

TIA Wellness Sample Group Activity Schedule



ACTIVE YOGA FLOW

07:00 - 07:45

TIA flow combines hatha/vinyasa yoga styles to boost and align energy, the perfect way to spark creativity, while moving mindfully and building strength and flexibility



SIGNATURE MASTER CLASS - BREATHWORK

09:30 - 10:30

Powerful heart-focused breathing empowering you to slow it down and bring yourself back into balance. This core practice helps to quiet mental chatter so that you can be led by the heart instead



CREATIVE WORKSHOP WITH TIA TEA

15:30 - 17:00

An opportunity to engage in guided creative activities such as collage, drawing and painting aimed to explore and connect with your inner landscape, to open up authentic expression



LIFESTYLE TAI CHI

17:30 - 18:00

This gentle method is easy to learn so you can continue to practice at home. Based on Shibashi Tai Chi & Qigong, 18 simple movements are repeated with continuous fluidity, combined with breath work for relaxation