

# WELL with TIA

Discover the power of the mind-body connection with TIA. We offer a variety of workouts, yoga practices, and breathwork techniques to help you feel strong, centered, and motivated. Whether you're a beginner or looking to deepen your practice, we're here to guide you. Let's breathe, move, and make a splash together!

SCAN QR TO VISIT OUR



& CONTINUE YOUR PRACTICE AT HOME



## VINYASA YOGA FLOW 07:00 - 08:00

A dynamic and fluid style of yoga that emphasizes the seamless transition between postures synchronized with breath, promoting strength, flexibility & mindfulness



## BREATHWORK MASTER CLASS 9:30 - 10:30

Engage in powerful heart-focused breathing techniques to slow down, restore balance & quiet mental chatter, allowing your heart to lead the way



## HIIT POWER WORKOUT 11:00 - 11:30

High-Intensity Interval Training (HIIT) alternates between short bursts of intense exercise & brief periods of rest, maximizing calorie burn & endurance in a time-efficient manner



## CREATIVE WORKSHOP 14:30 - 15:30

Participate in guided creative activities such as collage, drawing & painting aimed to explore your inner landscape & express yourself authentically



## GENTLE HATHA YOGA 18:00 - 19:00

Slow-paced & mindful practice that emphasizes on postures, stretching, flexibility, breath control, making it accessible & calming for all levels.



### BENEFITS

Improved cardiovascular health, boost energy levels, stress reduction, strength & flexibility

Reduce stress & anxiety, enhance mental clarity, emotional release, increased energy levels

Improved cardiovascular health & insulin sensitivity, increased metabolism, muscle strength & fat loss

Enhance creativity, promotes self-expression, provide therapeutic relaxation, stress & anxiety relieve

Improved flexibility, enhanced strength, stress & anxiety relieve, better posture & alignment

### INTENSITY



### Monday

Hip Opening

Cultivate Coherence

Three-Round Dual Circuit

Self-Symbol Carving

Gentle Twisting

### Tuesday

Core & Hand strength

Lock In With Gratitude

Interval Burst Training

Intentions Collage

Shoulder & Upper Back Ease

### Wednesday

Twisting

Radiate with Sending It Out

Double Circuit Repeat

Self-Care Box

Flexibility

### Thursday

Balance & Standing

Calm with Box Breathing

Three-Round Dual Circuit

Past & Future Hands

Hips & Lower Back Comfort

### Friday

Flexibility & Mobility

Revitalize with Alkaline Breathing

Interval Burst Training

In-Out Reflection Mask

Gentle Core Strength & Balance

### Saturday

Shoulder & Hand Strength

Energize with Fire Breathing

Three-Round Dual Circuit

Tree of Life

Heart & Chest Expansion

### Sunday

Spine Health

Flow with Sufi Breathing

Double Circuit Repeat

Inner Landscape

Legs & Hips Unwind

Advanced booking is required (preferably with 1 hour notice).

Each wellness activity can be booked privately for one-on-one sessions with an additional charge.

For more information, please contact our wellness reception ext. 815