

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