

SEARCH FOR *SERENITY*

A YOGA RETREAT TO NORTHERN VIETNAM
WITH MASTER MOHAN
6 – 10 November 2024 (5D4N)

Immerse yourself in tranquility and rejuvenation in this yoga retreat with Master Mohan to Hanoi, Halong Bay, and Sapa.

With the rich culture of Hanoi and the serene highland landscapes of Sapa, this retreat offers a harmonious blend of mindfulness and exploration. In addition, daily yoga sessions will be designed to deepen your practice, complemented by meditation amidst breathtaking natural beauty.

Experience cultural excursions, nourishing cuisine, and the wisdom of Master Mohan, all put together to create an unforgettable journey of self-discovery and relaxation.



◦ LED BY YOGA MASTER MOHAN ◦



ABOUT THE ACCOMMODATION

MƯỜNG THANH GRAND HANOI CENTRE HOTEL

Combining modern elegance with traditional Vietnamese hospitality in the heart of the city, Mường Thanh Grand Hanoi Centre offers spacious rooms, exquisite dining options, and top-notch amenities. Enjoy easy access to Hanoi's iconic attractions and vibrant cultural scene.

SAPA BAMBOO HOTEL

Nestled in the picturesque hills of Sapa, Sapa Bamboo Hotel provides a serene retreat with breathtaking views of the surrounding mountains and terraced rice fields. The hotel features cozy accommodations and convenient access to the area's scenic trekking routes and local markets.

TENTATIVE SCHEDULE

6-10 November (5D4N) (Wednesday - Sunday)

Day 1 : 6th November (Wednesday)

- Arrival at Hanoi Airport
- Bus trip to Halong Bay*
- Boat trip through Halong Bay
- Group lunch on boat
- Transfer to bamboo boats, visit to Thien Cung Cave
- Return to main boat for yoga workshop
- Transfer to bus for trip back to Hanoi
- Check in to Mường Thanh Grand Hanoi Centre Hotel
- Welcome dinner

**Transport is only provided for attendees arriving via the recommended flight/at the same time of the recommended flight.*

Day 2 : 7th November (Thursday)

- 6AM - Morning yoga class at the hotel
- Breakfast at the hotel
- Check out and departure from hotel for Sapa
- Group lunch in Lào Cai City
- Check in at Sapa Bamboo Hotel
- Group sightseeing of Lao Cai and Ta Van village
- Dinner at the hotel
- Pool yoga class
- Free and easy

Day 3 : 8th November (Friday)

- Breakfast at the hotel
- Departure from hotel for group sightseeing and cable car ride to Fansipan Mountain
- Group buffet lunch
- Group sightseeing of Heaven's Gate and Silver Waterfall
- Dinner at the hotel
- Outdoor yoga class
- Free and easy

Day 4 : 9th November (Saturday)

- 6AM - Morning yoga class at hotel
- Breakfast at hotel
- Departure from hotel for group sightseeing of Cat Cat Village
- Check out of hotel
- Group lunch in Sapa
- Departure from Sapa to Hanoi
- Buffet dinner at Sen Tây Hồ
- Check-in to Mường Thanh Grand Hanoi Centre Hotel
- Free and easy

Day 5 : 10th November (Sunday)

- 6AM - Morning yoga class at hotel
- Breakfast at hotel
- Departure from hotel to airport for flight back to Singapore

Itinerary is tentative and subjected to changes.

PACKAGE PRICES (PER PAX)

(NOT INCLUSIVE OF AIRFARE)

First 5 Sign-ups

Single Occupancy	S\$1,500.00
Double Occupancy	S\$1,200.00

Early Bird (till 14 October 2024)

Single Occupancy	S\$1,650.00
Double Occupancy	S\$1,350.00

Regular Price

Single Occupancy	S\$1,900.00
Double Occupancy	S\$1,600.00

RECOMMENDED FLIGHTS

SINGAPORE – HANOI(6 NOVEMBER, 6:15AM – 08:35AM):
SCOOT TR 300

HANOI – SINGAPORE(10 NOVEMBER, 12:35PM – 5:15PM):
SINGAPORE AIRLINES SQ 191

**QUICK! SECURE YOUR SLOTS
VIA ONLINE RESERVATION TODAY!**

OR

EMAIL US AT
events@yogaedition.sg

For other enquiries, also drop us an email at
events@yogaedition.sg

