

4 NIGHTS/ 5 DAYS PROGRAM

BEFORE YOUR STAY

Pre-arrival consultation

DAY 1 (ARRIVAL DAY)

Airport transfer
 Welcome & consultation
 6 pm Gentle Hatha Yoga (optional)
 |
Dinner at leisure (plant-based)
 8:30 pm Deep Connection Remedy 80'

▶ DAY 2

7 am Vinyasa Yoga Flow (optional)
 |
Breakfast at leisure (plant-based)
 10 am Private Breathwork Master Class
 |
Lunch at leisure (plant-based)
 2:30 pm Master Reiki Healing Therapy 60'
 |
 4 pm Private Creative Workshop
 |
 6 pm Gentle Hatha Yoga (optional)
 |
Dinner at leisure (plant-based)
 8:30 pm Bamboo Roll-out 80'

▶ DAY 3

7 am Vinyasa Yoga Flow (optional)
 |
Breakfast at leisure (plant-based)
 10 am Private Breathwork Master Class
 |
Lunch at leisure (plant-based)
 2:30 pm Sound Healing Therapy 60'
 |
 4 pm Private Creative Workshop
 |
 6 pm Gentle Hatha Yoga (optional)
 |
Dinner at leisure (plant-based)
 8:30 pm Warm Himalyan Salt Stone 50'
 Holistic Head Treatment 30'

▶ DAY 4

7 am Vinyasa Yoga Flow (optional)
 |
Breakfast at leisure (plant-based)
 10 am Private Breathwork Master Class
 |
Lunch at leisure (plant-based)
 2:30 pm Master Reiki Healing Therapy 60'
 |
 4 pm Private Creative Workshop
 |
 6 pm Gentle Hatha Yoga (optional)
 |
Dinner at leisure (plant-based)
 8:30 pm Soothing Coconut Bliss 50'
 Balancing Foot Massage 30'

▶ DAY 5 (DEPARTURE DAY)

Breakfast at leisure (plant-based)
 9 am Private Breathwork Master Class
 |
 10 am Aerial Flow Therapy 60'
 Closing talks & farewell
Lunch at leisure (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