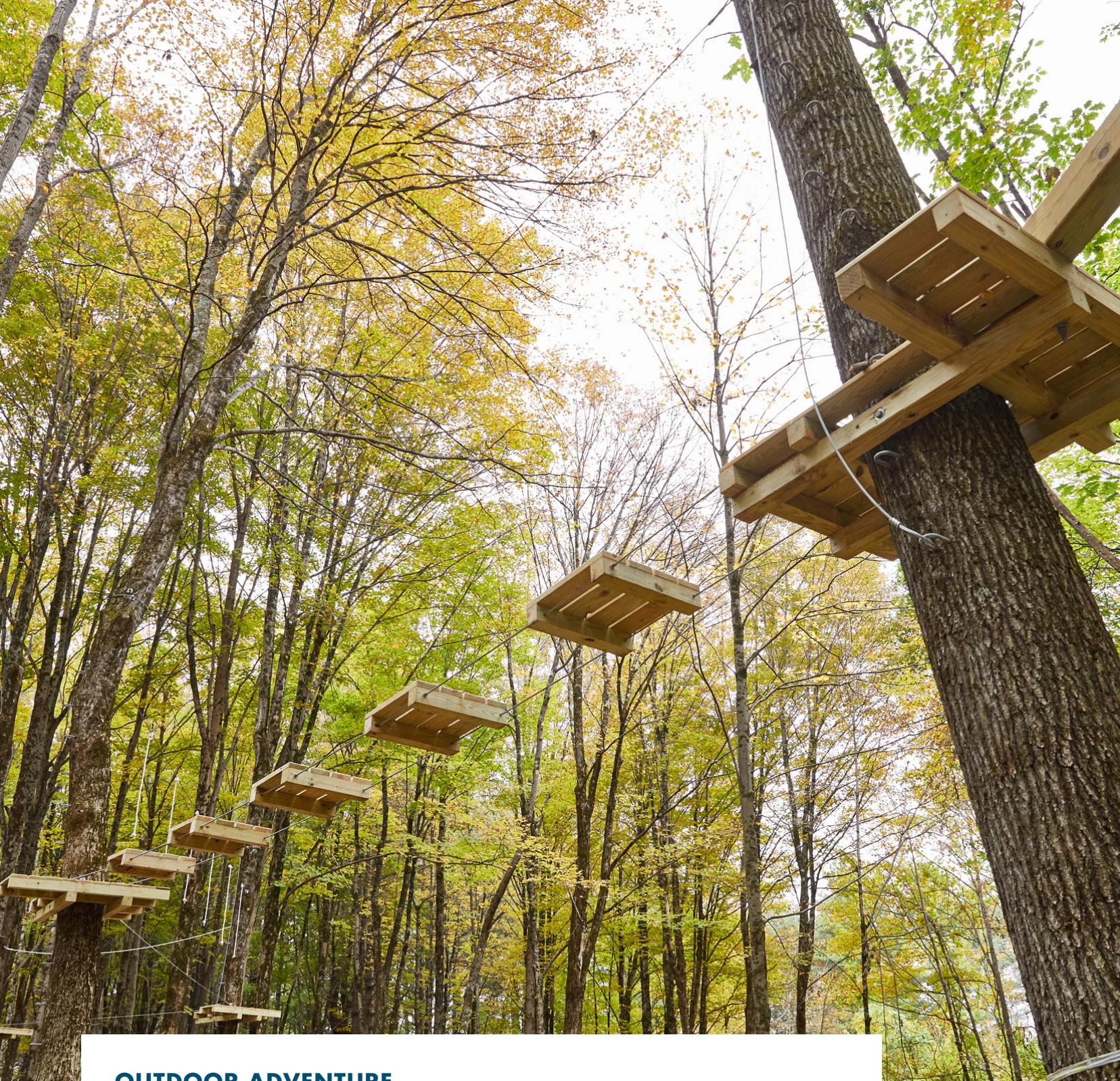
with honey tastings, enriching workshops, and immersive bee-keeping experiences.

Known for our unique work with horses, and other animals we also have an wildlife program, which rescues and rehabilitates injured birds and other animals. Meet with our farm and equine expert who shares how we can leave the world a better place by understanding our impact on nature.



