



NIA+ with Ifat in Tao's | 2025 Schedule

	Tues Sept 16	Wed Sept 17	Thurs Sept 18	Fri Sept 19	Sat Sept 20
09:00		Breakfast	Breakfast	08:30 Breakfast	Breakfast
10:00 – 11:30	Arrival, receiving cars at airport, check in	Opening Circle & Chi Kung	Chi Kung	09:30 NIA	Chi Kung, NIA, Closing Circle
11:30 - 12:30		NIA	NIA		
13:00	Lunch Christiana		Lunch	AntiParos	Check out, cars returned at airport, departure
		Free afternoon, dinner out	NIA Outdoors		
19:30	, Receiving cars, free afternoon, dinner out		Dinner out	Dinner	
20:30				Evening Session	