

## 7 NIGHTS/ 8 DAYS PROGRAM

### DAY 1

Airport Transfer  
Welcome & Check-in  
3:30 pm Retreat Consultation  
4 pm Full Body Fitness Assessment 50'  
5 pm Deep Connection Remedy 80'  
6:30 pm Dinner

### 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 & Chest Strength  
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

### DAY 4

7:30 am Protein Smoothie Bowl  
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 5 - REST DAY

6 am Barefoot Beach Walk + Breathwork  
Mid-journey review  
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'  
1 pm Lunch  
2:30 pm Creative Workshop (optional)  
4 pm Private Workout - Core Strength & Lower Body Stretch  
5 pm Sound Healing Therapy 60'  
6:30 pm Dinner

### DAY 6

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

### DAY 7

6 am Private Tour - Laddy Buddha  
Running / Legs & Glutes Builder  
8 am Ice bath, Steam & Sauna, Coconut Water  
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 - Back & Arms Strength  
5 pm Shiatsu Therapy 60'  
6:30 pm Dinner

### DAY 8

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

### AFTER YOUR STAY

Customized at-home workout plan with video guidance