# 7 NIGHTS/ 8 DAYS PROGRAM

### DAY 4 7:30 am Protein Smoothie Bowl

1	
9:30 am	Private HIIT Power Workout
10:15 am	Ice bath, Steam & Sauna
10:45 am	Himalayan Heart Stone 50' Balancing Foot Massage 30'
1 pm	Lunch
2:30 pm	Creative Workshop (optional)
4 pm	Private Workout - Back & Arms Strength
5 pm	Master Reiki Healing Therapy 60'
6:30 pm	Dinner

## DAY 8

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7:30 am Protein Smoothie Bowl 9:30 am Private HIIT Power Workout 10:15 am Ice bath, Steam & Sauna, Coconut Water 10:45 am Subtle Flow Therapy 60' Closing Talks & Farewell Lunch Airport Transfer

### DAY 2

7:30 am	Protein Smoothie Bowl
9:30 am	Private HIIT Power Workout
10:15 am	Ice bath, Steam & Sauna
10:45 am	Bamboo Roll Out 80'
1 pm	Lunch
2:30 pm	Creative Workshop (optional
4 pm	Private Workout - Shoulder 8
5 pm	Dynamic Flow Therapy 60'
6:30 pm	Dinner

# DAY 3

6 am	Private Excursion Marble Mountain Stair Climbing / Legs & Glutes Builder
8 am	Ice bath, Steam & Sauna
8:30 am	Protein Smoothie Bowl
9:30 am	Breathwork (optional)
10:45 pm	Deep Tissue Leg Recovery 50' Back & Shoulder Tension Release 30'
1 pm	Lunch
2:30 pm	Creative Workshop (optional)
4 pm	Private Workout - Core Strength & Lower Body Stretch
5 pm	Vietnamese Cupping Therapy 60'
6:30 pm	Dinner

Private Tour - Laddy Buddha

Deep Tissue Leg Recovery 50'

Creative Workshop (optional)

Back & Shoulder Tension Release 30'

Private Workout - Back & Arms Strength

Protein Smoothie Bowl

Breathwork (optional)

Shiatshu Therapy 60'

Lunch

Dinner

Running / Legs & Glutes Builder

Ice bath, Steam & Sauna, Coconut Water

DAY 7

6 am

8 am

8:30 am

9:30 am

10:45 pm

1 pm

2:30 pm

4 pm

5 pm

6:30 pm

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# Protein Smoothie Bowl Private HIIT Power Workout 10:15 am Ice bath, Steam & Sauna 10:45 am Lymphatic Detox 80'

- Lunch Creative Workshop (optional)
- Private Workout Shoulder & Chest Strength 4 pm
- 5 pm Dynamic Flow Therapy 60'
- 6:30 pm Dinner

## Sound Healing Therapy 60' 5 pm

Lunch

6:30 pm Dinner

## **AFTER YOUR STAY**

1 pm

2:30 pm

4 pm

Customized at-home workout plan with video guidance

DAY 6

7:30 am

9:30 am

1 pm

2:30 pm

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7:30 am	Protein Smoothie Bowl
9:30 am	Private HIIT Power Workout
10:15 am	Ice bath, Steam & Sauna
10:45 am	Bamboo Roll Out 80'
1 pm	Lunch
2:30 pm	Creative Workshop (optional)
4 pm	Private Workout - Shoulder & Chest Strength
5 pm	Dynamic Flow Therapy 60'
C.20 nm	Dinner

- 6:30 pm Dinne
- Barefoot Beach Walk + Breathwork 6 am

DAY 1

3:30 pm

4 pm

5 pm

- DAY 5 REST DAY

8:30 am Protein Smoothie Bowl

9:30 am Breathwork (optional)

10:15 am Ice bath, Steam & Sauna

10:45 pm Warm Sports Compress 50'

Holistic Head & Neck Harmony 30'

Private Workout - Core Strength & Lower Body Stretch

Creative Workshop (optional)

Mid-journey review

Dinner 6:30 pm

Airport Transfer

Welcome & Check-in

Retreat Consultation

Full Body Fitness Assesment 50' Deep Connection Remedy 80'