

4 NIGHTS/ 5 DAYS  
PROGRAM

## BEFORE YOUR STAY

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

## DAY 1 (ARRIVAL DAY)

Airport transfer

Welcome & consultation

6 pm Gentle Hatha Yoga (optional)

*Dinner at leisure (plant-based)*

8:30 pm Subtle Flow Therapy 80'

## ▶ 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'

4 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)

*Dinner at leisure (plant-based)*

8:30 pm Deep Connection Remedy 80'

## ▶ DAY 5 (DEPARTURE DAY)

*Breakfast at leisure (plant-based)*

9 am Private Breathwork Master Class

10 am Wellness Treatment of choice 80'

Closing talks & farewell

*Lunch at leisure (plant-based)*

Airport transfer

## ▶ DAY 3

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'

4 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)

*Dinner at leisure (plant-based)*

8:30 pm Himalyan Heart Stone 50'

Holistic Head Treatment 30'

## ▶ 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'

4 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)

*Dinner at leisure (plant-based)*

8:30 pm Warm Body Flow Treatment 50'

Balancing Foot Massage 30'

## AFTER YOUR STAY

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

Price from: 2,753 ++ USD  
Available for single stay only