

MOVEMENT THERAPIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 7:30	Water Meditation Max: 10 guests Meeting Point: Spa	Sound Bath Therapy Max: 20 Guests Venue: Yoga Room VND 450,000/Guest	Walking Meditation Max: 10 guests Meeting Point: Spa	Water Meditation Max: 10 guests Meeting Point: Spa	Crystal Singing Bowl Meditation Max: 20 Guests Venue: Yoga Room VND 450,000/Guest	Walking Meditation Max: 10 guests Meeting Point: Spa	Chakra Healing Meditation Max: 20 guests Venue: Yoga Room
07:00 – 08:45	Mountain Hiking Max: 10 guests Meeting Point: Spa	Biking Tour Max: 10 guests Meeting Point: Reception		Mountain Hiking Max: 10 guests Meeting Point: Spa	Biking Tour Max: 10 guests Meeting Point: Reception		
08:00 – 09:00	Yoga Max: 20 guests Venue: Yoga Room	Yoga Max: 20 guests Venue: Yoga Room	Yoga Max: 20 guests Venue: Yoga Room	Yoga Max: 20 guests Venue: Yoga Room	Yoga Max: 20 guests Venue: Yoga Room	Yoga Max: 20 guests Venue: Yoga Room	Yoga Max: 20 guests Venue: Yoga Room
09:30 – 10:00	Tai Chi Max: 20 guests Venue: Yoga Room	Breathing Class Max: 20 guests Venue: Yoga Room	Callanetic Class Max: 20 guests Venue: Yoga Room	Chakra Healing Meditation Max: 20 guests Venue: Yoga Room	Tai chi Max: 20 guests Venue: Yoga Room	Breathing Class Max: 20 guests Venue: Yoga Room	Callanetic Class Max: 20 guests Venue: Yoga Room
09:30 – 11:30	Wood Frame with Stones Max: 10 guests Venue: Craft Village VND 105,000/guest	Handmade Pottery Max: 4 guests Venue: Craft Village VND 45,000/guest	Conical Hat Décor Max: 10 guests Venue: Craft Village VND 120,000/guest	Bamboo Basket Décor Max: 10 guests Venue: Craft Village VND 85,000/guest	Wood Frame with Stones Max: 10 guests Venue: Craft Village VND 105,000/guest	Handmade Pottery Max: 4 guests Venue: Craft Village VND 45,000/guest	Conical Hat Décor Max: 10 guests Venue: Craft Village VND 120,000/guest
12:00 – 12:30	Sound Bath Therapy Max: 20 guests Venue: Yoga Room VND 450,000/guest	Crystal Singing Bowl Meditation Max: 20 guests Venue: Yoga Room VND 450,000/guest	Sound Bath Therapy Max: 20 guests Venue: Yoga Room VND 450,000/guest	Crystal Singing Bowl Meditation Max: 20 guests Venue: Yoga Room VND 450,000/guest	Sound Bath Therapy Max: 20 guests Venue: Yoga Room VND 450,000/guest	Crystal Singing Bowl Meditation Max: 20 guests Venue: Yoga Room VND 450,000/guest	Sound Bath Therapy Max: 20 guests Venue: Yoga Room VND 450,000/guest
13:00 – 13:30	Callanetic Class Max: 20 guests Venue: Yoga Room	Forest Meditation Max: 10 guests Meeting Point: Spa	Rainbow Shower Meditation Max: 20 guests Venue: Yoga Room VND 450,000/guest	Breathing Class Max: 20 guests Venue: Yoga Room	Callanetic Class Max: 20 guests Venue: Yoga Room	Rainbow Shower Meditation Max: 20 guests Venue: Yoga Room VND 450,000/guest	Tai Chi Max: 20 guests Venue: Yoga Room
14:00 – 15:00	Mask Making Max: 10 guests Venue: Craft Village VND 45,000/guest	Bamboo Basket Décor Max: 10 guests Venue: Craft Village VND 85,000/guest	Handmade Pottery Max: 4 guests Venue: Craft Village VND 45,000/guest	Handmade Pottery Max: 4 guests Venue: Craft Village VND 45,000/guest	Conical Hat Décor Max: 10 guests Venue: Craft Village from VND 50,000 - 120,000/guest	Bamboo Basket Décor Max: 10 guests Venue: Craft Village VND 85,000/guest	Handmade Pottery Max: 4 guests Venue: Craft Village VND 45,000/guest
15:00 – 16:00	Binh An – Tea & Qigong Max: 20 guests Meeting Point: Reception	Binh An – Tea & Qigong Max: 20 guests Meeting Point: Reception	Binh An – Tea & Qigong Max: 20 guests Meeting Point: Reception	Binh An – Tea & Qigong Max: 20 guests Meeting Point: Reception	Binh An – Tea & Qigong Max: 20 guests Meeting Point: Reception	Binh An – Tea & Qigong Max: 20 guests Meeting Point: Reception	Binh An – Tea & Qigong Max: 20 guests Meeting Point: Reception
16:30 – 18:00	Alba Farm Visit Max: 15 guests Meeting Point: Reception	Alba Farm Visit Max: 15 guests Meeting Point: Reception	Alba Farm Visit Max: 15 guests Meeting Point: Reception	Alba Farm Visit Max: 15 guests Meeting Point: Reception	Alba Farm Visit Max: 15 guests Meeting Point: Reception	Alba Farm Visit Max: 15 guests Meeting Point: Reception	Alba Farm Visit Max: 15 guests Meeting Point: Reception
18:00 – 18:45		Yin Yoga Max: 20 guests Venue: Yoga Room		Kundalini Yoga Max: 20 guests Venue: Yoga Room		Restorative Yoga Max: 20 persons Venue: Yoga Room	
20:00 – 20:30		Sound Bath Therapy Max: 20 guests Venue: Yoga Room VND 450,000/guest		Sound Bath Therapy Max: 20 guests Venue: Yoga Room VND 450,000/guest		Sound Bath Therapy Max: 20 persons Venue: Yoga Room VND 450,000/guest	

Please contact us at extension number "0" to book your movement therapy or if you need further assistance.