

# GROUP GUIDE

*Transformational Group Experiences*



مِيرافال الْبَحْرُ الْأَحْمَرُ  
**MIRAVAL**  
the red sea

[WWW.MIRAVALRESORTS.COM/THEREDSEA](http://WWW.MIRAVALRESORTS.COM/THEREDSEA)

*Discover Miraval The Red Sea*

 @miravaltheredsea



*Where Presence Becomes the Purpose*

## GROUPS AT MIRAVAL THE RED SEA

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When groups come together with purpose, something powerful happens.

Whether it's a leadership team seeking clarity, lifelong friends reconnecting, or women supporting women in bold new ways, Miraval The Red Sea creates a digitally mindful space for collective and individual growth and deeper connections. Every group journey is rooted in intention, guided by mindfulness, and elevated by nature.



*Great for a Corporate Retreat*



*Great for a Social Retreat*



*Great for a Women's Retreat*

## FOR CORPORATE GROUPS

- Step into a purpose-built environment that removes distraction and inspires mindful leadership.
- Unplug from routine and plug into creativity, emotional intelligence, and genuine connection.
- Strengthen trust, expand perspectives, and unlock innovation for your professional team.

Teams show up for each other on our high-ropes course, share insights during a sunset group meditation, or engage in vulnerable conversations around a chef-led table in our demonstration kitchen.

Participants leave our corporate retreats with more than meeting notes; they emerge with clarity, alignment, and a stronger team.

It's not just about productivity.  
It's about presence.

## FOR SOCIAL GROUPS

- Deepen friendships
- Honor milestones
- Create cherished memories together

Whether celebrating a milestone, planning a friend's getaway, or reconnecting with loved ones for the holidays, we offer social groups the space to gather together and go within.

Our curated activities and spa services blend shared bonding activities, like bracelet-making or group yoga under the stars, with individual wellbeing journeys tailored to each guest's intentions.

Social Group participants feel seen, supported, and celebrated on their own terms. They laugh, reflect, and return home not just renewed, but more connected than ever.

## FOR WOMEN'S RETREATS

- Discover a safe, inspiring space for female leaders.
- Recharge, reflect, and reconnect.
- Create and nurture a sisterhood of sharing and support.

Whether hosting a women's leadership summit, founder retreat, or peer mentorship experience, Miraval empowers women to hold space for bold conversations and quiet breakthroughs alike.

With intentional gathering spaces, restorative spa rituals in the Majlis Suite, and experiences like coastal ecology hikes or culinary classes, each moment supports personal growth and cooperative learning. When women have space to reflect, share, and lead from within, their collective energy ripples beyond the retreat to the cultures and communities they nurture each day.

