

4 NIGHTS/ 5 DAYS SAMPLE PROGRAM

BEFORE YOUR STAY

TIA App pre-arrival practices & intention setting

Intitial consultation

ARRIVAL DAY)	► DAY 2	•	DAY 3		► DAY 4	•	DAY 5	DEPARTURE DAY)
Welcome & consultation	7 am	Vinyasa Yoga Flow*	7 am	Vinyasa Yoga Flow*	7 am	Vinyasa Yoga Flow*	7 am	Vinyasa Yoga Flow*
Wellness Treatments 80'	8 am	Breakfast at leisure	8 am	Breakfast at leisure	8 am	Breakfast at leisure	8 am	Breakfast at leisure
Gentle Hatha Yoga*	9:30 am 	Breathwork Master Class*	9:30 am	Breathwork Master Class*	9:30 am 	Breathwork Master Class*	10 am 	Retreat Therapy 60'
	11 am	HIIT Power Workout*	10:30 am	Wellness Treatments 80'	11 am	HIIT Power Workout*	11 am	Closing talks & farewell
	12 pm	Wellness Treatments 80'	1:30 pm		12 pm	Retreat Therapy 60'	12 pm	Lunch at leisure (plant-based)
	1:30 pm	Lunch at leisure (plant-based)	2:30 pm	,	1 pm	Lunch at leisure (plant-based)		,
	2:30 pm	Creative Workshop*	6 pm	Gentle Hatha Yoga*	2:30 pm	Creative Workshop*		
	6 pm	Gentle Hatha Yoga*	7:30 pm	Dinner at leisure (plant-based)	3:30 pm	Wellness Treatments 80'		
	7:30 pm			,	6 pm	Gentle Hatha Yoga*		
	8:30 pm	,	8:30 pm	Retreat Therapy 60'	7:30 pm	Dinner at leisure (plant-based)		
	Wellness Treatments 80'	Welcome & consultation 7 am Wellness Treatments 80' 8 am Gentle Hatha Yoga* 9:30 am Dinner at leisure (plant-based) 12 pm 1:30 pm 1:30 pm 6 pm 7:30 pm	Welcome & consultation 7 am Vinyasa Yoga Flow* Wellness Treatments 80'	Welcome & consultation 7 am Vinyasa Yoga Flow* 7 am Wellness Treatments 80' 8 am Breakfast at leisure 9:30 am Breathwork Master Class* 9:30 am Dinner at leisure (plant-based) 12 pm Wellness Treatments 80' 1:30 pm 1:30 pm Lunch at leisure (plant-based) 2:30 pm Creative Workshop* 6 pm 6 pm Gentle Hatha Yoga* 7:30 pm 7:30 pm Dinner at leisure (plant-based) 8:30 pm	Wellness Treatments 80' 8 am Breakfast at leisure 8 am Breakfast at leisure 9:30 am Breathwork Master Class* 9:30 am Breathwork Master Class* 1 lo:30 am Wellness Treatments 80' Dinner at leisure (plant-based) 12 pm Wellness Treatments 80' 1:30 pm Lunch at leisure (plant-based) 1:30 pm Creative Workshop* 6 pm Gentle Hatha Yoga* Creative Workshop* Creative	Welcome & consultation 7 am Vinyasa Yoga Flow* 7 am Vinyasa Yoga Flow* 7 am	Welcome & consultation 7 am Vinyasa Yoga Flow* 7 am Vinyasa Yoga F	Welcome & consultation 7 am Vinyasa Yoga Flow* 1 am Vinyasa Yoga F

AFTER YOUR STAY

TIA App post-departure practices

TIA App breathwork at home videos

(*) Scheduled group classes times, all wellness activities are optional & advance booking is requested