



Mindful Intentions

Louie Schwartzberg, Miraval

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Miraval is an internationally renowned, award-winning resort and spa with a reputation as the premier destination for the practice of mindfulness and creating a life in balance. *Mindful Intentions* is a very special collaboration between the experts at Miraval and the world's preeminent nature cinematographer, **Louis Schwartzberg**. Whether it's a bird's-eye view of the top of Niagara Falls or an intimate look at a hummingbird's union with a flower blossom, each photograph is more astonishing than the next. The images are all paired with quotations, or Mindful Intentions, from either a Miraval specialist or from Schwartzberg himself. A Mindful Intention is a word, phrase, or sentence that is used as a cue to help the mind focus on a singular, purposeful thought. Paired with these particular photos, every Mindful Intention provides a unique opportunity for the reader to take a meditative moment to withdraw from daily stresses and turn inward.

Accompanying the book is a breathtaking video, featuring Miraval's Mindful Intentions along with Schwartzberg's cinematography. The video offers yet another dimension to this inspired approach to mindful practice.

Mindful Intentions is meant to provide powerful tools for the reader to discover a deeper experience of peace, balance, joy, and healing.

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