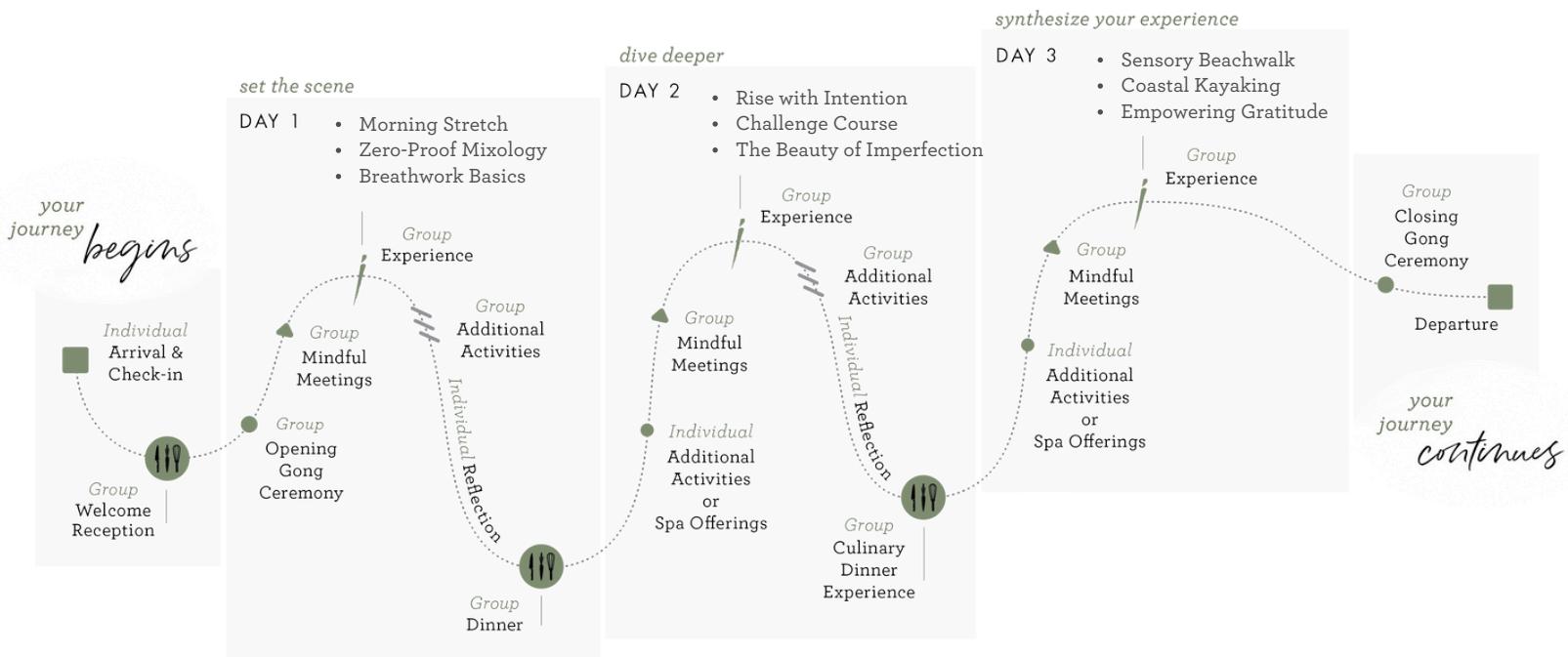
It's not just about networking. It's about nourishing



# A GROUP RETREAT THAT FLOWS WITH YOU

A Miraval journey is designed to ebb and flow, balancing immersive group activities with deeply personal moments of self-care and reflection. Guests connect through curated experiences, then reflect internally with mindfulness practices, spa rituals, or time in stillness.

To allow space for both connection and transformation, we recommend a minimum stay of three nights to fully embrace the rhythm and restorative impact of Miraval The Red Sea.



## SEE WHAT A MIRAVAL JOURNEY LOOKS LIKE

*This sample 3-day itinerary illustrates how group retreats at Miraval The Red Sea unfold, striking a balance between shared experiences, personal wellbeing, immersive activities, and time for reflection.*

# sample itinerary

	SATURDAY	SUNDAY	MONDAY	TUESDAY
MORNING	Journey to Miraval The Red Sea	Breakfast & Individual Activities (Rosemary)	8:00 – 8:45 am Private Group Rise & Shine Yoga (Serenity Center)	8:00 – 8:45 am Private Sensory Beach Walk (Aquatic Center)
			Breakfast & Individual Reflection	
MID-DAY	2:15 pm Group arrival & property tour. Meet with Experience Planner (Arrival Center)	12:00 – 12:45 pm Private Group Breathwork Basics (Serenity Center)	11:30 am – 12:45 pm Private Group Beauty of Imperfection (Serenity Center)	Breakfast & Individual Activities (Rosemary)
		1:30 - 3:30 pm Individual Reflection & Spa Service (Life in Balance Spa)		
		5:00 – 5:45 pm Private Group Gong Ceremony & Intention Setting	1:00 - 5:00 pm Individual Reflection & Spa Service (Life in Balance Spa)	11:00 – 11:45 am Private Group Empowering Gratitude (Serenity Center)
EVENING	6:00 – 7:45 pm Group Dinner (Rosemary)	6:15 – 7:00 pm Private Zero Proof Mixology (Life in Balance Culinary Kitchen)	7:00 - 9:00 pm Private Just Cook for Me Dining Experience (Life in Balance Culinary Kitchen)	7:00 - 9:00 pm Private Group Farewell Dinner (Rosemary)
				Departure

