

7 NIGHTS/ 8 DAYS PROGRAM

DAY 1

Airport Transfer
 Welcome & Check-in
 3:30 pm Retreat Consultation
 4 pm Full Body Fitness Assessment 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 3

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 Tension Release 30'
 1 pm Lunch
 2:30 pm Creative Workshop (optional)
 4 pm Private Workout - Core Strength & Lower Body Stretch
 5 pm Shiatsu Therapy 60'
 6:30 pm Dinner

DAY 4

7:30 am Protein Smoothie Bowl
 9:30 am Private HIIT Power Workout
 10:15 am Ice bath, Steam & Sauna
 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 Master Reiki Healing Therapy 60'
 6:30 pm Dinner

DAY 5 - REST DAY

6 am Barefoot Beach Walk + Breathwork
 Mid-journey review
 8:30 am Protein Smoothie Bowl
 9:30 am Breathwork (optional)
 10:15 am Ice bath, Steam & Sauna
 10:45 pm Total Body Acupressure 50'
 Holistic Head & Neck Harmony 30'
 1 pm Lunch
 2:30 pm Creative Workshop (optional)
 4 pm Private Workout - Core Strength & Lower Body Stretch
 5 pm Shiatsu Therapy 60'
 6:30 pm Dinner

DAY 6

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

DAY 7

6 am Private Tour - Laddy Buddha Running / Legs & Glutes Builder
 8 am Ice bath, Steam & Sauna, Coconut Water
 8:30 am Protein Smoothie Bowl
 9:30 am Breathwork (optional)
 10:45 pm Deep Tissue Leg Recovery 50'
 Back & Shoulder Tension Release 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 8

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 Aerial Flow Therapy 60'
 Closing Talks & Farewell
 Lunch
 Airport Transfer

AFTER YOUR STAY

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

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