

## 4 NIGHTS/ 5 DAYS SAMPLE PROGRAM

### BEFORE YOUR STAY

Pre-arrival consultation

#### DAY 1 (ARRIVAL DAY)

2 pm Welcome & consultation  
|  
4 pm Wellness Treatments 80'  
|  
6 pm *Gentle Hatha Yoga\**  
|  
7:30 pm Dinner at leisure  
(*plant-based*)

#### ▶ DAY 2

7 am *Vinyasa Yoga Flow\**  
|  
8 am Breakfast at leisure  
|  
9:30 am *Breathwork Master Class\**  
|  
11 am HIIT Power Workout\*  
|  
12 pm Wellness Treatments 80'  
|  
1:30 pm Lunch at leisure  
(*plant-based*)  
|  
2:30 pm *Creative Workshop\**  
|  
6 pm *Gentle Hatha Yoga\**  
|  
7:30 pm Dinner at leisure  
(*plant-based*)  
|  
8:30 pm Retreat Therapy 60'

#### ▶ DAY 3

7 am *Vinyasa Yoga Flow\**  
|  
8 am Breakfast at leisure  
|  
9:30 am *Breathwork Master Class\**  
|  
10:30 am Wellness Treatments 80'  
|  
1:30 pm Lunch at leisure  
(*plant-based*)  
|  
2:30 pm *Creative Workshop\**  
|  
6 pm *Gentle Hatha Yoga\**  
|  
7:30 pm Dinner at leisure  
(*plant-based*)  
|  
8:30 pm Retreat Therapy 60'

#### ▶ DAY 4

7 am *Vinyasa Yoga Flow\**  
|  
8 am Breakfast at leisure  
|  
9:30 am *Breathwork Master Class\**  
|  
11 am HIIT Power Workout\*  
|  
12 pm Retreat Therapy 60'  
|  
1 pm Lunch at leisure  
(*plant-based*)  
|  
2:30 pm *Creative Workshop\**  
|  
3:30 pm Wellness Treatments 80'  
|  
6 pm *Gentle Hatha Yoga\**  
|  
7:30 pm Dinner at leisure  
(*plant-based*)

#### ▶ DAY 5 (DEPARTURE DAY)

7 am *Vinyasa Yoga Flow\**  
|  
8 am Breakfast at leisure  
|  
10 am Retreat Therapy 60'  
|  
11 am Closing talks & farewell  
|  
12 pm Lunch at leisure  
(*plant-based*)

### AFTER YOUR STAY

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

(\*) Scheduled group classes times, all wellness activities are optional & advance booking is requested