## SUGGESTIONS FROM OUR TEAM

We asked our Director of Wellness, Hanna Kulyba, to share her five favorite Miraval The Red Sea group experiences.



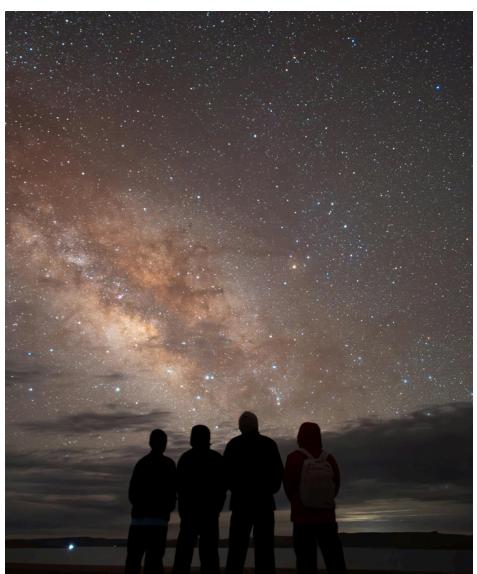
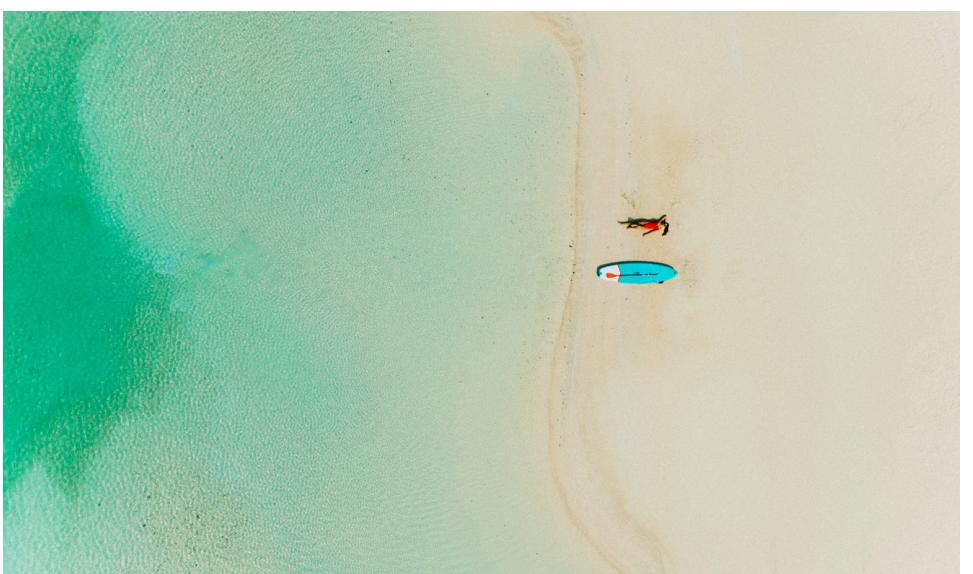
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*"For the first time in years, I truly unplugged, from my phone, my to-do list, and the noise.*

*Miraval gave me the space to be present with myself and the incredible group I came with. We connected in ways no screen could ever replicate."*

-GROUP RETREAT GUEST,  
MIRAVAL THE RED SEA



# OUTDOOR ADVENTURE



Combine the benefits of being outdoors with our creative, cutting-edge approach to adventuring. These experiences encourage you to step outside your comfort zone.



