

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 pm Gentle Hatha Yoga (optional)
Dinner at leisure (plant-based)
8:30 pm Subtle Flow Activation 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

6 am Lady Buddha Meditation Son Tra Peninsula
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 Wellness Treatment of choice (80 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 Himalayan Heart Stone Treatment (50 min)
Holistic Head & Neck Harmony (30 min)

DAY 5

7 am Vinyasa Yoga Flow (optional)
Breakfast at leisure (plant-based)
10 am Private Breathwork Master Class
11 am Crystal Face Therapy (60 min)
Lunch at leisure (plant-based)
2 pm Calligraphy Art Class Hoi An
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 6

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 Wellness Treatment of choice (80 min)

DAY 7

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 8 (DEPARTURE DAY)

7 am Vinyasa Yoga Flow (optional)
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: 4,353 ++ USD
Available for single stay only