

# Yoga Retreat

HANOI - PHU QUOC, VIETNAM

13. - 20.04.2025



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

SA

**Optional:** Visiting Hanoi (needs to be booked as an add-on if desired)  
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)

SU

### Day 1: Sunday, 13.04.

Hanoi

11:00 - 12:00h Transfer to airport and flight to Phu Quoc Island (optional)  
Transfer from airport to resort  
15:00 - 16:00h Check-in at the resort in Phu Quoc  
16:00 - 17:30h Free time  
17:30 - 19:30h Yoga practice (start of Yoga retreat)  
19:30 - 21:00h Dinner  
OVERNIGHT STAY IN PHU QUOC (breakfast, dinner)

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### Day 2: Monday, 14.04.

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 PHU QUOC (breakfast, dinner)

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### Day 3: Tuesday, 15.04.

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 PHU QUOC (breakfast, dinner)

# PROGRAM

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## Day 4: Wednesday, 16.04.

06:00 - 08:00h Yoga practice  
08:00 - 10:00h Breakfast  
10:00 - 15:00h Free time  
15:00 - 18:30h Sightseeing tour on Phu Quoc Island & Photo shooting  
18:30 - 20:00h Dinner at the famous Phu Quoc Night Market  
20:00 - 21:00h Visit of Phu Quoc Night Market  
OVERNIGHT STAY IN PHU QUOC (breakfast, dinner)

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## Day 5: Thursday, 17.04.

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 PHU QUOC (breakfast, dinner)

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## Day 6: Friday, 18.04.

06:00 - 08:00h Yoga practice  
08:00 - 10:00h Breakfast  
10:00 - 14:00h Option 1: Visit of Suoi Tranh waterfall; option 2: Sao Beach (beautiful beach with powdery white sand and clear, turquoise waters); option 3: free time at the beach  
14:00 - 18:00h Free time  
18:00 - 19:30h Dinner  
OVERNIGHT STAY IN PHU QUOC (breakfast, dinner)

SA

## Day 7: Saturday, 19.04.

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 PHU QUOC (breakfast, dinner)

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## Day 8: Sunday, 20.04.

06:00 - 08:00h Yoga practice  
08:00 - 10:00h Breakfast  
10:00 - 11:30h Free time  
11:30 - 12:00h End of retreat & check-out; optional: flight back to Hanoi  
BREAKFAST

# FURTHER INFORMATION

## RETREAT HIGHLIGHTS

- Daily Yoga classes in the morning (asana, pranayama and meditation) and afternoon (workshops - arm balance, back bending & hip opening) in our Phu Quoc resort (except for two sightseeing days)
- „Xich lo“ (3-wheel riksha) tour around the old town of Hanoi (optional)
- Tour to Phu Quoc Night Market with insider tips from Huong
- Visit of a beautiful waterfall or a picturesque beach
- Local transport only except for international and local flights (Hanoi - Phu Quoc - Hanoi)
- 7 nights' accommodation in Phu Quoc incl. 7 breakfasts and dinners
- Fresh and local food at the resort and at local restaurants

## ABOUT THE “PEARL ISLAND” PHU QUOC

- Located in the Gulf of Thailand, Phu Quoc is Vietnam's largest island.
- About the size of Singapore, teardrop-shaped Phu Quoc island is located closer to the Cambodian mainland (15 km) than the Vietnamese mainland (45 km).
- Blessed with 150 km of gorgeous coastline and a heavily forested interior (more than half of the island is a national park).

## ABOUT OUR RESORT ON PHU QUOC

- Grand Ocean Bay Resort Phu Quoc is a 5-star resort built in 2024 with 155 rooms and bungalows, private beach and infinity pool.
- Located about 7 km from the town center in the picturesque Ong Lang Bay.
- The crystal-clear waters and gentle waves of the bay invite to refreshing swims or simply enjoying the serene tranquility of the beachfront.

**Breakfast in Phu Quoc: in the resort, dinner: in local restaurants or in the resort.**

**Yoga practice in Phu Quoc takes place at the Yoga shala of the resort  
Free time can be enjoyed at the beach, making excursions etc.**

**LEVEL: All levels of practitioners are welcome.**

**PRICES: Double room: 1.950,- €; single room: 2.550,-€**

**150,- € early bird discount before 30.11.2024 (first 6 places only!)**

# IMPRESSIONS OF THE RESORT



# YOGA SHALA AT THE RESORT



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