

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**
- 8 am Breakfast at leisure
- 9:30 am *Breathwork Master Class**
- 10:30 am 2 Wellness Treatments (80')
- 12:30 pm Plant-based lunch
- 2:30 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**
- 8 am Breakfast at leisure
- 9:30 am *Breathwork Master Class**
- 10:30 am 2 Wellness Treatments (80')
- 12:30 pm Plant-based lunch
- 2:30 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**
- 8 am Breakfast at leisure
- 9:30 am *Breathwork Master Class**
- 10:30 am 2 Wellness Treatments (80')
- 12:30 pm Plant-based lunch
- 2:30 pm *Creative Workshop**
- 5:30 pm *Tai-Chi**
- 6:30 pm Plant-based dinner
- 8 pm Retreat Therapy (60')

▶ DEPARTURE DAY

- 7 am *Yoga Flow**
- 8 am Breakfast at leisure
- 10 am Retreat Therapy (60')
- 11 am Closing talks & farewell
- 12 pm 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