

7 NIGHTS/ 8 DAYS PROGRAM

DAY 1

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

DAY 3

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 Tension 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

DAY 4

7:30 am Protein Smoothie Bowl
9:30 am Private HIIT Power Workout
10:15 am Ice bath, Steam & Sauna
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 5 - REST DAY

6 am Barefoot Beach Walk + Breathwork
Mid-journey review
8:30 am Protein Smoothie Bowl
9:30 am Breathwork (optional)
10:15 am Ice bath, Steam & Sauna
10:45 pm Warm Sports Compress 50'
Holistic Head & Neck Harmony 30'
1 pm Lunch
2:30 pm Creative Workshop (optional)
4 pm Private Workout - Core Strength & Lower Body Stretch
5 pm Sound Healing Therapy 60'
6:30 pm Dinner

DAY 6

7:30 am Protein Smoothie Bowl
9:30 am Private HIIT Power Workout
10:15 am Ice bath, Steam & Sauna
10:45 am Lymphatic Detox 80'
1 pm Lunch
2:30 pm Creative Workshop (optional)
4 pm Private Workout - Shoulder & Chest Strength
5 pm Dynamic Flow Therapy 60'
6:30 pm Dinner

DAY 7

6 am Private Tour - Laddy Buddha
Running / Legs & Glutes Builder
8 am Ice bath, Steam & Sauna, Coconut Water
8:30 am Protein Smoothie Bowl
9:30 am Breathwork (optional)
10:45 pm Deep Tissue Leg Recovery 50'
Back & Shoulder Tension Release 30'
1 pm Lunch
2:30 pm Creative Workshop (optional)
4 pm Private Workout - Back & Arms Strength
5 pm Shiatsu Therapy 60'
6:30 pm Dinner

DAY 8

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 Subtle Flow Therapy 60'
Closing Talks & Farewell
Lunch
Airport Transfer

AFTER YOUR STAY

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