

7 NIGHTS/ 8 DAYS PROGRAM

BEFORE YOUR STAY

- TIA App pre-arrival practices & intention setting
- Initial consultation

DAY 1 (ARRIVAL DAY)

Airport transfer
 Welcome & consultation
 6:00 pm *Dinner at leisure (raw plant-based)*
 8:30 pm Wellness Treatment of choice (80 min)

▶ DAY 2

7:30 am Private Yoga
 9 am Lymphatic Detox (80 min)
 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 min)
 6 pm *Dinner (raw plant-based)*

▶ DAY 3

6 am Marble Mountain Climb & Tai Chi
 9 am Bamboo Roll-Out (80 min)
 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 Master Reiki healing Therapy (60 min)
 6 pm *Dinner (raw plant-based)*

▶ DAY 4

7:30 am Private Yoga
 9 am Lymphatic Detox (80 min)
 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 min)
 6 pm *Dinner (raw plant-based)*

DAY 5

7:30 am Private Yoga
 9 am Deep Connection Remedy (80 min)
 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 min)
 6 pm *Dinner (raw plant-based)*

▶ DAY 6

6 am Lady Buddha Yoga Son Tra Peninsula
 9 am Lymphatic Detox (80 min)
 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 min)
 6 pm *Dinner (raw plant-based)*

▶ DAY 7

7:30 am Private Yoga
 9 am Bamboo Roll-Out (80 min)
 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 Master Reiki healing Therapy (60 min)
 6 pm *Dinner (raw plant-based)*

▶ DAY 8 (DEPARTURE DAY)

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

AFTER YOUR STAY

- TIA App post-departure practices
- TIA App breathwork at home videos

Price from: 4,353 ++ USD
 Available for single stay only