

JOURNEY FORWARD to
RENEW & RECHARGE YOUR SPIRIT

Miraval Tucson – Sept. 26-29, 2021

****Important Info!! PLEASE READ EVERYTHING!!****

Congrats on making the commitment to YOU to create the time and space to refresh and renew!! I promise that you will come back equipped with valuable tools that you'll be able to put into use immediately, which will benefit you in every aspect of your life!! This information sheet will cover lots of important information regarding our time together, so be sure to hold onto this for reference.

Fees:

My fees, and Miraval's fees, are going to be handled separately. My fees are **\$899**, and to hold your spot, I require a minimum of a **50% deposit of \$449.50**. The remaining balance is due no later than 30 days prior to the retreat, **August 26, 2021**. Please read below for cancellation policy.

Preferred method of payments are: PayPal, Venmo or check (credit card is not preferred, but still accepted – those fees get so high!!). If you choose PayPal, my email address for the account is joree@joreeerose, and I would appreciate when making the payment to choose the “friends and family” option (again, those darn fees! I'd rather put extra \$\$ into goodies for you while we are together!). My Venmo account is [@joreeerose33](https://venmo.com/joreeerose33). If you prefer to pay with a check, you can make it out to Joree Rose and send it to 3494 Camino Tassajara #333, Danville, CA. If you want to pay with a credit card, I'll call you to get that info, and just so you know, I don't hold onto any payment info.

Covid Safety:

Miraval has done its part to create as safe and healthy of an environment as possible, keeping up to industry standards. As it is still an unknown, please anticipate the possibility for masks and social distancing as necessary.

Booking Miraval:

Entice your senses and get yourself excited! <https://miraval.pixieset.com/g/miraval/>

When making your reservation, please call **1.800.232.3969**, press option for **Tucson**. Be sure to refer to our group “**Journey Forward with Joree Rose**” when booking. A deposit in the amount of 50% of total stay is required to confirm your reservation. Other important info from Miraval:

- For a double occupancy, the fee **\$2388**; single occupancy is **\$2801, which includes all taxes and fees.**
- All guests will be booked as single occupants until the share has been added to the room reservation. If you are sharing with someone, the name of the person sharing should be provided so they can note in your reservation that it is “ok” to add said person to your room. Once the deposit has been received for the share, the first person booking will receive a new confirmation with the adjusted rate for double occupancy. This, of course, does not apply to those guests that will be a single occupant in the room.
- Be prepared to provide their full contact information; including a phone number and email address.
- Begin booking **spa services** approximately **6 weeks prior** to arrival date. Check <https://www.miraval.arizona.com/experiences/life-in-balance-spa/> for all the amazing services that are offered. To book your appointment you can email arizona.experience.planning@miravalresorts.com or call **855.234.1672**. Our designated spa time will be **mid-day between 11am-3pm Monday Sept. 27^h**. When requesting services by email, please include the approximate date, time and gender preference for services.
- You need to provide your flight info a *minimum* of 1 week prior to arrival if you are planning on utilizing the **airport transportation** from the Tucson airport. Call **800.232.3969** or email arizona.transportation@miravalresorts.com to arrange your transfers.

Miraval is All-Inclusive – Here’s What You Get!

- 3 night's stay in an amazing 5-star hotel room (discounted rate for sharing a room - bring a friend!!) with the absolute most comfortable beds ever!
- ALL your food, including 3 full meals a day, and a smoothie and snack bar
- 2 Mindful Moment experiences lead by Miraval staff (TBD, but options include guided meditations, intentions settings, balancing singing bowl class, and more!)

- 1 culinary group experience
- \$525 in resort credits to be used towards spa treatments or any other unique and amazing services that they offer
- 1 group activity challenge course group experience
- 15% off in the Miraval store
- Roundtrip airport transfers to/from Tucson airport to Miraval Resort
- Note: Miraval is a no-tipping resort – so there are no extra tips to any of your food or spa service providers.

Cancellation Policy:

Cancellation with me. If you cancel...

- By June 26, 2021 – full refund
- By July 26, 2021 – 50% of your payment refundable
- By August. 26, 2021– forfeit payment or apply to a future retreat

Cancellation with Miraval. If you cancel by...