*Great for a Team Retreat*



*Great for a Social Retreat*



*Great for a Women's Retreats*

## NATURE WALK

DURATION: 45 minutes

GROUP SIZE: 6 - 25 guests

PRICE SAR: 200 per guest

Experience the island's natural beauty on this guided nature walk, where you will explore its diverse flora and fauna.

## QUANTUM LEAP™



DURATION: 120 minutes

GROUP SIZE: 4 - 8 guests

PRICE SAR: 750 per guest

Expand the boundaries of your comfort zone and explore your capacity to trust with a leap from the top of a tall pole.

## VERTICAL PLAYPEN



DURATION: 120 minutes

GROUP SIZE: 4 - 8 guests

PRICE SAR: 750 per guest

Partner for vertical challenges and tandem climbing, requiring positive communication, planning, and teamwork at height, emphasizing camaraderie and community support. This activity is ideal for fostering trust and collaboration.

## WARRIOR CHALLENGE

DURATION: 120 minutes

GROUP SIZE: 4 - 8 guests

PRICE SAR: 750 per guest

Experience all our Red Sea Challenge Course elements in one climbing session, exploring how our choices and agency over them influence our experiences as you select your course.

## MINDFUL KAYAKING



DURATION: 120 minutes

GROUP SIZE: 4 - 12 guests

PRICE SAR: 750 per guest

Enjoy a mindful paddle in the crystal-clear waters of the Red Sea. Turn your boat into a tool for reconnecting to the natural world while gently gliding across the placid waters of the Red Sea.

## MORE GROUP OFFERINGS

DURATION: 120 minutes

GROUP SIZE: 4 - 12 guests

PRICE SAR: 500 - 750 per guest

- **CLIMBING WALL**
- **EMBRACE THE EDGE**
- **IN FULL SWING**
- **COASTAL KAYAKING**
- **KAYAK ADVENTURE**
- **STAND-UP PADDLEBOARDING**

# FITNESS



Refresh your fitness routine with fun and innovative classes. Build your strength and core, dive into creative cardio options, and free your body with balance and stretching.



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## DANCE FUSION

DURATION: 45 minutes

GROUP SIZE: 6 - 20 guests

PRICE SAR: 200 per guest

This energetic cardio class fuses various dance styles for high-energy fun.

## AQUA CARDIO

DURATION: 45 minutes

GROUP SIZE: 6 - 20 guests

PRICE SAR: 200 per guest

This powerful and playful class burns calories and strengthens muscles in the pool.

## HAPPY HIPS

DURATION: 45 minutes

GROUP SIZE: 6 - 20 guests

PRICE SAR: 200 per guest

Improve hip flexibility and mobility using self-myofascial release techniques, hip joint opening exercises, and Yoga-based stretches.

## STRETCH & RELAX

DURATION: 45 minutes

GROUP SIZE: 6 - 20 guests

PRICE SAR: 200 per guest

Unwind during this 45-minute, head-to-toe stretch series that encourages you to hold stretches longer and focus on your breath.

