



## NIA+ with Lola in Tao's | 2026 Schedule

	Tues   Sept 15	Wed   Sept 16	Thurs   Sept 17	Fri   Sept 18	Sat   Sept 20
09:00		Breakfast	Breakfast	Breakfast	Breakfast
10:00 – 11:30	Arrival, shuttle to hotels, check in, receiving cars	NIA Morning Session	NIA Morning Session	NIA Morning Session	Closing Session
11:30 - 12:30		NIA Noon Session	NIA Noon Session	NIA Outdoors & Trip	Check out, shuttle to airport, departure
13:00		Lunch	Lunch		
17:00 – 19:00	Orientation & Opening Session	NIA Afternoon Session	NIA Afternoon Session	NIA Afternoon Session	
19:30	Dinner	Dinner Out	Dinner Out	Dinner	