

## BEFORE YOUR STAY

- TIA App pre-arrival practices & intention setting
- Initial consultation

## 7 NIGHTS/ 8 DAYS PROGRAM

### ARRIVAL DAY

- Airport transfer
- Welcome & consultation
- Dinner at leisure (plant-based- raw)
- Subtle Flow Activation Therapy

### ▶ DAY 1

- 7 am Yoga Flow (optional)
- Breakfast at leisure (plant-based)
- 10 am Private Breathwork Master Class
- 11 am Deep Connection Remedy (50 min)
- Lunch at leisure (plant-based)
- 3 pm Master Reiki Healing Therapy (60 min)
- 4:30 pm Private Creative Workshop
- 5:30 pm Tai-Chi (optional)
- Dinner at leisure (plant-based - raw)
- 8 pm 1 Wellness Treatment of choice (30 min)

### ▶ DAY 2

- Breakfast at leisure (plant-based)
- 8 am Breath - Lady Budda Meditation
- 11 am Private Breathwork Master Class
- Lunch at leisure (plant-based)
- 3 pm Sound Healing Therapy (60 min)
- 4:30 pm Private Creative Workshop
- 5:30 pm Tai-Chi (optional)
- Dinner at leisure (plant-based - raw)
- 8 pm 2 Wellness Treatments of choice (80 min)

### ▶ DAY 3

- 7 am Yoga Flow (optional)
- Breakfast at leisure (plant-based)
- 10 am Private Breathwork Master Class
- 11 am Himalayan Heart Stone Treatment (50 min)
- Lunch at leisure (plant-based)
- 3 pm Master Reiki Healing Therapy (60 min)
- 4:30 pm Private Creative Workshop
- 5:30 pm Tai-Chi (optional)
- Dinner at leisure (plant-based - raw)
- 8 pm 1 Wellness Treatment of choice (30 min)

### DAY 4

- 7 am Yoga Flow (optional)
- Breakfast at leisure (plant-based)
- 10 am Private Breathwork Master Class
- 11 am Neuro Crystal Therapy (60 min)
- Lunch at leisure (plant-based)
- 2 pm Create - Calligraphy Art Class Hoi An
- 5:30 pm Tai-Chi (optional)
- Dinner at leisure (plant-based - raw)
- 8 pm 2 Wellness Treatments of choice (80 min)

### ▶ DAY 5

- 7 am Yoga Flow (optional)
- Breakfast at leisure (plant-based)
- 10 am Private Breathwork Master Class
- 11 am Deep Connection Remedy (50 min)
- Lunch at leisure (plant-based)
- 3 pm Sound Healing Therapy (60 min)
- 4:30 pm Private Creative Workshop
- 5:30 pm Tai-Chi (optional)
- Dinner at leisure (plant-based - raw)
- 8 pm 1 Wellness Treatment of choice (30 min)

### ▶ DAY 6

- 7 am Yoga Flow (optional)
- Breakfast at leisure (plant-based)
- 10 am Private Breathwork Master Class
- 11 am Deep Connection Remedy (50 min)
- Lunch at leisure (plant-based)
- 3 pm Master Reiki Healing Therapy (60 min)
- 4:30 pm Private Creative Workshop
- 5:30 pm Tai-Chi (optional)
- Dinner at leisure (plant-based - raw)
- 8 pm 1 Wellness Treatment of choice (30 min)

### ▶ DEPARTURE DAY

- Dynamic Flow Activation Therapy
- Closing talks & farewell
- Lunch at leisure (plant-based)
- Check-out & airport transfer

### AFTER YOUR STAY

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

Price from: 4,353 ++ USD  
Available for single stay only