



## ACTIVE YOGA FLOW

08:00 - 08:45

TIA flow combines hatha/vinyasa yoga styles to boost and align energy, the perfect way to spark creativity, while moving mindfully and building strength and flexibility



## SIGNATURE MASTER CLASS - BREATHWORK

10:30 - 11:30

Powerful heart-focused breathing empowering you to slow it down and bring yourself back into balance. This core practice helps to quiet mental chatter so that you can be led by the heart instead



## CREATIVE WORKSHOP

15:30 - 17:00

An opportunity to engage in guided creative activities such as collage, drawing and painting aimed to explore and connect with your inner landscape, to open up authentic expression



## LIFESTYLE TAI CHI

17:30 - 18:00

This gentle method is easy to learn so you can continue to practice at home. Based on Shibashi Tai Chi & Qigong, 18 simple movements are repeated with continuous fluidity, combined with breath work for relaxation