

# Yoga Retreat

HANOI-HOI AN-VIETNAM

23. - 30.04.2023



Enjoy the combination of beautiful Vietnam and Yoga on this wonderful Yoga retreat! You will have the unique opportunity to discover Vietnam together with Huong, leader of the retreat, who is a native of Vietnam and has lived there for several decades. Join this with Huongs amazing way of teaching Yoga, and you will get an unforgettable experience!

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HUONG  
Y.O.G.A





# Yoga Retreat

## PROGRAM

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### Day 1: Sunday, 23.04.

Individual arrival in Hanoi

14:00 - 16:00h Check-in & free time

16:00 - 17:00h Welcoming ceremony at the hotel lobby

17:00 - 18:00h „Xich lo“ (3-wheel riksha) tour around the old town of Hanoi

18:00 - 20:00h Dinner at a traditional open air and front cooking „garden restaurant“ with typical traditional Vietnamese specialities.

OVERNIGHT STAY IN HANOI (dinner)

MO

### Day 2: Monday, 24.04.

08:00 - 10:00h Breakfast

11:00 - 12:00h Transfer to the airport and flight to Danang

Transfer from Danang airport to Hoi An

15:00 - 16:00h Check-in at the hotel/resort in Hoi An

16:00 - 17:30h Free time

17:30 - 19:30h Yoga practice

19:30 - 21:00h Dinner

OVERNIGHT STAY IN HOI AN (breakfast, dinner)

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### Day 3: Tuesday, 25.04.

06:00 - 08:00h Yoga practice

08:00 - 10:00h Breakfast

10:00 - 17:00h Free time

17:00 - 19:00h Yoga practice - workshop

19:00 - 20:30h Dinner

OVERNIGHT STAY IN HOI AN (breakfast, dinner)

- Breakfast in Hoi An takes place at the hotel/resort.
- Yoga practice in Hoi An takes place at the beach/pool or in the garden.
- Free time can e.g. be enjoyed at the beach or for making excursions.
- LEVEL: All levels of practitioners are welcome.
- PRICES: Double room: 1.750,- €; Single room: 2.450,- €; 150,- € early bird discount before 31.01.2023 (for the first 6 places only)

# PROGRAM

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## Day 4: Wednesday, 26.04.

06:00 - 08:00h Yoga practice

08:00 - 10:00h Breakfast

10:00 - 14:00h Free time

14:00 - 19:00h Visit of Hoi An Ancient Town incl. Phuc Kien pagoda and Japanese Bridge. Enjoy the nice cafes or go shopping. Watch the lighting of the lanterns at the river at night

19:00 - 20:30h Dinner in the old town in the old town with traditional dishes of Hoi An

OVERNIGHT STAY IN HOI AN (breakfast, dinner)

TH

## Day 5: Thursday, 27.04.

06:00 - 08:00h Yoga practice

08:00 - 10:00h Breakfast

10:00 - 17:00h Free time

17:00 - 19:00h Yoga practice - workshop

19:00 - 20:30h Dinner

OVERNIGHT STAY IN HOI AN (breakfast, dinner)

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## Day 6: Friday, 28.04.

06:00 - 08:00h Yoga practice

08:00 - 10:00h Breakfast at the hotel/resort

10:00 - 18:00h Tour to My Son Sanctuary, Vietnam's most important historical site of the ancient Champa Kingdom (option 1); Visit Hoi An Ancient Town (option 2); free time at the beach (option 3)

18:30 - 20:00h Dinner

OVERNIGHT STAY IN HOI AN (breakfast, dinner)

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## Day 7: Saturday, 29.04.

06:00 - 08:00h Yoga practice

08:00 - 10:00h Breakfast

10:00 - 17:00h Free time

17:00 - 19:00h Yoga practice - workshop

19:00 - 20:30h Dinner

OVERNIGHT STAY IN HOI AN (breakfast, dinner)

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## Day 8: Sunday, 30.04.

06:00 - 08:00h Yoga practice

08:00 - 10:00h Breakfast

10:00 - 11:30h Free time

11:30 - 12:00h Check-out and flight back to Hanoi

BREAKFAST

# FURTHER INFORMATION

## RETREAT HIGHLIGHTS

- Daily Yoga classes in the morning and afternoon in Hoi An (except for one sightseeing day)
- Yoga practice (asana, pranayama and meditation)
- Workshops (arm balance, back bending & hip opening)
- „Xich lo“ (3-wheel riksha) tour around the old town of Hanoi
- Day tour to Hoi An Ancient Town with Huong with insider tips
- Day tour to My Son Sanctuary
- Local transport only except international and local flights (Hanoi-Danang-Hanoi)
- 7 nights' accommodation (1 in Hanoi, 6 in Hoi An), 7 breakfasts and 7 dinners
- Fresh and local food at the hotel/resort and at local restaurants

## ABOUT HOI AN ANCIENTTOWN

- Just downstream from Thu Bon River, Hoi An Ancient Town is located in the heart of Quang Nam province, about 30 kilometers to the south of Danang city. Not only is it a famous tourist attraction, but also an architectural relic complex.
- Reflecting a unique cultural fusion, Hoi An Ancient Town was listed as a World Cultural Heritage by Unesco in 1999. It is a living museum of world-wide construction designs and urban lifestyle. From the 15th till the 20th century, Hoi An was an exclusive trading port between European and Asian businessmen. This is where Chinese, Japanese, and Portuguese traders have left their own vestiges via diverse architecture patterns. To this day, Hoi An Ancient Town remains notably well-preserved, almost in its original state, retaining its pure and oriental medieval style.

## ABOUT HOTEL / RESORT IN HOI AN

- 4\* hotel and resort. About four km from the town's ancient quarter. Accommodation consists of 121 luxurious deluxe and Grand Deluxe rooms, all of which evoke a traditional Vietnamese village style. The well-appointed rooms include balconies with views across manicured gardens, beach, river and lush paddy fields.
- Wide-ranging facilities include two swimming pools, tour desk, beauty salon, fitness centre, and children's playground.

## ABOUT MY SON SANCTUARY

- One of the most stunning sights to see in the Hoi An area is My Son Sanctuary, Vietnam's most important historical site of the ancient Champa Kingdom. Explore the remains of a series of impressive tower temples that were the religious and political capital of the Champa Kingdom for most of its existence. Located in the heart of a beautiful valley and surrounded by high mountains ranges, My Son was named a UNESCO World Heritage Site in 1999.