

## 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
- 6:30 pm *Dinner at leisure*
- 8 pm Sublte Flow Activation Therapy (60 min)

### ▶ DAY 2

- 7 am Yoga Flow (optional)
- Breakfast at leisure*
- 10 am Private Breathwork
- Lunch at leisure*
- 2:30 pm Master Reiki Healing Therapy (60 min)
- 4 pm Private Creative Workshop
- 5:30 pm Tai-Chi (optional)
- Dinner at leisure*
- 8 pm Deep Connection Remedy (80 min)

### ▶ DAY 3

- 7 am Yoga Flow (optional)
- Breakfast at leisure*
- 10 am Private Breathwork
- Lunch at leisure*
- 2:30 pm Sound Healing Therapy (60 min)
- 4 pm Private Creative Workshop
- 5:30 pm Tai-Chi (optional)
- Dinner at leisure*
- 8 pm Himalyan Heart Stone (50 min)  
Holistic Head Treatment (30 min)

### ▶ DAY 4

- 7 am Yoga Flow (optional)
- Breakfast at leisure*
- 10 am Private Breathwork
- Lunch at leisure*
- 2:30 pm Master Reiki Healing Therapy (60 min)
- 4 pm Private Creative Workshop
- 5:30 pm Tai-Chi (optional)
- Dinner at leisure*
- 8 pm Warm Body Flow Treatment (50 min)  
Balancing Foot Massage (30 min)

### ▶ DAY 5 (DEPARTURE DAY)

- 7 am Yoga Flow (optional)
- Breakfast at leisure*
- 9 am Private Breathwork
- 10 am 2 wellness treatments of choice (80 min)
- Closing talks & farewell
- 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