

BEFORE YOUR STAY

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

7 NIGHTS/ 8 DAYS PROGRAM**DAY 1 (ARRIVAL DAY)**

Airport transfer

Welcome & consultation

6 pm Gentle Hatha Yoga (optional)

Dinner at leisure (plant-based)

8:30 pm Subtle Flow Activation Therapy 60'

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'

4:30 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)

Dinner at leisure (plant-based)

8:30 pm Deep Connection Remedy 80'

DAY 3

6 am Lady Buddha Meditation Son Tra Peninsula

Breakfast at leisure (plant-based)

10 am Private Breathwork Master Class

Lunch at leisure (plant-based)

2:30 pm Sound Healing Therapy 60'

4:30 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)

Dinner at leisure (plant-based)

8:30 pm Wellness Treatment of choice 80'

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 Himalayan Heart Stone Treatment 50'

Holistic Head & Neck Harmony 30'

DAY 5

7 am Vinyasa Yoga Flow (optional)

Breakfast at leisure (plant-based)

10 am Private Breathwork Master Class

11 am Crystal Face Therapy 60'

Lunch at leisure (plant-based)

2 pm Calligraphy Art Class Hoi An

6 pm Gentle Hatha Yoga (optional)

Dinner at leisure (plant-based)

8:30 pm Warm Body Flow Treatment 50'

Balancing Foot Massage 30'

DAY 6

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 Wellness Treatment of choice 80'

DAY 7

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 8 (DEPARTURE DAY)

7 am Vinyasa Yoga Flow (optional)

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

AFTER YOUR STAY

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

Price from: 4,353 ++ USD

Available for single stay only