

4 NIGHTS/ 5 DAYS SAMPLE PROGRAM

BEFORE YOUR STAY

- └ TIA App pre-arrival practices & intention setting
- └ Intitial consultation

ARRIVAL DAY

2 pm Welcome & consultation
 |
 4 pm 2 Wellness Treatments (80')
 |
 5:30 pm *Tai-Chi**
 |
 6:30 pm Plant-based dinner

DAY 1

7 am *Yoga Flow**
 |
 9 am Breakfast at leisure
 |
 10:30 am *Breathwork Master Class**
 |
 11:30 am 2 Wellness Treatments (80')
 |
 1 pm Plant-based lunch
 |
 3:30 pm *Creative Workshop**
 |
 5:30 pm *Tai-Chi**
 |
 6:30 pm Plant-based dinner
 |
 8 pm Retreat Therapy (60')

DAY 2

7 am *Yoga Flow**
 |
 9 am Breakfast at leisure
 |
 10:30 am *Breathwork Master Class**
 |
 11:30 am 2 Wellness Treatments (80')
 |
 1 pm Plant-based lunch
 |
 3:30 pm *Creative Workshop**
 |
 5:30 pm *Tai-Chi**
 |
 6:30 pm Plant-based dinner
 |
 8 pm Retreat Therapy (60')

DAY 3

7 am *Yoga Flow**
 |
 9 am Breakfast at leisure
 |
 10:30 am *Breathwork Master Class**
 |
 11:30 am 2 Wellness Treatments (80')
 |
 1 pm Plant-based lunch
 |
 3:30 pm *Creative Workshop**
 |
 5:30 pm *Tai-Chi**
 |
 6:30 pm Plant-based dinner
 |
 8 pm Retreat Therapy (60')

DEPARTURE DAY

8 am *Yoga Flow**
 |
 9 am Breakfast at leisure
 |
 10 am Retreat Therapy (60')
 |
 11 am Closing talks & farewell
 |
 12 am Plant-based lunch

AFTER YOUR STAY

- └ TIA App post-departure practices
- └ TIA App breathwork at home videos

(*) Scheduled group classes times, all wellness activities are optional & advance booking is requested