

## **BEFORE YOUR STAY**

TIA App pre-arrival practices & intention setting Intitial consultation

## 7 NIGHTS/ 8 DAYS PROGRAM

DAY 1 (	ARRIVAL DAY)	DAY 2			DAY 3		<b>&gt;</b>	DAY 4	
6 pm   8:30 pm	Airport transfer	7 am	Vinyasa `	Vinyasa Yoga Flow (optional)		Lady Budd	ha Meditation Son Tra Peninsula	7 am	Vinyasa Yoga Flow (optional)
	Welcome & consultation		Breakfast at leisure (plant-based) Private Breathwork Master Class			Breakfast (	at leisure (plant-based)	10 am	Breakfast at leisure (plant-based)
	Gentle Hatha Yoga (optional)	10 am			10 am	Private Bre	eathwork Master Class		Private Breathwork Master Class
	Dinner at leisure (plant-based)	r at leisure (plant-based)		Lunch at leisure (plant-based)		Lunch at leisure (plant-based)			Lunch at leisure (plant-based)
	Sublte Flow Activation	2:30 pm	Master Reiki Healing Therapy 60'		2:30 pm	Sound Healing Therapy 60'		2:30 pm	Master Reiki Healing Therapy 60'
	Therapy 60'	4:30 pm	Private C	reative Workshop	4:30 pm	Private Cre	eative Workshop	ا 4 pm	Private Creative Workshop
		і 6 рт	Gentle H	atha Yoga (optional)	6 pm	Gentle Hat	tha Yoga (optional)	6 pm	Gentle Hatha Yoga (optional)
			Dinner a	t leisure (plant-based)		Dinner at l	eisure (plant-based)		Dinner at leisure (plant-based)
		8:30 pm	Deep Co	nnection Remedy 80'	8:30 pm	Wellness T	reatment of choice 80'	8:30 pm	Himalayan Heart Stone Treatment 50' Holistic Head & Neck Harmony 30'
DAY 5		•	DAY 6		<b>&gt;</b>	DAY 7		► DA	Y 8 (DEPARTURE DAY)
7 am	Vinyasa Yoga Flow (optional)		7 am	Vinyasa Yoga Flow (option	nal)	7 am	7 am Vinyasa Yoga Flow (optional)	7 ar	ım Vinyasa Yoga Flow (optional)
	Breakfast at leisure (plant-based)			Breakfast at leisure (plant	t-based)		Breakfast at leisure (plant-based)		Breakfast at leisure (plant-based)
10 am	Private Breathwork Master Class		10 am	.0 am Private Breathwork Master Class		10 am	Private Breathwork Master Class	9 a	m Private Breathwork Master Class
11 am	Crystal Face Therapy 60'		Lunch at leisure (plant-ba		sed)		Lunch at leisure (plant-based)	10 â	am Wellness Treatment of choice 80'
	Lunch at leisure (plant-based)		2:30 pm	Sound Healing Therapy 6	0'	2:30 pm	Master Reiki Healing Therapy 60'		Closing talks & farewell
2 pm	Calligraphy Art Class Hoi An		4 pm	Private Creative Worksho	р	4 pm	Private Creative Workshop		Lunch at leisure (plant-based)
о 6 рт	Gentle Hatha Yoga (optional)		6 pm Gentle Hatha Yoga (optic		nal)	) 6 pm	Gentle Hatha Yoga (optional)		Airport transfer
	Dinner at leisure (plant-based)			Dinner at leisure (plant-bo	ased)		Dinner at leisure (plant-based)		
8:30 pm	Warm Body Flow Treatment 50 Balancing Foot Massage 30'	)'	8:30 pm	Wellness Treatment of ch	oice 80'	8:30 pm	Deep Connection Remedy 80'		

## **AFTER YOUR STAY**

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

Price from: 4,353 ++ USD Available for single stay only