

4 NIGHTS/ 5 DAYS
PROGRAM

BEFORE YOUR STAY

Pre-arrival consultation

DAY 1 (ARRIVAL DAY)

Airport transfer
Welcome & consultation
6 pm *Dinner at leisure (raw plant-based)*
8:30 pm Wellness Treatment of choice 80'

▶ DAY 2

7:30 am Private Yoga
|
9 am Lymphatic Detox 80'
|
10:30 am Private Breathwork Master Class
|
11:30 am Breakfast Smoothie Bowl
|
Lunch (raw plant-based)
|
2:30 pm Creative Workshop (optional)
|
4 pm Detox Hydro Circuit Therapy 60'
|
6 pm *Dinner (raw plant-based)*

▶ DAY 3

7:30 am Private Yoga
|
9 am Bamboo Roll-Out 80'
|
10:30 am Private Breathwork Master Class
|
11:30 am Breakfast Smoothie Bowl
|
Lunch (raw plant-based)
|
2:30 pm Creative Workshop (optional)
|
4 pm Sound Healing Therapy 60'
|
6 pm *Dinner (raw plant-based)*

▶ DAY 4

7:30 am Private Yoga
|
9 am Lymphatic Detox 80'
|
10:30 am Private Breathwork Master Class
|
11:30 am Breakfast Smoothie Bowl
|
Lunch (raw plant-based)
|
2:30 pm Creative Workshop (optional)
|
4 pm Detox Hydro Circuit Therapy 60'
|
6 pm *Dinner (raw plant-based)*

▶ DAY 5 (DEPARTURE DAY)

7:30 am Private Yoga
|
9 am Dynamic Flow Therapy 60'
|
11:30 am Breakfast Smoothie Bowl
|
Lunch (raw plant-based)
|
Airport transfer

AFTER YOUR STAY

Continue your personal practice with the tools and insights gained during your stay at TIA

Price from: 2,753 ++ USD
Available for single stay only