

AUGUST

Celestial Summer tips for your elemental sign from Miraval Resorts & Spas.

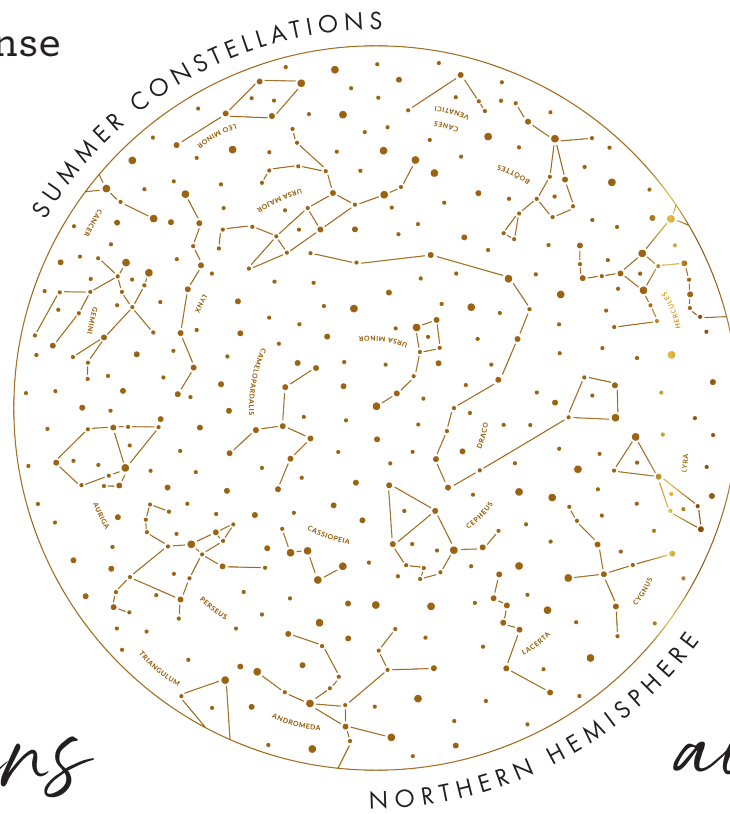
earth signs

Physical flexibility brings huge benefits. Seek serenity within to achieve a sense of security.



water signs

Find ways to relax and let go. Express creative flow. Quiet your fears.



fire signs

Playful activities inspire; mindfulness is required to overcome obstacles.



air signs

New perspectives are necessary. Mental flexibility and experimentation are in order.

