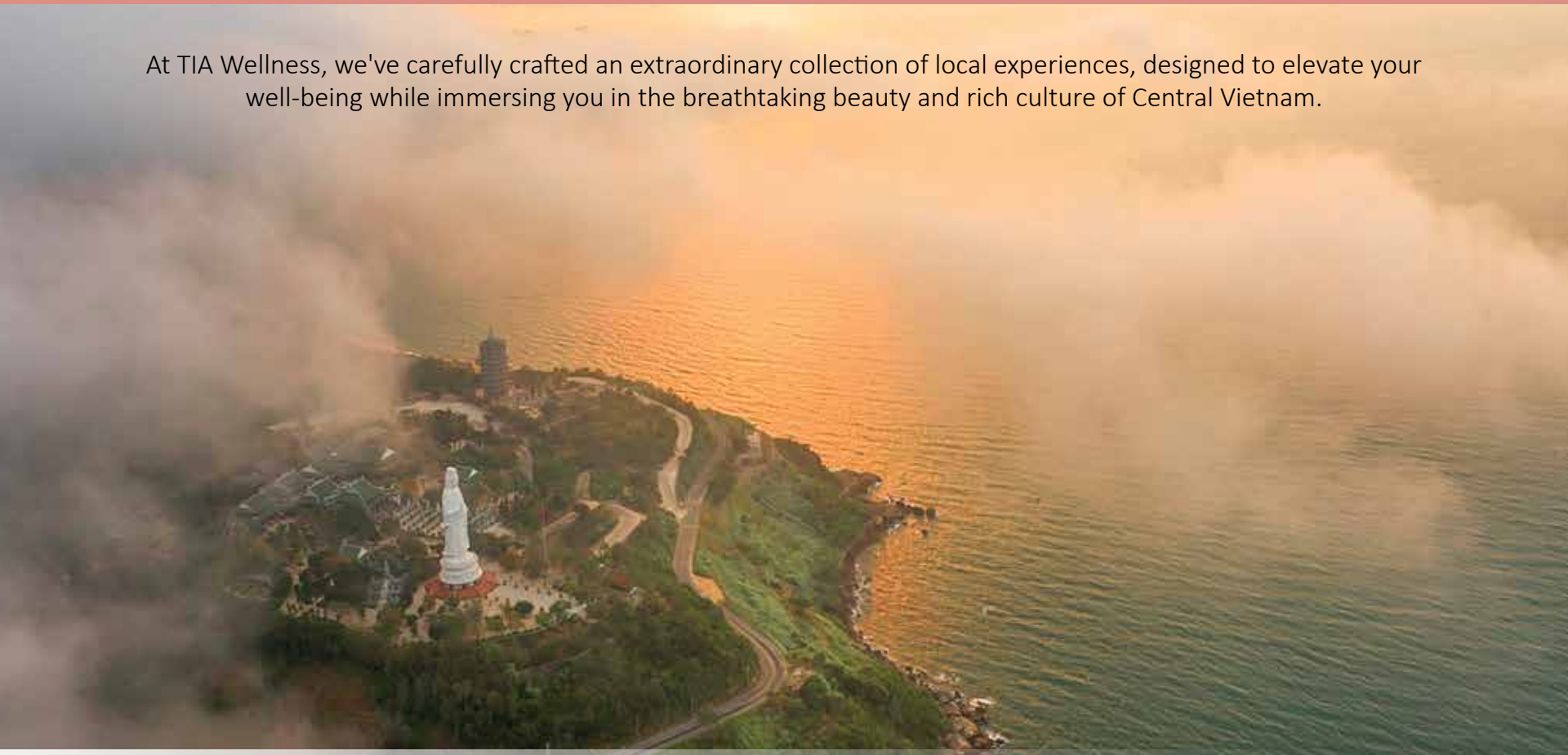
At TIA Wellness, we've carefully crafted an extraordinary collection of local experiences, designed to elevate your well-being while immersing you in the breathtaking beauty and rich culture of Central Vietnam.