EQUINE

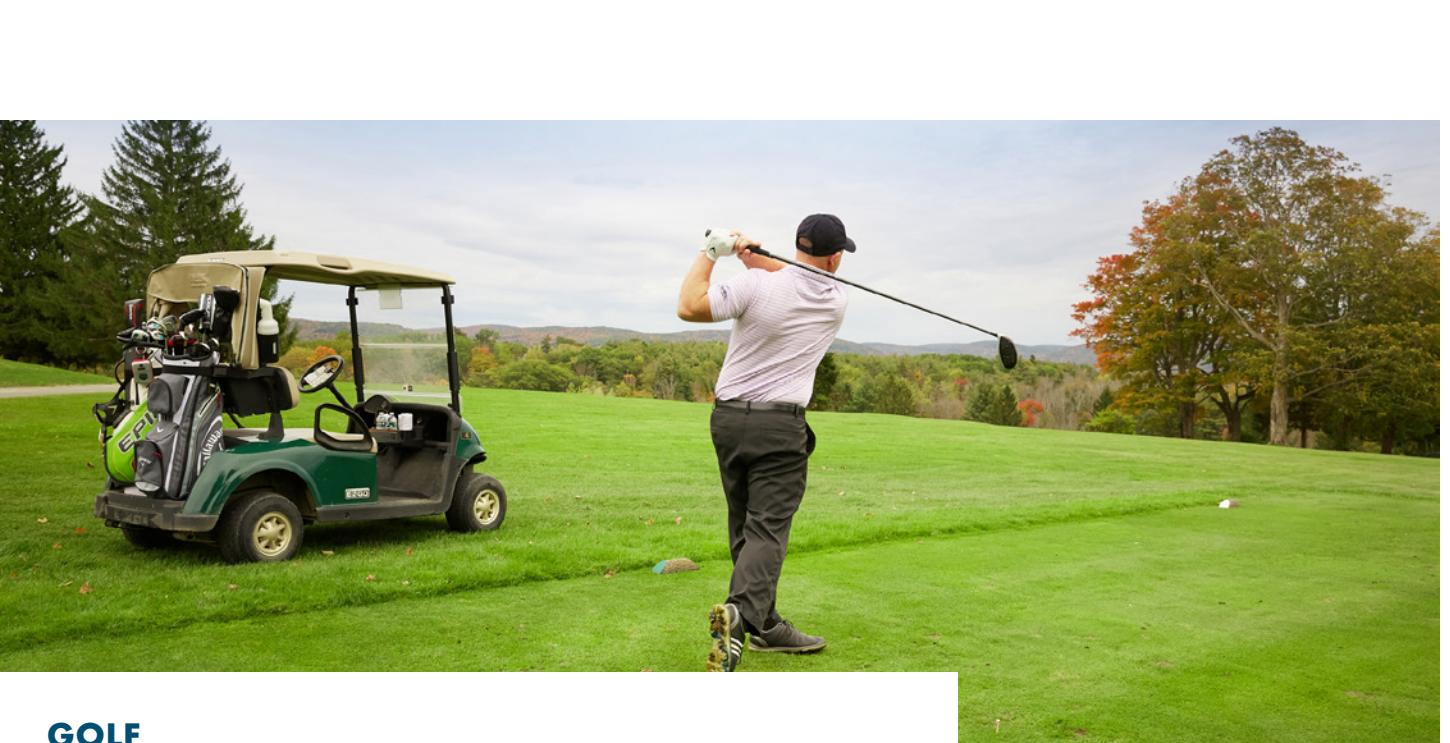
Horses can help us see more clearly, live more mindfully, identify personal blocks to communication, and develop new paths to self-awareness. In our award-winning equine program, you'll awaken creativity, improve communication, or tackle fear, trauma, and more. This is about far more than horses—this is about you.



