

## 4 NIGHTS/ 5 DAYS SAMPLE PROGRAM

### BEFORE YOUR STAY

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

### DAY 1 (ARRIVAL DAY)

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

### ▶ 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')

### ▶ DAY 4

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 5 (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