

4 NIGHTS/ 5 DAYS PROGRAM

BEFORE YOUR STAY

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

DAY 1 (ARRIVAL DAY)

Airport transfer
 Welcome & consultation
 6:00 pm *Dinner*
 8 pm Sublte Flow Activation
 Therapy (60 min)

▶ DAY 2

7:30 am Private Yoga
 |
 9 am Lymphatic Detox (80 min)
 |
 10:30 am Private Breathwork
 |
 11:15 am Breakfast Smoothie Bowl
 |
 2 pm *Lunch*
 |
 2:30 pm Creative Workshop (optional)
 |
 4 pm Detox Hydro Circuit Therapy (60 min)
 |
 5:30 pm Tai-Chi (optional)
 |
 6:00 pm *Dinner*

▶ DAY 3

7:30 am Private Yoga
 |
 9 am Bamboo Roll-Out (80 min)
 |
 10:30 am Private Breathwork
 |
 11:15 am Breakfast Smoothie Bowl
 |
 2 pm *Lunch*
 |
 2:30 pm Creative Workshop (optional)
 |
 4 pm Sound Healing Therapy (60 min)
 |
 5:30 pm Ta-iChi (optional)
 |
 6:00 pm *Dinner*

▶ DAY 4

7:30 am Private Yoga
 |
 9 am Lymphatic Detox (80 min)
 |
 10:30 am Private Breathwork
 |
 11:15 am Breakfast Smoothie Bowl
 |
 2 pm *Lunch*
 |
 2:30 pm Creative Workshop (optional)
 |
 4 pm Detox Hydro Circuit Therapy (60 min)
 |
 5:30 pm Tai-Chi (optional)
 |
 6:00 pm *Dinner*

▶ DAY 5 (DEPARTURE DAY)

7:30 am Private Yoga
 |
 9 am 2 Wellness treatments of choice (80 min)
 |
Closing talks
 |
 11 am Breakfast Smoothie Bowl
 |
Lunch at leisure
 |
 Check-out & Airport transfer

AFTER YOUR STAY

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

Price from: 2,753 ++ USD
 Available for single stay only