

MOVEMENT THERAPIES

TIME / DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45	Water Meditation / Mountain Hiking Max: 10 persons Meeting Point: Spa	Biking tour Max: 10 persons Meeting Point: Reception	Walking Meditation Max: 10 persons Meeting Point: Spa	Water Meditation / Mountain Hiking Max: 10 persons Meeting Point: Spa	Biking tour Max: 10 persons Meeting Point: Reception	Walking Meditation Max: 10 persons Meeting Point: Spa	Chakra Healing Meditation Max: 20 persons Meeting Point: Yoga Room
08:00 - 09:00	Yoga Max: 20 persons Venue: Yoga room	Yoga Max: 20 persons Venue: Yoga room	Yoga Max: 20 persons Venue: Yoga room	Yoga Max: 20 persons Venue: Yoga room	Yoga Max: 20 persons Venue: Yoga room	Yoga Max: 20 persons Venue: Yoga room	Yoga Max: 20 persons Venue: Yoga room
9:30 - 11:30	Wood Frame with Stones Max: 10 persons Venue: Craft Village VND 100,000	Handmade Pottery Max: 5 persons Venue: Craft Village VND 45,000	Conical Hat Décor Max: 10 persons Venue: Craft Village VND 50,000	Bamboo Basket Décor Max: 10 persons Venue: Craft Village VND 85,000	Wood Frame with Stones Max: 10 persons Venue: Craft Village VND 100,000	Handmade Pottery Max: 5 persons Venue: Craft Village VND 45,000	Conical Hat Décor Max: 10 persons Venue: Craft Village VND 50,000
	Taichi Max: 20 persons Venue: Yoga room Time: 9:30 - 10:30	Breathing Class Max: 20 persons Venue: Yoga Room Time: 9:30 - 10:30	Callanetic Class Max: 20 persons Venue: Yoga room Time: 9:30 - 10:30	Chakra Healing Meditation Max: 20 persons Meeting Point: Yoga Room	Taichi Max: 20 persons Venue: Yoga room Time: 9:30 - 10:30	Breathing Class Max: 20 persons Venue: Yoga Room Time: 9:30 - 10:30	Callanetic Class Max: 20 persons Venue: Yoga room Time: 9:30 - 10:30
13:00 - 14:00	Callanetic Class Max: 20 persons Venue: Yoga room	Forest Meditation Max: 10 persons Meeting Point: Spa	Rainbow Shower Meditation Max: 20 persons Venue: Yoga room	Breathing Class Max: 20 persons Venue: Yoga Room	Callanetic Class Max: 20 persons Venue: Yoga room	Rainbow Shower Meditation Max: 20 persons Venue: Yoga room	Taichi Max: 20 persons Venue: Yoga room
14:00 - 15:00	Mask Making Max: 10 persons Venue: Craft Village VND 45,000	Bamboo Basket Décor Max: 10 persons Venue: Craft Village VND 85,000	Handmade Pottery Max: 5 persons Venue: Craft Village VND 45,000	Handmade Pottery Max: 5 persons Venue: Craft Village VND 45,000	Conical Hat Décor Max: 10 persons Venue: Craft Village VND 50,000	Bamboo Basket Décor Max: 10 persons Venue: Craft Village VND 85,000	Handmade Pottery Max: 5 persons Venue: Craft Village VND 45,000
15:00 - 16:00	Binh An - Tea & Qigong Max: 20 persons Meeting point: Reception	Binh An - Tea & Qigong Max: 20 persons Meeting point: Reception	Binh An - Tea & Qigong Max: 20 persons Meeting point: Reception	Binh An - Tea & Qigong Max: 20 persons Meeting point: Reception	Binh An - Tea & Qigong Max: 20 persons Meeting point: Reception	Binh An - Tea & Qigong Max: 20 persons Meeting point: Reception	Binh An - Tea & Qigong Max: 20 persons Meeting point: Reception
16:30 - 18:00	Alba Farm visit Max: 15 persons Meeting Point: Reception	Alba Farm visit Max: 15 persons Meeting Point: Reception	Alba Farm visit Max: 15 persons Meeting Point: Reception	Alba Farm visit Max: 15 persons Meeting Point: Reception	Alba Farm visit Max: 15 persons Meeting Point: Reception	Alba Farm visit Max: 15 persons Meeting Point: Reception	Alba Farm visit Max: 15 persons Meeting Point: Reception
20:00 - 21:00		Yin Yoga Max: 20 persons Venue: Yoga room		Kundalini Yoga Max: 20 persons Venue: Yoga room		Restorative Yoga Max: 20 persons Venue: Yoga room	

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