

## BEFORE YOUR STAY

Pre-arrival consultation

## 4 NIGHTS/ 5 DAYS PROGRAM

### DAY 1 (ARRIVAL DAY)

Airport transfer  
 Welcome & consultation  
 6 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

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 Sound 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 (DEPARTURE DAY)

7:30 am Private Yoga  
 9 am Shiatsu Therapy 60'  
 11:30 am Breakfast Smoothie Bowl  
 Lunch (raw 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