

7 NIGHTS/ 8 DAYS PROGRAM

DAY 1 (ARRIVAL DAY)

Airport transfer
 Welcome & consultation
 6 pm Gentle Hatha Yoga (optional)
 Dinner at leisure (plant-based)

8:30 pm Deep Connection Remedy 80'

DAY 2

7 am Vinyasa Yoga Flow (optional)
 Breakfast at leisure (plant-based)

10 am Private Breathwork Master Class
 Lunch at leisure (plant-based)

2:30 pm Master Reiki Healing Therapy 60'

4:30 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)
 Dinner at leisure (plant-based)

8:30 pm Bamboo Roll-out 80'

DAY 3

6 am Lady Buddha Meditation Son Tra Peninsula
 Breakfast at leisure (plant-based)

10 am Private Breathwork Master Class
 Lunch at leisure (plant-based)

2:30 pm Sound Healing Therapy 60'

4:30 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)
 Dinner at leisure (plant-based)

8:30 pm Wellness Treatment of choice 80'

DAY 4

7 am Vinyasa Yoga Flow (optional)
 Breakfast at leisure (plant-based)

10 am Private Breathwork Master Class
 Lunch at leisure (plant-based)

2:30 pm Master Reiki Healing Therapy 60'

4 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)
 Dinner at leisure (plant-based)

8:30 pm Warm Himalyan Salt Stone 50'
 Holistic Head & Neck Harmony 30'

DAY 5

7 am Vinyasa Yoga Flow (optional)
 Breakfast at leisure (plant-based)

10 am Private Breathwork Master Class

11 am Crystal Reiki Face Therapy 60'
 Lunch at leisure (plant-based)

2 pm Calligraphy Art Class Hoi An

6 pm Gentle Hatha Yoga (optional)
 Dinner at leisure (plant-based)

8:30 pm Soothing Coconut Bliss 50'
 Balancing Foot Massage 30'

DAY 6

7 am Vinyasa Yoga Flow (optional)
 Breakfast at leisure (plant-based)

10 am Private Breathwork Master Class
 Lunch at leisure (plant-based)

2:30 pm Sound Healing Therapy 60'

4 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)
 Dinner at leisure (plant-based)

8:30 pm Wellness Treatment of choice 80'

DAY 7

7 am Vinyasa Yoga Flow (optional)
 Breakfast at leisure (plant-based)

10 am Private Breathwork Master Class
 Lunch at leisure (plant-based)

2:30 pm Master Reiki Healing Therapy 60'

4 pm Private Creative Workshop

6 pm Gentle Hatha Yoga (optional)
 Dinner at leisure (plant-based)

8:30 pm Deep Connection Remedy 80'

DAY 8 (DEPARTURE DAY)

7 am Vinyasa Yoga Flow (optional)
 Breakfast at leisure (plant-based)

9 am Private Breathwork Master Class

10 am Aerial Flow Therapy 60'
 Closing talks & farewell

Lunch at leisure (plant-based)

Airport transfer