OUTDOOR ADVENTURE

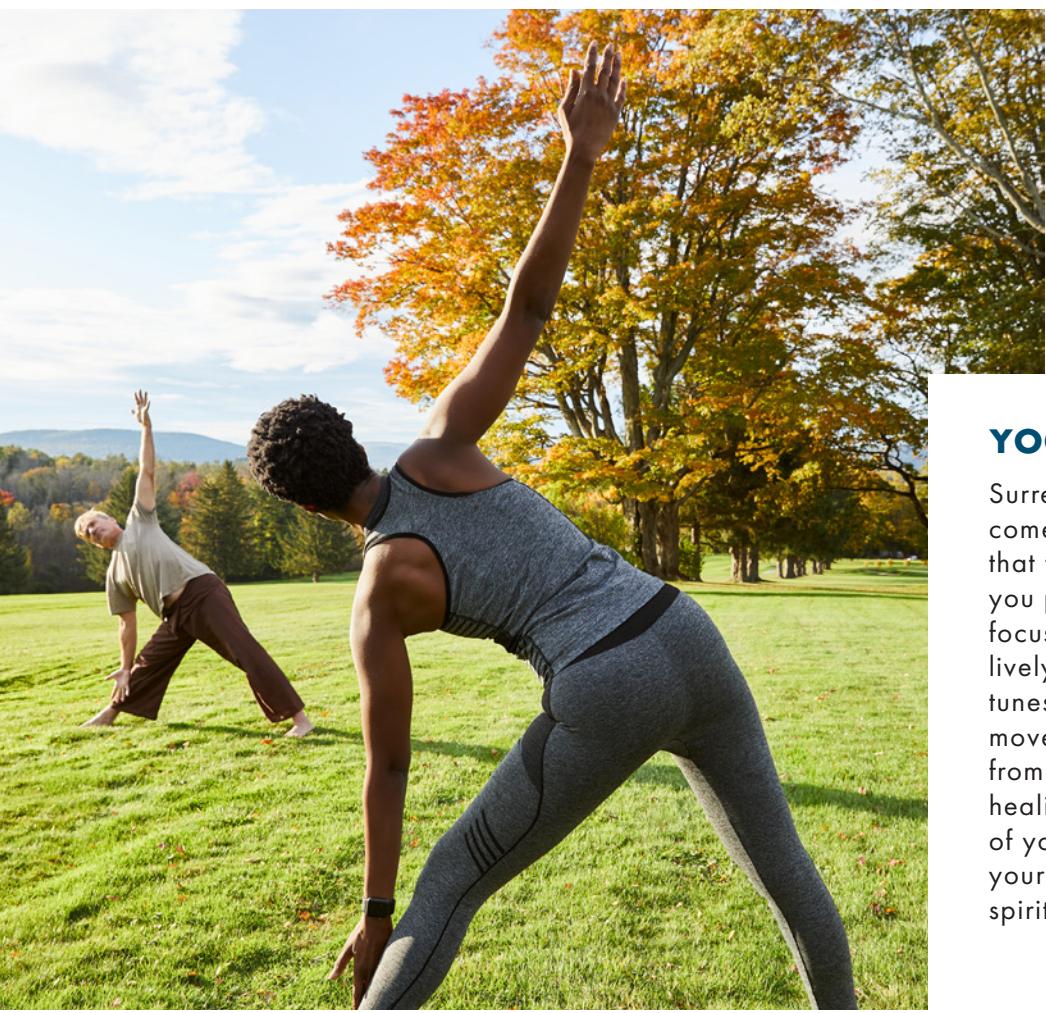
Our 380-acre preserve in the Berkshires provides the perfect year-round playground to explore. With miles of secluded and scenic trails at your feet, you'll discover that some of the best hiking and biking terrain in the Northeast can be found in our backyard. Canoeing, kayaking, and paddle boarding on Lake Laurel provide yet another opportunity to explore nature. You can also escape

your comfort zone with archery or hatchet throwing. Or test yourself on our Meadowview Challenge Course, our one-of-a-kind outdoor aerial course that will have you soaring among the treetops. Climbing among 20 elevated platforms in the trees, you'll gain new perspective, build confidence, and marvel at the scenery above the forest floor.



GOLF

Experience our Mindful Golf sessions, which go beyond perfecting your swing to help you become more self-aware and present not only in golf but also in life. With access to the 18-hole Golf Course at Wyndhurst Manor & Club, you can enjoy playing the tree-lined fairways and naturally contoured greens of this classic course, which has been carefully preserved to withstand the test of time.



YOGA & FITNESS

Surrender to the flow that comes with discovering a class that fits your style. Whether you prefer a quiet practice focusing on your breath, a lively flow incorporating funky tunes, or a sensory-based movement practice drawing from martial arts, dance, and healing arts, our broad array of yoga classes help restore your balance, renew your spirit, and spark your joy.

