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
YOUTUBE
& CONTINUE YOUR PRACTICE
AT HOME



BENEFITS

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

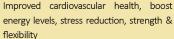
CREATIVE WORKSHOP **14:30 - 15:30**

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.







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



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

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



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

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Gentle Twisting

	flexibility	ı
INTENSITY	99	
Monday	Hip Opening	
Tuesday	Core & Hand strength	
Wednesday	Twisting	
Thursday	Balance & Standing	
Friday	Flexibility & Mobility	
Saturday	Shoulder & Hand Strength	
Sunday	Spine Health	

Cultivate Coherence	
Lock In With Gratitude	
Radiate with Sending It Out	
Calm with Box Breathing	
Revitalize with Alkaline Breathing	
Energize with Fire Breathing	

Flow with Sufi Breathing

Three-Round Dual Circuit	
Interval Burst Training	
Double Circuit Repeat	
Three-Round Dual Circuit	
Interval Burst Training	

Three-Round Dual Circuit

Double Circuit Repeat

Self-Symbol Carving	
Intentions Collage	
Self-Care Box	
Past & Future Hands	

In-Out Reflection Mask

Tree of Life

Inner Landscape

Gentie (Wisting
Shoulder & Uper Back Ease
Flexibility
Hips & Lower Back Comfort
Gentle Core Strength & Balance

Heart & Chest Expansion

Legs & Hips Unwind