



NIA+ with Ifat in Tao's | 2025 Schedule

	Tues June 17	Wed June 18	Thurs June 19	Fri June 20	Sat June 21	Sun June 22	
09:00		Breakfast	Breakfast	Breakfast	Breakfast Christ.	08:30 Coffee-Pastry	
10:00 – 11:30	Arrival, shuttle to hotels, check in	Opening Circle & Chi Kung	Chi Kung	NIA		Chi Kung, NIA, Closing Circle	
12:00 - 13:30		NIA	NIA		Free Island Time	10:30 Breakfast	
13:30	Lunch Christiana	Lunch	Lunch	AntiParos			
19:00	, Receiving cars, free afternoon, dinner out	Free afternoon, dinner out	NIA Outdoors	Dinner Christiana	Dinner	Free afternoon, dinner out	Check out, shuttle to Airport
20:30					Evening Session		