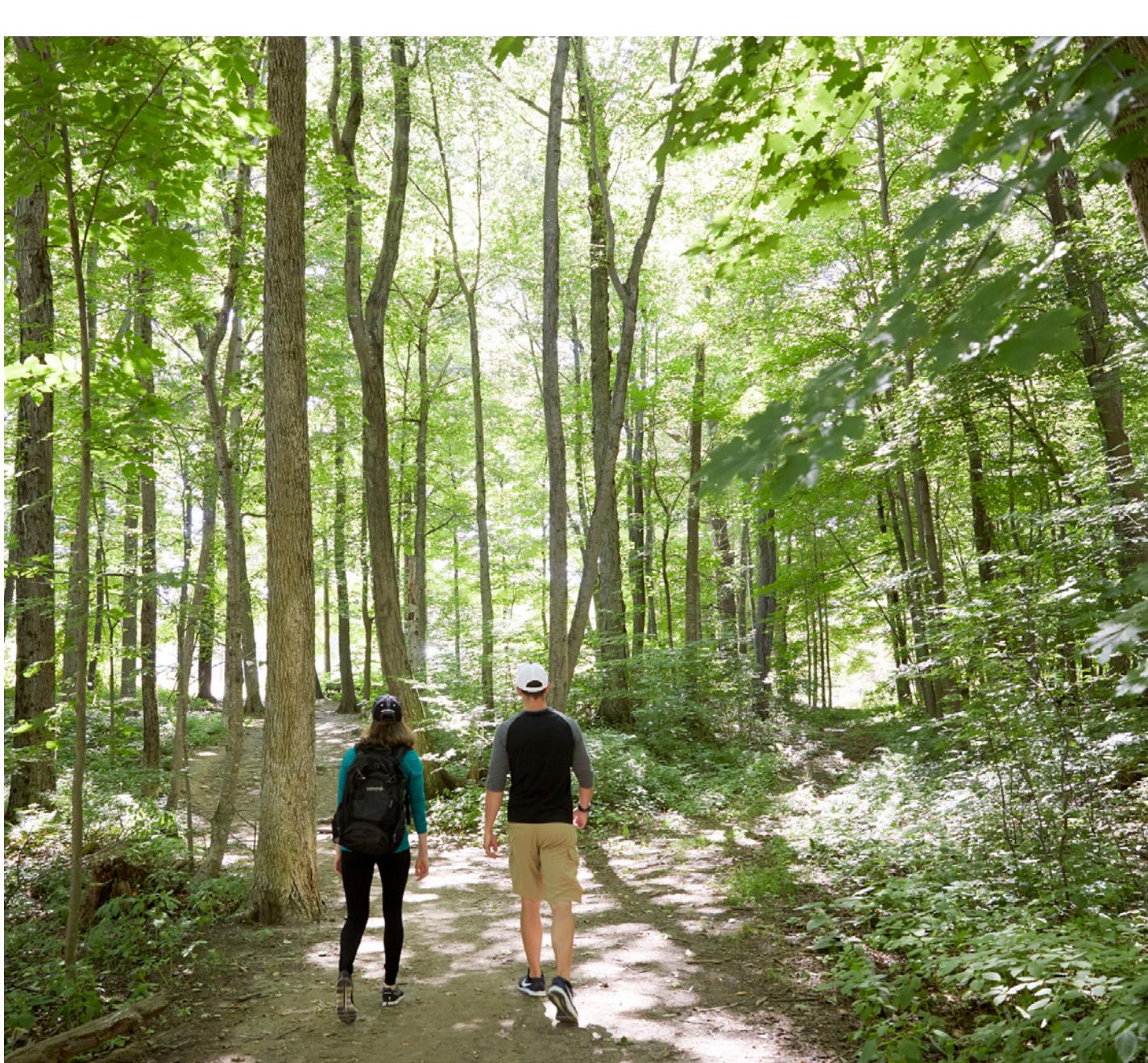


Miraval Berkshires Specialists

BRING OUT THE BEST YOU

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

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



EMBARK ON YOUR JOURNEY

PRIVATE SESSIONS

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



Dining

HEALTHY EATING, ELEVATED

Because eating is meant to be enjoyed, our menu at Miraval Berkshires raises the bar on healthy dining. Our culinary philosophy is based on our Conscious Cooking approach. Going beyond just pleasing the palate, our chefs focus on creating menus that are constantly changing to utilize locally grown

and thoughtfully sourced ingredients at the peak of freshness. Located in the Great Hall, Harvest Moon, our main restaurant, serves healthy and nourishing offerings for breakfast, lunch, and dinner.

As an integral part of the path to a life in balance, dining shouldn't involve sacrifice or deprivation. Instead, it should involve

savoring healthy and nutrient-rich food that satisfies all your cravings.

Relying on fresh ingredients from our garden and hives, our chefs' mindful approach will redefine how you view food.



Unparalleled Comfort

INSPIRED BY NATURE

Evoking the glamour and charm of a New England country house, our accommodations provide a welcoming retreat for guests to relax, reflect, and rejuvenate throughout their journey of self-discovery. Miraval Berkshires features seven two-story cottages, encompassing 100 guest rooms and suites. Designed by award-winning interior designer Clodagh, the rooms incorporate unique elements—color, art, and texture—that add to the understated luxury and soothe the senses. Drawing inspiration from the rolling hills, soft clouds, and bright sunlight that define the Berkshires countryside, Clodagh infused the rooms with a playful use of light and shadow. A peaceful palette of warm cranberry, amber, navy, and grayish blues bring the outdoors in and encourage relaxation, meditation, and sleep.