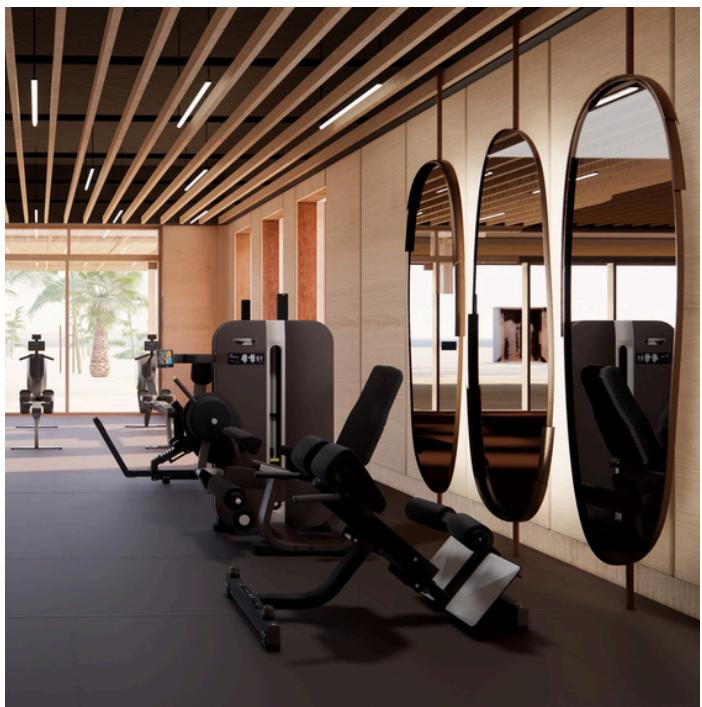
## MORE GROUP OFFERINGS

DURATION: 45 minutes

GROUP SIZE: 6 - 20 guests

PRICE SAR: 200 per guest

- **ABS & GLUTES**
- **WATER WORKOUT**
- **CARDIO & STRENGTH CIRCUIT**
- **HIIT CIRCUIT**
- **SHOULDERS SET FREE**
- **MORNING STRETCH**



# YOGA & MEDITATION



Learn to center the mind, be present, breathe deeper, and create stronger focus, while stretching your mind and strengthening your body.



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## RISE & SHINE YOGA



DURATION: 45 minutes

GROUP SIZE: 6 - 25 guests

PRICE SAR: 200 per guest

Start your day with an inspiring yoga practice to prepare your body and mind for awareness in all you do.

## SLOW FLOW YOGA

DURATION: 45 minutes

GROUP SIZE: 6 - 25 guests

PRICE SAR: 200 per guest

Escape life's fast-paced hustle and take a moment to flow slowly and intentionally, using deep, steady breaths, held postures, and smooth transitions.

## BREATHWORK BASICS



DURATION: 45 minutes

GROUP SIZE: 6 - 20 guests

PRICE SAR: 200 per guest

This class offers useful tools to calm your mind and utilize your breath to benefit your health and wellbeing.

## RISE WITH INTENTION



DURATION: 45 minutes

GROUP SIZE: 6 - 20 guests

PRICE SAR: 200 per guest

Begin the day with breathwork, sunrise-inspired movement, and journaling. Awaken the body, clear the mind, and set morning affirmations to invite clarity, gratitude, and purpose.

## MORE GROUP OFFERINGS

DURATION: 45 minutes

GROUP SIZE: 6 - 25 guests

PRICE SAR: 200 per guest

- **POWER FLOW YOGA**
- **YIN YOGA**
- **RESTORATIVE YOGA**
- **PEACEFUL BREATHWORK**
- **GUIDED MEDIATION**
- **MORNING MEDITATION**



# INTEGRATIVE WELLBEING



From fun to empowering, our wide range of experiences can help you to connect body and mind, slow down, get unstuck, and find balance in a fast-paced world.



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## INNER KINDNESS

DURATION: 45 minutes

GROUP SIZE: 6 - 20 guests

PRICE SAR: 450 per guest

Explore practices that cultivate self-love, acceptance, and compassion. Learn practical techniques for appreciating yourself, nurturing kindness within, and fostering emotional resilience in everyday life.

## EMPOWERING GRATITUDE

DURATION: 45 minutes

GROUP SIZE: 6 - 20 guests

PRICE SAR: 450 per guest

Explore how gratitude shifts perspective and strengthens wellbeing. Through simple reflections, discover how appreciation calms the mind, lifts the spirit, and brings clarity and levity to daily life.

