

BEFORE YOUR STAY

TIA App pre-arrival practices & intention setting Intitial consultation

7 NIGHTS/ 8 DAYS PROGRAM

DAY 1	ARRIVAL DAY)	DAY 2		>	DAY 3	•	DAY 4	
	Airport transfer	7:30 an	n Private	e Yoga	6 am	Marble Mountain Climb & Tai Chi	7:30 am	Private Yoga
	Welcome & consultation	9 am	Lymph	atic Detox (80 min)	9 am	Bamboo Roll-Out (80 min)	9 am	Lymphatic Detox (80 min)
6:00 pm	Dinner	10:30 aı	n Private	Breathwork	10:30 am	Private Breathwork	10:30 am	Private Breathwork
8 pm	Sublte Flow Activation	11:15 aı	n Breakf	ast Smoothie Bowl	11:1 <mark>5</mark> am	Breakfast Smoothie Bowl	11:15 am	Breakfast Smoothie Bowl
	Therapy (60 min)	2 pm	Lunch		2 pm	Lunch	2 pm	Lunch
		2:30 pn	n Creativ	ve Workshop (optional)	2:30 pm	Creative Workshop (optional)	2:30 pm	Creative Workshop (optional)
		4 pm	Detox	Hydro Circuit Therapy (60 min)	4 pm	Master Reiki Healing Therapy (60 min)	4 pm	Detox Hydro Circuit Therapy (60 min)
		5:30 pn	n Tai-Chi	(optional)	5:30 pm	Tai-Chi (optional)	5:30 pm	Tai-Chi (optional)
		6:00 pn	n <i>Dinner</i>		6:00 pm	Dinner	6:00 pm	Dinner
DAVE		_	DAVC		DAY:	7	DAV 0	
DAY 5		•	DAY 6	ı	DAY	7 →	DAY 8 (DEPARTURE DAY)
DAY 5 7:30 am	Private Yoga	•	DAY 6 6 am	Lady Buddha Tour & Private Yoga	7:30 ar			Private Yoga
	Private Yoga Deep Connection Remedy	▶ / (80 min)		Lady Buddha Tour & Private Yoga Lymphatic Detox (80 min)				
7:30 am	Deep Connection Remedy	,	6 am		7:30 ar	m Private Yoga Bamboo Roll-Out (80 min)	7:30 am	Private Yoga
7:30 am 9 am 	Deep Connection Remedy	. ,	6 am I 9 am I	Lymphatic Detox (80 min)	7:30 ar 9 am	m Private Yoga Bamboo Roll-Out (80 min) m Private Breathwork	7:30 am 9 am	Private Yoga 2 Wellness treatments of choice (80 min)
7:30 am 9 am 10:30 am	Deep Connection Remedy Private Breathwork	. ,	6 am 9 am 10:30 am	Lymphatic Detox (80 min) Private Breathwork	7:30 ar 9 am 10:30 a	m Private Yoga Bamboo Roll-Out (80 min) m Private Breathwork m Breakfast Smoothie Bowl	7:30 am 9 am	Private Yoga 2 Wellness treatments of choice (80 min) Closing talks
7:30 am 9 am 10:30 am 11:15 am	Deep Connection Remedy Private Breathwork Breakfast Smoothie Bowl		6 am 9 am 10:30 am 11:15 am	Lymphatic Detox (80 min) Private Breathwork Breakfast Smoothie Bowl	7:30 an 9 am 10:30 a 11:15 a	m Private Yoga Bamboo Roll-Out (80 min) m Private Breathwork m Breakfast Smoothie Bowl Lunch	7:30 am 9 am	Private Yoga 2 Wellness treatments of choice (80 min) Closing talks Breakfast Smoothie Bowl
7:30 am 9 am 10:30 am 11:15 am 2 pm	Deep Connection Remedy Private Breathwork Breakfast Smoothie Bowl Lunch	nal)	6 am	Lymphatic Detox (80 min) Private Breathwork Breakfast Smoothie Bowl Lunch	7:30 ar 9 am 10:30 a 11:15 a 2 pm 1 2:30 pr	m Private Yoga Bamboo Roll-Out (80 min) m Private Breathwork m Breakfast Smoothie Bowl Lunch	7:30 am 9 am	Private Yoga 2 Wellness treatments of choice (80 min) Closing talks Breakfast Smoothie Bowl Lunch at leisure
7:30 am 9 am 10:30 am 11:15 am 2 pm 1 2:30 pm	Deep Connection Remedy Private Breathwork Breakfast Smoothie Bowl Lunch Creative Workshop (option	nal)	6 am 9 am 10:30 am 11:15 am 2 pm 1 2:30 pm	Lymphatic Detox (80 min) Private Breathwork Breakfast Smoothie Bowl Lunch Creative Workshop (optional)	7:30 ar 9 am 10:30 a 11:15 a 2 pm 1 2:30 pr	m Private Yoga Bamboo Roll-Out (80 min) m Private Breathwork m Breakfast Smoothie Bowl Lunch m Creative Workshop (optional) Master Reiki Healing Therapy (60 min)	7:30 am 9 am	Private Yoga 2 Wellness treatments of choice (80 min) Closing talks Breakfast Smoothie Bowl Lunch at leisure

AFTER YOUR STAY

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