

4 NIGHTS/ 5 DAYS
PROGRAM

DAY 1

Airport Transfer
Welcome & Check-in
3:30 pm Retreat Consultation
4 pm Full Body Fitness Assesment 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 Subtle Flow Therapy 60'
6:30 pm Dinner

▶ DAY 5

7:30 am Protein Smoothie Bowl
9:30 am Private HIIT Power Workout
10:15 am Ice bath, Steam & Sauna
10:45 am Dynamic Flow Therapy 60'
Closing Talks & Farewell
Lunch
Airport Transfer

▶ DAY 3

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 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 4

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 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

AFTER YOUR STAY

Customized at-home Workout plan with YouTube video guidance from **WELL with TIA**