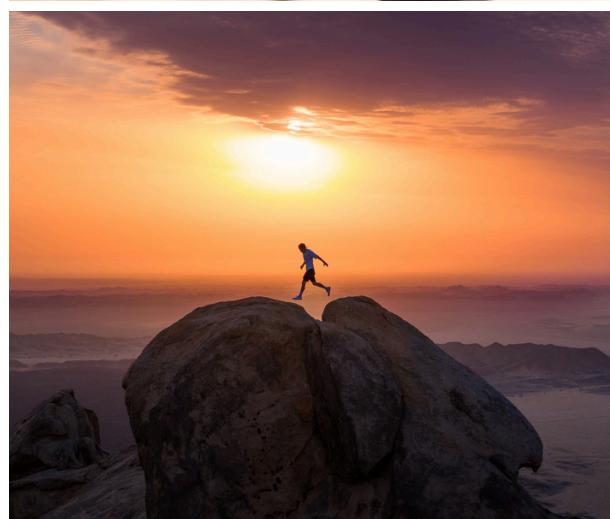
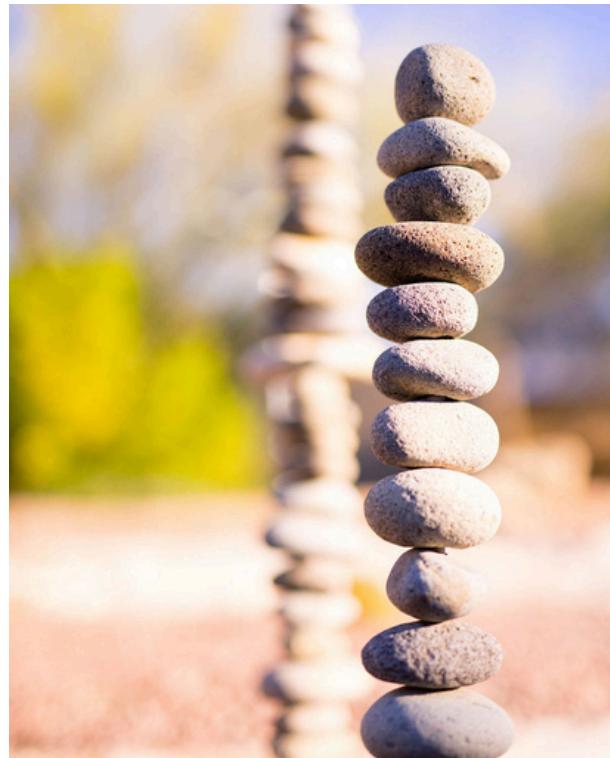
## EMBERS & ESSENCE

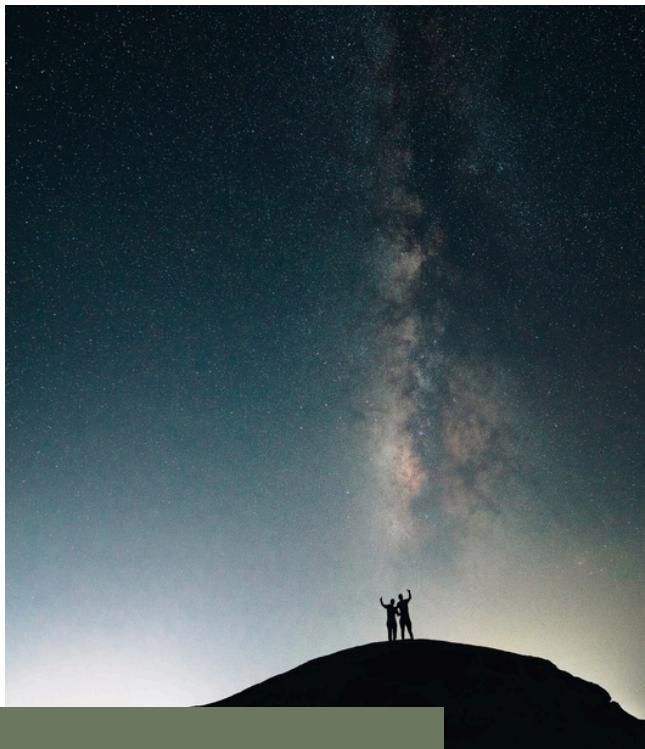
DURATION: 100 minutes

GROUP SIZE: 4 - 8 guests

PRICE SAR: 750 per guest

This revitalizing ritual blends Nordic-inspired thermal contrast therapy with Saudi Arabia's sacred botanicals. Awaken the senses, support circulation, and reconnect holistically through the purifying effects of elemental heat, cooling waters, and aromatic plant essences.





