

DAILY WELLNESS ACTIVITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	Walking Meditation (30 min) Max: 10 guests Meeting Point: Spa	Water Meditation (30 min) Max: 10 guests Meeting Point: Spa	The Gayatri Meditation (30 min) Max: 20 guests Meeting Point: Yoga Room	Water Meditation (30 min) Max: 10 guests Meeting Point: Spa	Walking Meditation (30 min) Max: 10 guests Meeting Point: Spa	Gong Meditation (30 min) Max: 20 guests Meeting Point: Yoga Room	Chakra Healing Meditation (30 min) Max: 20 guests Venue: Yoga Room
07:00	Mountain Hiking (105 min) Max: 10 guests Meeting Point: Spa	Biking Tour (105 min) Max: 10 guests Meeting Point: Reception	Mountain Hiking (105 min) Max: 10 guests Meeting Point: Spa	Mountain Hiking (105 min) Max: 10 guests Meeting Point: Spa VND 200,000/guest	Biking Tour (105 min) Max: 10 guests Meeting Point: Reception		
08:00	Alba Wellness Yoga (60 min) Max: 20 guests Venue: Yoga Room	Alba Wellness Yoga (60 min) Max: 20 guests Venue: Yoga Room	Alba Wellness Yoga (60 min) Max: 20 guests Venue: Yoga Room	Alba Wellness Yoga (60 min) Max: 20 guests Venue: Yoga Room	Alba Wellness Yoga (60 min) Max: 20 guests Venue: Yoga Room	Alba Wellness Yoga (60 min) Max: 20 guests Venue: Yoga Room	Alba Wellness Yoga (60 min) Max: 20 guests Venue: Yoga Room
09:30	Dantian Breathing (30 min) Max: 20 guests Venue: Yoga Room	Pranayama (30 min) Max: 20 guests Venue: Yoga Room	Tai Chi (30 min) Max: 20 guests Venue: Yoga Room	Dantian Breathing (30 min) Max: 20 guests Venue: Yoga Room	Pranayama (30 min) Max: 20 guests Venue: Yoga Room	Tai Chi (30 min) Max: 20 guests Venue: Yoga Room	Pranayama (30 min) Max: 20 guests Venue: Yoga Room
12:00	Sound Bath Therapy (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest	Crystal Singing Bowl Meditation (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest	Sound Bath Therapy (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest	Crystal Singing Bowl Meditation (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest	Sound Bath Therapy (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest	Crystal Singing Bowl Meditation (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest	Sound Bath Therapy (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest
14:00	Rainbow Shower Meditation (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest	Chakra Healing Meditation (30 min) Max: 20 guests Venue: Yoga Room	Rainbow Shower Meditation (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest	Chakra Healing Meditation (30 min) Max: 20 guests Venue: Yoga Room	Rainbow Shower Meditation (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest	Chakra Healing Meditation (30 min) Max: 20 guests Venue: Yoga Room	Rainbow Shower Meditation (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest
14:00	Mask Making (60 min) Max: 10 guests Venue: Craft Village VND 100,000/guest	Acrylic Bead Bracelet (60 min) Max: 20 guests Venue: Craft Village VND 100,000/guest	Handmade Pottery (60 min) Max: 4 guests Venue: Craft Village VND 150,000/guest	Canvas Painting (60 min) Max: 10 guests Venue: Craft Village VND 200,000/guest	Conical Hat Décor (60 min) Max: 10 guests Venue: Craft Village VND 150,000/guest	Bamboo Basket Décor (60 min) Max: 10 guests Venue: Craft Village VND 150,000/guest	Handmade Pottery (60 min) Max: 4 guests Venue: Craft Village VND 150,000/guest
15:00	Binh An – Tea & Qigong (45 min) Max: 20 guests Meeting Point: Reception	Forest Meditation (30 min) Max: 10 guests Meeting Point: Spa	Binh An – Tea & Qigong (45 min) Max: 20 guests Meeting Point: Reception	Forest Meditation (30 min) Max: 10 guests Meeting Point: Spa	Binh An – Tea & Qigong (45 min) Max: 20 guests Meeting Point: Reception	Forest Meditation (30 min) Max: 10 guests Meeting Point: Spa	Binh An – Tea & Qigong (45 min) Max: 20 guests Meeting Point: Reception
16:00		Sacred Tea & Qigong Journey (60 min) Max: 20 guests Venue: Reception VND 300,000/guest		Sacred Tea & Qigong Journey (60 min) Max: 20 guests Venue: Reception VND 300,000/guest		Sacred Tea & Qigong Journey (60 min) Max: 20 guests Venue: Reception VND 300,000/guest	
16:30	Alba Farm Visit (90 min) Max: 15 guests Meeting Point: Reception	Alba Farm Visit (90 min) Max: 15 guests Meeting Point: Reception	Alba Farm Visit (90 min) Max: 15 guests Meeting Point: Reception	Alba Farm Visit (90 min) Max: 15 guests Meeting Point: Reception	Alba Farm Visit (90 min) Max: 15 guests Meeting Point: Reception	Alba Farm Visit (90 min) Max: 15 guests Meeting Point: Reception	Alba Farm Visit (90 min) Max: 15 guests Meeting Point: Reception
18:00	Water Therapy (30 min) One-on-One Session Meeting Point: Spa VND 1,080,000/guest	Yin Yoga (45 min) Max: 20 guests Venue: Yoga Room	Water Therapy (30 min) One-on-One Session Meeting Point: Spa VND 1,080,000/guest	Chandra Namaskara Moon Salutation (45 min) Max: 20 guests Venue: Yoga Room	Water Therapy (30 min) One-on-One Session Meeting Point: Spa VND 1,080,000/guest	Yin Yoga (45 min) Max: 20 guests Venue: Yoga Room	Chandra Namaskara Moon Salutation (45 min) Max: 20 guests Venue: Yoga Room
19:00	Acrylic Bead Bracelet (150 min) Max: 20 guests Venue: Craft Village VND 100,000/guest	Natural Stone Bracelet (150 min) Max: 20 guests Venue: Craft Village VND 150,000/guest	Floral/Herbal Sachet (150 min) Max: 20 guests Venue: Craft Village VND 100,000/guest	Statue Painting (150 min) Max: 20 guests Venue: Craft Village VND 100,000/guest	Natural Stone Bracelet (150 min) Max: 20 guests Venue: Craft Village VND 150,000/guest	Acrylic Bead Bracelet (150 min) Max: 20 guests Venue: Craft Village VND 100,000/guest	Floral/Herbal Sachet (150 min) Max: 20 guests Venue: Craft Village VND 100,000/guest
19:30		Sound Bath Therapy (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest		Sound Bath Therapy (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest		Sound Bath Therapy (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest	Sound Bath Therapy (30 min) Max: 20 guests Venue: Yoga Room VND 450,000/guest

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