

## **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 am	Yoga Flow (optional)	6 am	Lady	Buddha Meditation	7 am	Yoga Flow (optional)
	Welcome & consultation		Breakfast at leisure		Break	kfast at leisure		Breakfast at leisure
6:30 pm	Dinner at leisure	10 am	Private Breathwork	10 an	n Privat	te Breathwork	10 am	Private Breathwork
8 pm	Sublte Flow Activation		Lunch at leisure		Lunch	h at leisure		Lunch at leisure
ο μπ	Therapy (60 min)	2:30 pm	Master Reiki Healing Th	erapy (60 min) 2:30 p	m Soun	d Healing Therapy (60 min)	2:30 pm	Master Reiki Healing Therapy (60 min)
		4 pm	Private Creative Worksh	op 4 pm	n Privat	te Creative Workshop	4 pm	Private Creative Workshop
		5:30 pm	Tai-Chi (optional)	5:30 p	m Tai-Cl	hi (optional)	5:30 pm	Tai-Chi (optional)
			Dinner at leisure		Dinne	er at leisure		Dinner at leisure
		8 pm	Deep Connection Reme	dy (80 min) 8 pm	n 2 wel	llness treatments of choice (80 min)	8 pm	Himalyan Heart Stone (50 min) Holistic Head Treatment (30 min)
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DAY 5		► D	AY 6	<b>&gt;</b>	DAY 7	<b>&gt;</b>	DAY 8 (	DEPARTURE DAY)
<b>DAY 5</b> 7 am	Yoga Flow (optional)		7 am Yoga Flow (optic			► Yoga Flow (optional)	<b>DAY 8</b> (	· · ·
The second	Yoga Flow (optional) Breakfast at leisure			nal)	7 am	Yoga Flow (optional)  Breakfast at leisure		DEPARTURE DAY)
The second		;	7 am Yoga Flow (optic	nal) ure	7 am			Yoga Flow (optional)
7 am	Breakfast at leisure	1	7 am Yoga Flow (optic	nal) ure	7 am     10 am	Breakfast at leisure	7 am	Yoga Flow (optional)  Breakfast at leisure
7 am	Breakfast at leisure Private Breathwork	1 in)	7 am Yoga Flow (optic Breakfast at leis 0 am Private Breathw	nal) <i>ure</i> ork	7 am     10 am	Breakfast at leisure Private Breathwork	7 am     9 am	Yoga Flow (optional)  Breakfast at leisure  Private Breathwork
7 am	Breakfast at leisure Private Breathwork Crystal Face Therapy (60 mi	1 in) 2::	7 am Yoga Flow (optic Breakfast at leis 0 am Private Breathw Lunch at leisure	nal) ure ork herapy (60 min) 2	7 am    10 am    :30 pm	Breakfast at leisure Private Breathwork Lunch at leisure	7 am     9 am	Yoga Flow (optional)  Breakfast at leisure  Private Breathwork  2 wellness treatments of choice (80 min)
7 am   10 am   11 am	Breakfast at leisure Private Breathwork Crystal Face Therapy (60 mi	1 in) 2:	7 am Yoga Flow (option  Breakfast at leist 0 am Private Breathwo  Lunch at leisure 30 pm Sound Healing T	nal) ure ork herapy (60 min) 2 Workshop	7 am   10 am   ::30 pm   4 pm	Breakfast at leisure Private Breathwork Lunch at leisure Master Reiki Healing Therapy (60 min)	7 am     9 am	Yoga Flow (optional)  Breakfast at leisure  Private Breathwork  2 wellness treatments of choice (80 min)  Closing talks & farewell
7 am 10 am 11 am 2 pm	Breakfast at leisure Private Breathwork Crystal Face Therapy (60 mi Lunch at leisure Calligraphy Art Class Hoi An	1 in) 2:	7 am Yoga Flow (option  Breakfast at leis  0 am Private Breathwo  Lunch at leisure  30 pm Sound Healing T  4 pm Private Creative	nal) ure ork herapy (60 min) 2 Workshop ) 5	7 am   10 am   ::30 pm   4 pm   ::30 pm	Breakfast at leisure Private Breathwork Lunch at leisure Master Reiki Healing Therapy (60 min) Private Creative Workshop	7 am     9 am	Yoga Flow (optional)  Breakfast at leisure  Private Breathwork  2 wellness treatments of choice (80 min)  Closing talks & farewell  Lunch at leisure

## **AFTER YOUR STAY**

TIA App post-departure practicesTIA App breathwork at home videos

Balancing Foot Massage (30 min)

Price from: 4,353 ++ USD Available for single stay only