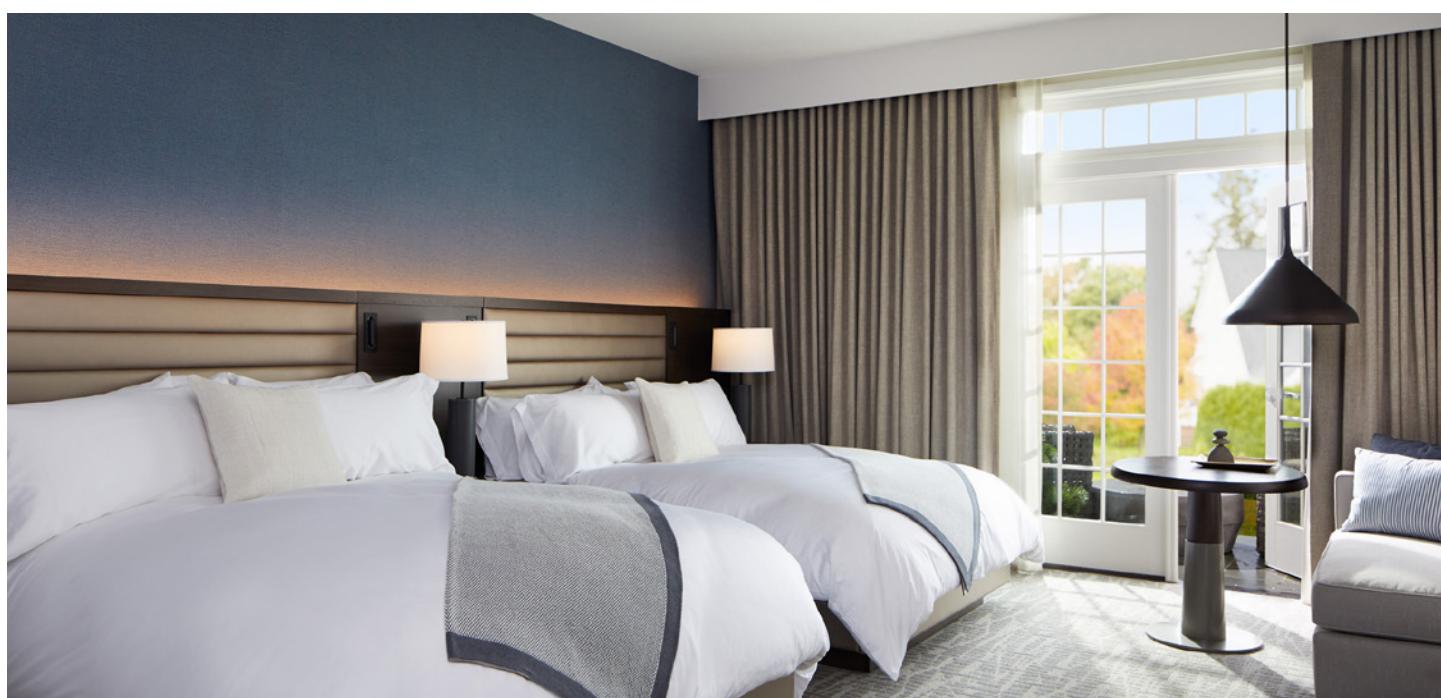


ROOMS

Intentionally designed, our guest rooms come complete with a host of amenities to promote mindfulness, such as Miraval's signature cloud-like bedding, a Tibetan singing bowl, a meditation cushion, and guided meditation channels. Our relaxing respites provide the ultimate escape in which to pause between activities and indulge in a restorative sleep at the end of the day.

SUITES

Offering the same thoughtful amenities and inspired design, our suites offer more space for flexible living. With comfort woven throughout, they provide the perfect place to spread out and unwind, and room to spread out and unwind.



FREE OF DISTRACTIONS. FREE TO BE MINDFUL.

Miraval Berkshires' inclusive, no-tipping environment was created to relieve any and all pressure, allowing you to select from complimentary activities, lectures, and classes daily. Perhaps most important, the use of digital devices is limited to designated common areas and guest rooms—minimizing the distraction of phones and personal electronics. We're always connected to technology in our everyday lives; Miraval Berkshires is about connecting in more fulfilling ways.

No matter your intent, we welcome you to a transformative place of imagination, authenticity, and meaning. Release. Create balance. Find mindful presence. We are ready to be your guide.





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