

Miraval Healing Intensive with Susan Zola – Program Overview & Next Steps

Hello Beautiful Community,

I am grateful for your interest in participating in our **Miraval Healing Intensive with Susan Zola, LCSW, CSAT, CCPS**. This experience is designed to offer deep support, renewal, and connection in a serene and restorative setting.

Our Miraval Intensive is a thoughtfully curated retreat experience that combines guided healing groups, intentional community, and opportunities for personal reflection and growth. Together, we create a safe, supportive space for meaningful emotional and relational healing.

This intensive is offered periodically at Miraval Berkshires in Lenox, Massachusetts. Dates and availability are shared as new sessions are scheduled.

Program Structure & Participation

To reserve a space in an upcoming intensive, a **\$500 nonrefundable deposit** is required. This helps cover facilitation, preparation, and travel.

Once deposits are received, participants will receive detailed information regarding lodging, scheduling, group sessions, and optional wellness activities.

Space is limited in order to preserve the intimacy and effectiveness of the group experience.

Your Miraval Experience: Ultimate Wellbeing Package

Participants in our intensives are enrolled in Miraval's Ultimate Wellbeing Package, which includes:

- Nightly accommodations
- Resort credits for spa services, private sessions, and specialty programming
- All meals at Harvest Moon
- Unlimited snacks, smoothies, and non-alcoholic beverages
- Access to complimentary wellness classes and activities
- Full access to spa facilities
- A complimentary Miraval tote and water bottle

Guests are encouraged to design a schedule that balances group work, personal restoration, and self-care.

Private group programming and select specialty experiences may carry additional fees, which can often be covered using resort credits.

Rates & Lodging

Room rates, resort fees, and taxes are determined by Miraval and may vary by season and availability. Current pricing and lodging options will be shared prior to registration for each intensive.

Optional spa services, private sessions, and culinary classes are not included in standard programming but may be applied toward available resort credits.

Next Steps

If you are interested in participating in a future Miraval Healing Intensive, please reply to this email to express your interest.

You will be added to our priority list and notified as soon as new dates and registration details become available.

Once confirmed, you will receive payment instructions, timelines, and preparation materials.

This intensive is an opportunity to reconnect with yourself, deepen your healing work, and experience the power of community in a peaceful and nurturing environment. I look forward to supporting you on your journey toward clarity, strength, and restoration.