

Yoga Retreat

HANOI - DANANG, VIETNAM

04. - 11.07.2026



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

FR

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)

Day 1: Saturday, 04.07.

SA

Hanoi

11:00 - 12:00h Transfer to airport and flight to Danang (optional)
Transfer from airport to resort
14:00 - 16:00h Check-in at the Hotel in Danang
16:00 - 17:00h Free time
17:00 - 17:30h Welcome & briefing (start of retreat)
17:30 - 19:30h Yoga practice
19:30 - 21:00h Dinner
OVERNIGHT STAY IN DANANG (breakfast, dinner)

Day 2: Sunday, 05.07.

SU

05:30 - 07:30h 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 (Option: An Thuong Night Market)
OVERNIGHT STAY IN DANANG (breakfast, dinner)

Day 3: Monday, 06.07.

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05:30 - 07:30h 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 DANANG (breakfast, dinner)

PROGRAM

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Day 4: Tuesday, 07.07.

05:30 - 07:30h Yoga practice
08:00 - 10:00h Breakfast
10:00 - 16:00h Free time
16:00 - 18:30h Tour to Hoi An Ancient Town
18:30 - 20:30h Dinner at Hoi An Ancient Town
20:30 - 21:00h Driving back to Danang
OVERNIGHT STAY IN DANANG (breakfast, dinner)

WE

Day 5: Wednesday, 08.07.

05:30 - 07:30h 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 DANANG (breakfast, dinner)

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Day 6: Thursday, 09.07.

05:30 - 07:30h 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 (Option: Han River Night Market)
OVERNIGHT STAY IN DANANG (breakfast, dinner)

FR

Day 7: Friday, 10.07.

05:30 - 07:30h Yoga practice
08:00 - 10:00h Breakfast
10:00 - 16:00h Free time
17:00 - 19:00h Yoga practice - workshop
19:00 - 20:30h Dinner
OVERNIGHT STAY IN DANANG (breakfast, dinner)
(Option: full-day tour to Golden Bridge Ba Na Hills)*

SA

Day 8: Saturday, 11.07.

05:30 - 07:30h Yoga practice
08:00 - 10:00h Breakfast
10:00 - 11:00h Free time
11:00 - 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 Danang 5-star beach hotel (except for two sightseeing days)
- „Xich lo“ (3-wheel riksha) tour around the old town of Hanoi (optional)
- Tour to Hoi An Ancient Town with insider tips from Huong
- Visit Night Markets or walking at the beach
- Local transport only except for international and local flights (Hanoi - Danang - Hanoi) and Ba Na Hills
- 7 nights' accommodation in Danang incl. 7 breakfasts and dinners
- Fresh and local food at the hotel and at local restaurants
- NEW*: Enjoy a 60-minute complimentary massage at a luxurious spa in Danang

ABOUT DANANG

Danang is a vibrant coastal city located in Central Vietnam. It is the third largest city in Vietnam and boasts some of the most stunning beaches, breathtaking landscapes, and exciting attractions that make it a popular tourist destination. With its modern infrastructure and beautiful scenery, Danang offers visitors an unforgettable experience that will stay with them for many years to come.

ABOUT HOI AN ANCIENT TOWN

Hoi An Ancient Town is a famous tourist destination about more than 30 kilometers southeast of Danang's city center. Hoi An has the beauty of being ancient and full of nostalgia, harmoniously combining modern and traditional features. The city's attraction, more than 400 years old, comes from ancient architecture, moss-roofed houses, colorful lantern streets, etc.

ABOUT GOLDEN HANDS BRIDGE BA NA HILLS

Discover Ba Na Hills: Where History Meets Adventure

Once a French colonial retreat, Ba Na Hills is now a must-visit destination known for its cool climate and stunning views. Ride the world's longest non-stop cable car, explore the charming French-style Debay Village, and walk the iconic Golden Bridge, held by giant stone hands.

Top off your visit with fun and thrills at Fantasy Park, packed with rides and entertainment for all ages. Ba Na Hills – a journey above the clouds.

Breakfast in Danang in the 5-star beach hotel, dinner: in local restaurants

Yoga practice in Danang takes place at the Yoga shala of the hotel

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 28.02.2026 (first 5 places only!)

IMPRESSIONS OF THE HOTEL



MORE IMPRESSIONS

