



Women's Luxury Retreat

Nutrition, Wellness
and Creativity



Miraval Resort, Tucson | October 14 - 17, 2019



L3 Women's Luxury Retreat to Miraval Resort

Discover new passions and new tools to de-stress and relax. Regain your spirit, spark and have fun at the L3 Women's retreat.

We've put together the perfect formula: Mind, body and soul guidance, coupled with soothing spa accommodations, exercise options, and memorable gatherings with friends in a bucolic Southwest landscape. A variety of classes and workshops will inform us about healthy choices in our lives. Innovative experiences aim to renew, de-stress and transform us. Group programs bring us together for fun, fitness and camaraderie, while an extensive menu of resort programs give us many other options.

Schedule

Monday, October 14 - ARRIVAL

Miraval's transportation service will pick you up at the Tucson (TUS) airport. Plan to arrive in time for us to gather together at 6 p.m.

Our evening will begin with the Art of the Cocktail. Members will join together in teams to combine juices, purees, fruits and spices to create the perfect cocktail. Each team will create a unique cocktail using the same ingredients. This is designed to be fun competition with the winning cocktail chosen by our sommelier. Dinner follows with Miraval's creative menus.

Tuesday, October 15

After breakfast we'll strike out as a group on the two-hour Insight Hike. With the beautiful Sonoran Desert as our breath-taking backdrop, our guide enhances the natural ease of walking and talking through nature with thought provoking activities, challenges and discussion.

We'll come together for lunch, and afterward you can choose your own activity or stick with the group as we select an activity to do together.

After dinner, we will immerse ourselves in Create & Rejuvenate with Clay – a workshop to gently guide you from “head” to “heart” through the use of clay, relaxation, and the practice of nonjudgment.





Wednesday, October 16

At breakfast, we'll participate in a Mindful Tasting Experience and learn to listen and respond intuitively to our bodies' food needs.

Afterwards you can choose your own activity or join the group as we select one together.

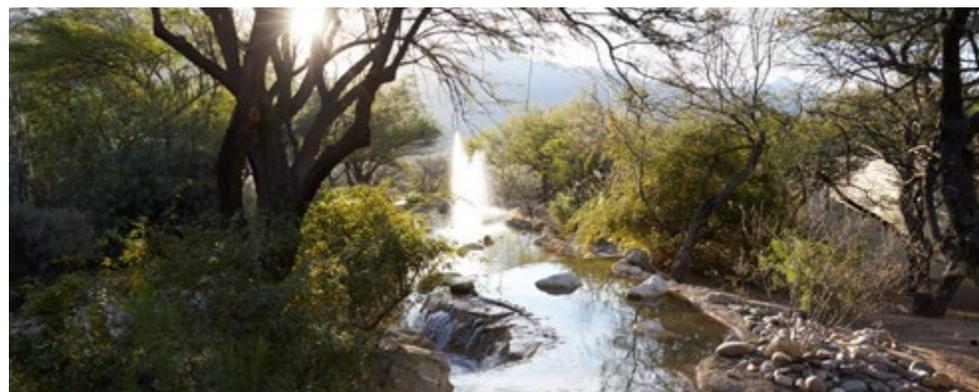
We'll enjoy lunch together. The afternoon will be spent with acclaimed equine facilitator Wyatt Webb and his unique horse program "It's Not About The Horse," as he takes us on a revealing journey inside ourselves.

For our final night we'll dine together and discuss our assorted experiences.



Thursday, October 17 - DEPARTURE

The Miraval shuttle leaves for the airport every hour until 2 p.m.



**Schedule is subject to change*

Optional Activities

Additional fees may apply.

Miraval offers more than 100 complimentary programs

Visit their website at www.miravalarizona.com/experiences for a complete list. Program topics include:

Farm and Garden * Climbing * Mountain Biking * Hiking * Yoga * Challenge Course * Nutrition * Bees * Meditation * Wellness Counseling
Spirit and Soul * Fitness * Exercise Physiology * Equine * Culinary * Creative Expression * Pilates

Here's just a sampling of some the amazing programs offered:



COLOR ME HEALTHY

Colorful Foods that Ward Off Age-Related Diseases

Learn how colors provide clues to foods that can protect your heart, bones, brain and eyes. Learn what to eat to help ward off diseases often associated with aging.

INTUITIVE LIVING

Discover Three Principles that will Change Your Life

When you open the door to your intuitive self on a daily basis, you create a life that is better balanced and more in tune with your true identity.

Chakra Meditation

Connect to your seven energy centers through this guided meditation. Explore the meaning of the chakras and how each relates to different aspects of yourself. *Periodically offered.*



Art for Relaxation

Creating art can be relaxing and enjoyable, especially in the company of friends and family. In this fun and engaging workshop, art therapist Rebecca Wilkinson will help you make cards and gifts that playfully express different aspects of yourself and commemorate and celebrate the people and things important to you. Experiment with paints, feathers, beads, masks, magnets, found objects and other decorative materials. Keep the treasures you make for yourself or give them away as gifts. Drop in or stay for the whole workshop. No artistic experience is necessary.

DREAM YOGA

Learn to consciously surrender to sleep and dreams through this restorative yoga practice for the mind, body and soul.



CONSCIOUS COOKING

Immerse yourself in our Conscious Cooking philosophy as you learn to use leftover pieces of vegetables, fruits, and meat to cook creatively and reduce food waste. Recognize the power and importance of being a conscious cook.



MASTER YOUR MIND, HEAL YOUR BODY

Join Brent Baum for an introduction to the concept of Holographic Memory Resolution™, which heals the body by releasing stored trauma.



LATIN SPLASH

Enjoy an energizing and fun filled water fitness class set to Latin music in our refreshing BMC pool.

MASTERING YOUR MAKEUP

Reveal your natural beauty with a Miraval make-up artist who will provide simple tricks and highlighting techniques to enhance your brows, eyes and lips.

Accommodations

MIRAVAL.
arizona

5000 E. Via Estancia
Tucson, Arizona 85739
(888) 974-0487

Miraval is an inclusive destination resort and spa designed for living life in the moment on 400 acres of idyllic land. With creative programs, unique spa treatments, nourishing cuisine and top wellness specialists, Miraval helps people build their own sense of balance.



Registration

Member Pricing

Early Registration - Ends August 1, 2019

Single Occupancy - \$3,727 per person
Double Occupancy - \$3,313 per person

Registration - After August 1, 2019

Single Occupancy - \$3,927 per person
Double Occupancy - \$3,713 per person

Non-Member Pricing

Early Registration - Ends August 1, 2019

Single Occupancy - \$5,324 per person
Double Occupancy - \$4,732 per person

Registration - After August 1, 2019

Single Occupancy - \$5,610 per person
Double Occupancy - \$5,304 per person

** Sponsored candidates and GLO members, please use your discount code when registering.*

Registration includes all meals, group activities and accommodations beginning at 5 p.m. on Monday, October 14 through breakfast on Thursday, October 17.

1) Register online at www.L3.org/events/L3-womens-reatreat-tuscon-az or 2) Call Tammy Hale at 512-785-8422