EMBRACE OUR FOUR KEY WELLNESS PILLARS

NOURISH
Tra Que Vegetable Village & Healthy Cooking Class

FLOW
Marble Mountain Climb & Tai Chi

BREATHE
Lady Buddha Meditation Son Tra Peninsula

CREATE
Traditional Vietnamese Calligraphy Art Class


NOURISH

TRA QUE VEGETABLE VILLAGE & HEALTHY COOKING CLASS

Prepare yourself for an unforgettable journey into the heart of Vietnamese agriculture and the magical world of local herbs and spices.

TIME

10:30 am – 2:00 pm

PRICE

1,700,000 VND ++ per person

A Glimpse into Traditional Farming

Discover the age-old techniques passed down through generations as local farmers lovingly tend to their crops. Engage in the art of cultivating organic produce, an art that harmoniously blends man and nature.

Unearth the Richness of Vietnamese Herbs and Spices

The ultimate farm-to-table experience awaits you! With guidance from friendly locals, handpick the freshest and finest ingredients straight from the earth.

The ultimate Farm-to-Table Experience

With your handpicked ingredients, discover the art of crafting traditional Vietnamese fresh spring rolls and banh xeo bursting with authentic flavors.






FLOW





MARBLE MOUNTAIN CLIMB & TAI CHI

Embark on a soul-stirring expedition that promises to elevate your senses and leave you energized and refreshed.

TIME

6:30 am – 8:30 am (depending on season)

PRICE

1,700,000 VND ++ per person

Conquer the 156 Steps

Embrace the spirit of adventure as you ascend the 156 steps leading you to up Marble Mountain. Feel the thrill of every step taken, knowing that with each climb, you're not only exploring this natural wonder but also boosting your circulation and oxygen flow.

Embrace Serenity through Tai Chi

Find your center and let the ancient art of Tai Chi guide you. Under the guidance of a seasoned Tai Chi master, experience the gentle, flowing movements that harmonize your body and mind, leaving you feeling revitalized and at peace.

Unveil the Mystique Temples and Caves

Delve into a world of mystery and spirituality as you explore the enchanting caves and pagoda nestled within Marble Mountain.



BREATHE

LADY BUDDHA MEDITATION SON TRA PENINSULA

Meditate Amidst Tranquility and Spiritual Energy. Nestled in the embrace of the Son Tra Peninsula, this divine destination beckons you to a transformative meditation experience unlike any other.

TIME

6:00 am – 8:30 am (depending on season)

PRICE

1,700,000 VND ++ per person

Connect with Nature

As you step into the parks, breathe in the crisp, fresh air and feel the gentle caress of nature around you.

Embrace Inner Peace

Find your perfect spot in these serene parks, where you can take deep breaths, clear your mind, and meditate in harmony with nature. As you meditate, allow the spiritual energy of Son Tra Peninsula to cleanse your spirit and rejuvenate your being.

Explore Pagodas and Statues

Discover a realm of enchanting pagodas and statues, each with its unique story to tell. Lose yourself in the profound beauty and unspoiled views of Da Nang city, a sight that inspires awe and wonder.






CREATE





TRADITIONAL VIETNAMESE CALLIGRAPHY ART IN HOIAN

Welcome to the enchanting world of Hoi An. Immerse yourself in the grace and beauty of age-old art form under the expert guidance of Mr. Dong, a master calligrapher.

TIME

1:00 pm – 4:30 pm

PRICE

1,700,000 VND ++ per person - Joining Class

Journey into the Past

Step back in time as Mr. Dong shares the rich heritage and significance of calligraphy and discover the enchanting world of Hoi An Museum.

Embrace the Artistic Elegance

As you delve into the secrets of calligraphy, feel the allure of the graceful strokes and intricate characters. Be captivated by the artistic elegance that has inspired poets, scholars, and artists throughout generations.

Your Calligraphy to Cherish

Celebrate your newfound talent by taking home your personalized calligraphy artwork. A unique piece that will forever remind you of this unforgettable encounter with Vietnam's cultural heritage.

All prices are in Vietnamese Dong, subject to government tax and 5% service charge