

4 NIGHTS/ 5 DAYS PROGRAM

DAY 1

Airport Transfer
 Welcome & Check-in
 3:30 pm Retreat Consultation
 4 pm Full Body Fitness Assesment 50'
 5 pm Deep Connection Remedy 80'
 6:30 pm Dinner

▶ DAY 2

7:30 am Protein Smoothie Bowl
 9:30 am Private HIIT Power Workout
 10:15 am Ice bath, Steam & Sauna
 10:45 am Bamboo Roll Out 80'
 1 pm Lunch
 2:30 pm Creative Workshop (optional)
 4 pm Private Workout - Shoulder & Chest Strength
 5 pm Vietnamese Cupping Therapy 60'
 6:30 pm Dinner

▶ DAY 5

7:30 am Protein Smoothie Bowl
 9:30 am Private HIIT Power Workout
 10:15 am Ice bath, Steam & Sauna
 10:45 am Aerial Flow Therapy 60'
 Closing Talks & Farewell
 Lunch
 Airport Transfer

▶ DAY 3

7:30 am Protein Smoothie Bowl
 9:30 am Private HIIT Power Workout
 10:15 am Ice bath, Steam & Sauna, Coconut Water
 10:45 am Himalayan Heart Stone 50'
 Balancing Foot Massage 30'
 1 pm Lunch
 2:30 pm Creative Workshop (optional)
 4 pm Private Workout - Back & Arms Strength
 5 pm Shiatsu Therapy 60'
 6:30 pm Dinner

▶ DAY 4

6 am Private Excursion Marble Mountain
 Stair Climbing / Legs & Glutes Builder
 8 am Ice bath, Steam & Sauna
 8:30 am Protein Smoothie Bowl
 9:30 am Breathwork (optional)
 10:45 pm Deep Tissue Leg Recovery 50'
 Back & Shoulder Release 30'
 1 pm Lunch
 2:30 pm Creative Workshop (optional)
 4 pm Private Workout - Core Strength & Lower Body Stretch
 5 pm Master Reiki Healing Therapy 60'
 6:30 pm Dinner

AFTER YOUR STAY

Customized at-home Workout plan with YouTube video guidance from **WELL with TIA**

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