

BEFORE YOUR STAY

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

7 NIGHTS/ 8 DAYS PROGRAM

DAY 1 (ARRIVAL DAY)

Airport transfer
 Welcome & consultation
 6:30 pm *Dinner at leisure*
 8 pm Subtle 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

6 am Lady Buddha Meditation
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 2 wellness treatments of choice (80 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 Himalyan Heart Stone (50 min)
 Holistic Head Treatment (30 min)

DAY 5

7 am Yoga Flow (optional)
Breakfast at leisure
 10 am Private Breathwork
 11 am Crystal Face Therapy (60 min)
Lunch at leisure
 2 pm Calligraphy Art Class Hoi An
 5:30 pm Tai-Chi (optional)
Dinner at leisure
 8 pm Warm Body Flow Treatment (50 min)
 Balancing Foot Massage (30 min)

▶ DAY 6

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 2 wellness treatments of choice (80 min)

▶ DAY 7

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 8 (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: 4,353 ++ USD
 Available for single stay only