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## CREATIVE EXPRESSION

Enjoy experiential sessions that bring mindfulness and presence to your creative process. Tap into your imagination and reveal your most authentic self.

### ALIGNED ADORNMENTS: BRACELET-MAKING

DURATION: 75 minutes

GROUP SIZE: 6 - 12 guests

PRICE SAR: 450 per guest

Design and create a meaningful bracelet that embodies your intentions, milestones, or affirmations by aligning colors and gemstones with your vision to craft a wearable symbol of your journey.

## SPIRIT & SOUL

Discover your soul's journey and integrate that wisdom into your life. From sound healing to tarot readings to astrology, these sessions can offer clarity and healing.

### BEDOUIN STORYTELLING: ECHOES OF THE DESERT



DURATION: 90 minutes

GROUP SIZE: 6 - 25 guests

PRICE SAR: 200 per guest

Gather under open skies for traditional fireside Bedouin storytelling. Listen to ancient tales passed down through generations, where timeless narratives weave a rich tapestry of heritage and connection.



### THE BEAUTY OF IMPERFECTION

DURATION: 75 minutes

GROUP SIZE: 6 - 12 guests

PRICE SAR: 450 per guest

Highlight pottery repairs with gold paint in a Kintsugi-inspired workshop that embraces flaws through compassionate reflection. Instead of disguising cracks in art or life, showcase imperfections with beauty and strength.

# CULINARY & NUTRITION



Discover new ways to cook consciously and eat mindfully. Our offerings range from Just Cook for Me and Zero-Proof Mixology.



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## ZERO-PROOF MIXOLOGY

DURATION: 45 minutes

GROUP SIZE: 6 - 12 guests

PRICE SAR: 135 per guest

Join our expert mixologist to balance flavors, learn fundamental techniques, and make alcohol-free cocktails using fresh botanicals, cold-pressed juices, house-made syrups, adaptogens, and herbal infusions.

## MINDFUL SUSHI-MAKING

DURATION: 45 minutes

GROUP SIZE: 6 - 12 guests

PRICE SAR: 210 per guest

Practice hand-making sushi with balance and precision to create nourishing food and a sense of calm. Ease into a flow state through the repetitive rhythm of rolling to reduce stress and elevate nutrition.

## DATES & DELIGHTS

DURATION: 45 minutes

GROUP SIZE: 6 - 12 guests

PRICE SAR: 90 per guest

Discover the heritage and health benefits of various fiber-rich, traditional Saudi dates by tasting them paired with creative combinations, including nuts, coffee, and artisanal treats.



# the majlis suite



## Majlis Spa Suite:

GROUP SIZE: 10-person maximum

- 4 individual treatment rooms
- 1 duet treatment room

This private enclave within the Life in Balance Spa offers exclusive access to Miraval's world-class spa services in a setting that is both luxurious and personal. Group guests can enjoy individual treatments, ranging from body renewal balancing to energy work, before reuniting in the suite's tranquil lounge to reflect, restore, and reconnect.



## LIFE IN BALANCE SPA

### Spa Treatments:

- Ayurveda
- Body Renewal Treatments
- Advanced Bodywork & Global Specialties
- Massage
- Skin, Hair, Beard & Nail Care



### Spa Spaces:

- Relaxation Lounges
  - Reflection Pond & Courtyard
- Traditional Hamman
- Salt Rooms
- Hydrotherapy Pools
- Solace Aquatic Suites
- Vitality Pool
- Sensory Shower
- Indoor-to-Outdoor Treatment Rooms

