



NIA with Tuly in Tao's | May 2026 Schedule

	Wed May 13	Thurs May 14	Fri May 15	Sat May 16	Sun May 17
08:00–09:00	Arrival, shuttle to hotel, check in		Yoga	NIA on The Roof	
09:00		Breakfast	Breakfast	Breakfast	Breakfast
10:00-11:30		Morning Session	Morning Session	Chi Kung	Closing Session
11:30		Coffee Break	Coffee Break	Coffee Break	
12:00-13:30		Noon Session	Anti Paros Trip	Noon Session	
13:30	Lunch	Lunch		Lunch	Check out, shuttle to airport, departure
	17:00 Orientation, registration & Opening Session	Island Time	Island Time	Island Time	
17:30-19:00		Afternoon Session	Afternoon Session		
19:30	Dinner		Dinner	Dinner	