

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 pm *Dinner at leisure (raw plant-based)*

8:30 pm Wellness Treatment of choice (80 min)

▶ DAY 2

7:30 am Private Yoga

9 am Lymphatic Detox (80 min)

10:30 am Private Breathwork Master Class

11:30 am Breakfast Smoothie Bowl

Lunch (raw plant-based)

2:30 pm Creative Workshop (optional)

4 pm Detox Hydro Circuit Therapy (60 min)

6 pm *Dinner (raw plant-based)*

▶ DAY 3

7:30 am Private Yoga

9 am Bamboo Roll-Out (80 min)

10:30 am Private Breathwork Master Class

11:30 am Breakfast Smoothie Bowl

Lunch (raw plant-based)

2:30 pm Creative Workshop (optional)

4 pm Sound Healing Therapy (60 min)

6 pm *Dinner (raw plant-based)*

▶ DAY 4

7:30 am Private Yoga

9 am Lymphatic Detox (80 min)

10:30 am Private Breathwork Master Class

11:30 am Breakfast Smoothie Bowl

Lunch (raw plant-based)

2:30 pm Creative Workshop (optional)

4 pm Detox Hydro Circuit Therapy (60 min)

6 pm *Dinner (raw plant-based)*

▶ DAY 5 (DEPARTURE DAY)

7:30 am Private Yoga

9 am Dynamic Flow Therapy (60 min)

11:30 am Breakfast Smoothie Bowl

Lunch (raw plant-based)

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