

4 NIGHTS/ 5 DAYS SAMPLE PROGRAM

BEFORE YOUR STAY

- TIA App pre-arrival practices & intention setting
- Intitial consultation

DAY 1 (ARRIVAL DAY)

2 pm Welcome & consultation
|
4 pm Wellness Treatments (80 min)
|
6 pm *Gentle Hatha Yoga**
|
7:30 pm Dinner at leisure
(plant-based)

▶ DAY 2

7 am *Vinyasa Yoga Flow**
|
8 am Breakfast at leisure
|
9:30 am *Breathwork Master Class**
|
11 am HIIT Power Workout*
|
12 pm Wellness Treatments (80 min)
|
1:30 pm Lunch at leisure
(plant-based)
|
2:30 pm *Creative Workshop**
|
6 pm *Gentle Hatha Yoga**
|
7:30 pm Dinner at leisure
(plant-based)
|
8:30 pm Retreat Therapy (60 min)

▶ DAY 3

7 am *Vinyasa Yoga Flow**
|
8 am Breakfast at leisure
|
9:30 am *Breathwork Master Class**
|
10:30 am Wellness Treatments (80 min)
|
1:30 pm Lunch at leisure
(plant-based)
|
2:30 pm *Creative Workshop**
|
6 pm *Gentle Hatha Yoga**
|
7:30 pm Dinner at leisure
(plant-based)
|
8:30 pm Retreat Therapy (60 min)

▶ DAY 4

7 am *Vinyasa Yoga Flow**
|
8 am Breakfast at leisure
|
9:30 am *Breathwork Master Class**
|
11 am HIIT Power Workout*
|
12 pm Retreat Therapy (60 min)
|
1 pm Lunch at leisure
(plant-based)
|
2:30 pm *Creative Workshop**
|
3:30 pm Wellness Treatments (80 min)
|
6 pm *Gentle Hatha Yoga**
|
7:30 pm Dinner at leisure
(plant-based)

▶ DAY 5 (DEPARTURE DAY)

7 am *Vinyasa Yoga Flow**
|
8 am Breakfast at leisure
|
10 am Retreat Therapy (60 min)
|
11 am Closing talks & farewell
|
12 pm Lunch at leisure
(plant-based)

AFTER YOUR STAY

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

(*) Scheduled group classes times, all wellness activities are optional & advance booking is requested