

## BEFORE YOUR STAY

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

## 7 NIGHTS/ 8 DAYS PROGRAM

### 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

6 am Marble Mountain Climb & Tai Chi  
 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 Master Reiki Healing Therapy (60 min)  
 5:30 pm Tai-Chi (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

7:30 am Private Yoga  
 9 am Deep Connection Remedy (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 Tai-Chi (optional)  
 6:00 pm *Dinner*

### ▶ DAY 6

6 am Lady Buddha Tour & 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 7

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 Master Reiki Healing Therapy (60 min)  
 5:30 pm Tai-Chi (optional)  
 6:00 pm *Dinner*

### ▶ DAY 8 (DEPARTURE DAY)

7:30 am Private Yoga  
 9 am 2 Wellness treatments of choice (80 min)  
 Closing talks  
 11:15 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: 4,353 ++ USD  
 Available for single stay only