

## **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	Vinyasa \	oga Flow (optional)	6 am	Lady Budd	ha Meditation Son Tra Peninsula	7 am	Vinyasa Yoga Flow (optional)
6 pm     8:30 pm	Welcome & consultation		Breakfast at leisure (plant-based)			Breakfast (	at leisure (plant-based)		Breakfast at leisure (plant-based)
	Gentle Hatha Yoga (optional)	entle Hatha Yoga (optional) 10 am		Private Breathwork Master Class		Private Bre	Private Breathwork Master Class		Private Breathwork Master Class
	Dinner at leisure (plant-based)		Lunch at leisure (plant-based)			Lunch at leisure (plant-based)			Lunch at leisure (plant-based)
	Sublte Flow Activation	2:30 pm	Master R	leiki Healing Therapy (60 min)	2:30 pm	Sound Hea	aling Therapy (60 min)	2:30 pm	Master Reiki Healing Therapy (60 min)
	Therapy (60 min)	4 pm	Private C	reative Workshop	4 pm	Private Cre	eative Workshop	4 pm	Private Creative Workshop
		6 pm	Gentle H	atha Yoga (optional)	6 pm	Gentle Hat	tha Yoga (optional)	6 pm	Gentle Hatha Yoga (optional)
			Dinner a	t leisure (plant-based)		Dinner at l	eisure (plant-based)		Dinner at leisure (plant-based)
		8:30 pm	Deep Co	nnection Remedy (80 min)	8:30 pm	Wellness T	reatment of choice (80 min)	8:30 pm	Himalayan Heart Stone Treatment (50 min) Holistic Head & Neck Harmony (30 min)
									, , ,
DAY 5		•	DAY 6		•	DAY 7		► DA	NY 8 (DEPARTURE DAY)
<b>DAY 5</b> 7 am	Vinyasa Yoga Flow (optional)	•	<b>DAY 6</b>	Vinyasa Yoga Flow (optional)	•	<b>DAY 7</b> 7 am	Vinyasa Yoga Flow (optional)		, ,
The second	Vinyasa Yoga Flow (optional) Breakfast at leisure (plant-base	► ed)		Vinyasa Yoga Flow (optional)  Breakfast at leisure (plant-bas	► sed)		Vinyasa Yoga Flow (optional)  Breakfast at leisure (plant-based)		XY 8 (DEPARTURE DAY)
The second		,			•			7	AY 8 (DEPARTURE DAY)  am Vinyasa Yoga Flow (optional)
7 am	Breakfast at leisure (plant-base	,	7 am	Breakfast at leisure (plant-ba	lass	7 am	Breakfast at leisure (plant-based)	7	AY 8 (DEPARTURE DAY)  am Vinyasa Yoga Flow (optional)  Breakfast at leisure (plant-based)
7 am	Breakfast at leisure (plant-base Private Breathwork Master Cla	,	7 am	Breakfast at leisure (plant-base Private Breathwork Master Cl	lass	7 am	Breakfast at leisure (plant-based) Private Breathwork Master Class	7 9 10	AY 8 (DEPARTURE DAY)  am Vinyasa Yoga Flow (optional)  Breakfast at leisure (plant-based)  am Private Breathwork Master Class
7 am	Breakfast at leisure (plant-base Private Breathwork Master Cla Crystal Face Therapy (60 min)	,	7 am     10 am 	Breakfast at leisure (plant-based) Private Breathwork Master Cl Lunch at leisure (plant-based)	lass	7 am     10 am	Breakfast at leisure (plant-based) Private Breathwork Master Class Lunch at leisure (plant-based)	7 9 10	AY 8 (DEPARTURE DAY)  am Vinyasa Yoga Flow (optional)  Breakfast at leisure (plant-based)  am Private Breathwork Master Class  am Wellness Treatment of choice (80 min)
7 am   10 am   11 am	Breakfast at leisure (plant-base Private Breathwork Master Cla Crystal Face Therapy (60 min) Lunch at leisure (plant-based)	,	7 am   10 am   2:30 pm	Breakfast at leisure (plant-base) Private Breathwork Master Cl Lunch at leisure (plant-based) Sound Healing Therapy (60 m	lass ) nin)	7 am   10 am   2:30 pm	Breakfast at leisure (plant-based) Private Breathwork Master Class Lunch at leisure (plant-based) Master Reiki Healing Therapy (60 m	7 9 10	AY 8 (DEPARTURE DAY)  am Vinyasa Yoga Flow (optional)  Breakfast at leisure (plant-based)  am Private Breathwork Master Class  am Wellness Treatment of choice (80 min)  Closing talks & farewell
7 am   10 am 11 am   2 pm	Breakfast at leisure (plant-base Private Breathwork Master Cla Crystal Face Therapy (60 min) Lunch at leisure (plant-based) Calligraphy Art Class Hoi An	iss	7 am	Breakfast at leisure (plant-base) Private Breathwork Master Cl Lunch at leisure (plant-based) Sound Healing Therapy (60 m Private Creative Workshop	lass ) nin)	7 am	Breakfast at leisure (plant-based) Private Breathwork Master Class Lunch at leisure (plant-based) Master Reiki Healing Therapy (60 m	7 9 10	AY 8 (DEPARTURE DAY)  am Vinyasa Yoga Flow (optional)  Breakfast at leisure (plant-based)  am Private Breathwork Master Class  am Wellness Treatment of choice (80 min)  Closing talks & farewell  Lunch at leisure (plant-based)

## **AFTER YOUR STAY**

TIA App post-departure practices
TIA App breathwork at home videos

Balancing Foot Massage (30 min)

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