



By Lauren Eberle

Great Returns: Jennifer Schwartz

Authentic Circle member Jennifer Schwartz has been bringing groups to Miraval for more than 16 years. A lot has happened in the 22 trips across that span — friendships made, spa treatments savored, wine drank, lives changed. And yet Jennifer doesn't hesi-

tate to say which Miraval memory most stands out.

It was her fifth trip to Tucson, and she had a group of 17 people in tow. Unbeknownst to Jennifer, some of her entourage signed her up for the Quantum Leap, a 25-foot telephone pole climb and jump. Absolutely terrified, she considered backing out. But when the time came for the challenge, she knew her group was counting on her.

Soon it was her turn, and with a crowd cheering for her below, Jennifer started shakily climbing the pole. Reaching the top, she put one foot on the silver plate and completely froze. Panicked and ready to quit, she yelled down to her instructor, "I can't get the other foot up." Not letting her off the hook, he replied, "How disappointed will you be if you don't?"

“Not only am I going to change my life, this is where I'm going to change other peoples' lives too.” —Jennifer Schwartz

First Time Musts

Jennifer's recommendations for new guests

1. Try the Equine Experience.
2. Indulge in Aqua Zen.
3. Learn to meditate.
4. Sign up for something that scares you. ➤
5. Spend some time with yourself — walk the labyrinth, stroll the zen gardens, journal, enjoy your patio, be alone long enough to take this all in!

With that surge of encouragement, she stood. "And then my entire life flashed in front of my eyes. Everything I used to be told — that I was stupid, fat, not talented — it all came flooding in and I found myself sobbing and sobbing."

Overcome with emotion, Jennifer turned around, saw the Santa Catalina Mountains, and gasped at the impact. "I thought, 'I have come home. Not only am I going to change my life, this is where I'm going to change other peoples' lives too.'"

And she certainly has. Following her Quantum Leap, Jennifer went back to school and earned a master's degree in spiritual psychology. She is now a Soul-Centered Life Coach who leads annual group trips to Miraval for guests ranging in age from 18 to 90. "It's lovely to start young and love yourself, and you never stop learning and growing 90 years and beyond," she says.

Jennifer's groups include both individuals and pairs. "Solo journeys are important because if we don't set aside time at different life points to get in touch with who we are, we can easily forget," she says. "Likewise, traveling with mothers, siblings, significant others, or friends allows you to hone in on each others' real authentic selves — that self that's hard to tap into in the hectic swirl of home life."

In her decades as a travel agent, Jennifer — known as "The Spa Goddess" — has frequented top resorts worldwide. And yet it's Miraval that always brings her back. "The magic starts when the gate opens. There's an energy here like nowhere else, and it affects you mentally, emotionally, spiritually, and physically. You can't shake these life-altering moments — and you wouldn't want to. Every time I see that mountain range, they all come flooding back." ■



Quantum Leap climb on the Challenge Course, and (below), one of Jennifer Schwartz's annual Miraval groups



Learn more about Jennifer Schwartz at theevolvingwoman.net.



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