



# WELLNESS RETREAT

*Connect with your inner self*

**4 DAYS PACKAGE | USD 369++**

DAY 1  
HATHA YOGA AND TAI CHI

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DAY 2  
YIN YOGA AND TIBETAN SOUND HEALING MEDITATION  
60 MINS MINDFULNESS HEAD MASSAGE  
TAI CHI

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DAY 3  
VINYASA YOGA SUN SALUTATION  
45 MINS YOGA THERAPY  
TAI CHI

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DAY 4  
DYNAMIC MEDITATION  
TAI CHI  
CLEANSING RITUAL