

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 Gentle Hatha Yoga (optional)

Dinner at leisure (plant-based)

8:30 pm Sublte Flow Therapy (60 min)

▶ DAY 2

7 am Vinyasa Yoga Flow (optional)

Breakfast at leisure (plant-based)

10 am Private Breathwork Master Class

Lunch at leisure (plant-based)

2:30 pm Master Reiki Healing Therapy (60 min)

4 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)

Dinner at leisure (plant-based)

8:30 pm Deep Connection Remedy (80 min)

▶ DAY 3

7 am Vinyasa Yoga Flow (optional)

Breakfast at leisure (plant-based)

10 am Private Breathwork Master Class

Lunch at leisure (plant-based)

2:30 pm Sound Healing Therapy (60 min)

4 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)

Dinner at leisure (plant-based)

8:30 pm Himalyan Heart Stone (50 min)

Holistic Head & Neck Harmony (30 min)

▶ DAY 4

7 am Vinyasa Yoga Flow (optional)

Breakfast at leisure (plant-based)

10 am Private Breathwork Master Class

Lunch at leisure (plant-based)

2:30 pm Master Reiki Healing Therapy (60 min)

4 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)

Dinner at leisure (plant-based)

8:30 pm Warm Body Flow Treatment (50 min)

Balancing Foot Massage (30 min)

▶ DAY 5 (DEPARTURE DAY)

Breakfast at leisure (plant-based)

9 am Private Breathwork Master Class

10 am Wellness Treatment of choice (80 min)

Closing talks & farewell

Lunch at leisure (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