- July 26, 2021 – full refund
- After July 26, 2021 – forfeit deposit

Airport Information:

If I were you, I'd book airfare as soon as you can; Tucson is not the most highly travelled airport, so book early to get your best price. To maximize your time at Miraval, try to arrive as early as you can on Sunday Sept. 26th. We will not start our retreat until after dinner on Sunday, so that gives you plenty of time to arrive, settle in, and enjoy the amazing property. Your price with Miraval includes roundtrip airport transportation from Tucson airport, so you will have to provide them with all your flight info once you have it. And we will be done on Wednesday the 29th by noon, so plan on booking a flight in the late afternoon. The last shuttle to the airport leaves at 2:00, and the airport is an hour away, so if you could find a flight in the 4:00 hour or later, you'll have plenty of time. Do your best to not book a flight earlier than that, otherwise you will be rushed on our final morning, so plan that you'll be back home by Wednesday night. Again, be sure to give your airline info to Miraval for transportation:

arizona.transportation@miravalresorts.com

Proposed Schedule of Our Journey!! (Details may change, but this is general outline of events):

Sunday Sept. 26th: Arrive at Miraval!! 😊 YEAH!!!!

- Try to arrive as early as you can to enjoy your time on the property
- Book an additional spa treatment or service during the day if you'd like – remember you get \$525 in resort credits
- **6:30pm:** Dinner reservation as a group
- **8:00-9:30pm:** Meet in the Hopi room where we will get to know one another, connect with our intentions, and set the tone for our retreat

Monday Sept. 27th:

- **7:30-10:30am:** Morning is going to be our challenge course. (Be sure to eat breakfast first.)
- **11:00am-3:30pm: SPA TIME!** As included in your price, you receive resort credits to be used towards a spa treatment, so be sure to book your treatment during this time period. (Be sure to review <https://www.miravalifornia.com/experiences/life-in-balance-spa/> for all possible options!) OMG, I've had some of the most amazing treatments I've ever had here – literally!! Indulge!!
- **4:00-6:00pm:** Meet in the Hopi room
- **6:30pm:** Dinner reservation as a group
- **(Optional!) 8:30pm:** Join us at the Kivo for a moonlight meditation, and ritual, release and intention setting. Followed by a moonlight walk in the labyrinth.

Tuesday Sept. 28th:

- Today is the bulk of our practice together where we will dive deeper into the tools that you came here to get.
- **9:00-11:00am:** Meet in Hopi room
- **11:00am-2:00pm:** Break and lunch on your own (or get more spa treatments!)
- **2:00-4:00pm:** Meet in the Hopi room
- **4:00-5:30pm:** Break
- **5:30pm:** Meet in the kitchen for our delicious and fun culinary experience

- **6:30pm:** Dinner reservation as a group
- Evening is free time

Wednesday Sept. 29th:

- **9:30-11:30am** Final wrap up of practices, tools, and how to integrate what you've learned back into your everyday life.
- **11:30am-2:00pm:** Goodbyes, lunch and leave for the airport

Make sure to pack:

- Comfortable clothes for sitting during our time together – pack layers as it will be warm outside, but cool in our room with the air conditioning
- Bathing suit – it's still going to be warm out and the pool is lovely
- Exercise/hiking clothes and shoes – we will be doing one outdoor challenge course, so make sure to have proper attire; **must have closed-toed shoes!!** There are also beautiful trails if you'd like to walk/hike. There are also free exercise and yoga classes that are offered that you can take early in the morning, or when you can squeeze it into our schedule
- Leave at home: any excess baggage that will get in the way of you being present 😊

Little tid-bits:

- Miraval has Wi-fi, but cell phone use in public areas is highly discouraged and is recommended to use only in your rooms. This is a great opportunity to truly disconnect!!
- The weather in Tucson in September will likely be in the mid-high 90's during the day, with lows of 70's at night, so pack and dress accordingly.
- About 6 weeks prior to our retreat, I am going to start a closed Facebook group for our retreat attendees; it'll be an easy and interactive way to give you access to any info, and also so everyone has a chance to begin to connect prior to arriving.
- The food at Miraval is amazing!!! Breakfast and lunch are buffet-style, and dinner is seated with a menu. As your food is all-inclusive, you could

technically order one of every entrée on the menu – seriously! – and you might just want to because the food is that good! If you have any food allergies, you can let them know, and I'm sure they'll be able to accommodate.

- Miraval provides you with a little tote bag and water bottle upon arrival, so you won't need to bring one.
- Please let me know in advance if you have any physical limitations that might make sitting for extended time a challenge, or if it may impact a challenge course that we may do.
- In addition to our time together, Miraval offers a myriad of amazing classes, many of which are included in your price. To check out the daily schedule of what is offered, please visit:

<https://www.miravalarizona.com/experiences/explore/daily-schedule/>