

Well with TIA

BREATHE · MOVE · RESTORE · CONNECT

OUR OFFERINGS

				
01 VINYASA YOGA FLOW 07:00 - 08:00 ●●○	02 BREATHWORK 09:30 - 10:15 ●●○	03 HIIT POWER WORKOUT 11:00 - 11:30 ●●●	04 CREATIVE WORKSHOP 14:30 - 15:30 ●●○	05 GENTLE HATHA YOGA 18:00 - 19:00 ●●○

●●○ GENTLE ●●● MODERATE ●●● HIGH

WEEKLY PROGRAMME

DAY	VINYASA YOGA FLOW	BREATHWORK	HIIT POWER WORKOUT	CREATIVE WORKSHOP	GENTLE HATHA YOGA
Monday	Hip Opening	Foundation of Breath	Triple Round Dual Circuit	Self-Symbol Carving	Twisting
Tuesday	Core Strength	Balance & Flow	Burst Interval Training	Intentions Collage	Shoulder & Upper Back Ease
Wednesday	Twisting	Expansion & Connection	Double Circuit Challenge	Self-Care Box	Flexibility & Mobility
Thursday	Balance & Standing	Calm & Cool	Dynamic Strength Flow	Past & Future Hands	Hip & Lower Back Comfort
Friday	Flexibility & Mobility	Vibration & Gratitude	Core Power Builder	In-Out Reflection Mask	Core Stability & Balance
Saturday	Upper Body Strength	Release & Awaken	Strength & Stamina	Tree of Life	Heart & Chest Expansion
Sunday	Spinal Health	Restore & Reset	Full-Body Split Circuit	Inner Landscape	Legs & Hips Unwind


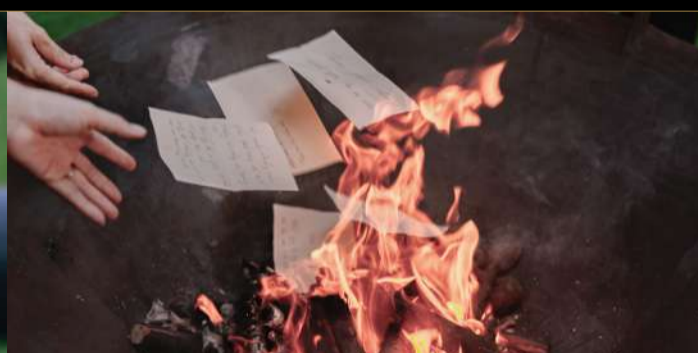

BENEFITS

VINYASA YOGA Cardiovascular health, energy levels, stress reduction, strength & flexibility	BREATHWORK Reduce stress & anxiety, mental clarity, emotional release, increased energy	HIIT Cardiovascular health, metabolism, muscle strength & fat loss	CREATIVE WORKSHOP Creativity, self-expression, therapeutic relaxation, stress & anxiety relief	GENTLE HATHA Flexibility, strength, stress & anxiety relief, posture & alignment
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SELECTED EVENINGS

Social Wellness Activities

Ritual · Reflection · Connection - Wednesday, Friday & Sunday

		
WEDNESDAY Sound & Stillness <i>Collective Resonance Ritual</i> 17:00 A calming sound healing experience using singing bowls, chimes & cymbals to support nervous system relaxation, emotional grounding & mindfulness. ●●○	FRIDAY Release & Renew <i>Fire Ceremony</i> 18:00 A symbolic evening ritual of letting go and setting intentions around the fire — releasing what no longer serves and welcoming renewal. ●●○	SUNDAY Letters to Your Future Self <i>Intention & Reflection Ritual</i> 17:00 A quiet, reflective writing experience in the Wellness Garden. Your letter is sealed and mailed to you 5–10 days after departure. ●●○



SCAN QR TO VISIT OUR



& CONTINUE YOUR PRACTICE
AT HOME

ADVANCED BOOKING IS REQUIRED

For more information, please contact our wellness reception ext. 815

TIA WELLNESS RESORT

109 Vo Nguyen Giap St, Ngu Hanh Son Ward, Da Nang, Vietnam

Vinyasa Yoga Flow — please book by 8:00 PM the evening before.

All other activities — 1 hour notice preferred.

Each activity may be booked privately for one-on-one sessions (additional charge applies).

Visit tiawellnessresort.com to learn more about our wellness offerings.