

NEW YEAR

Retreat

30 Dec - 03 Jan 2021
5 days 4 nights

◦ INCLUDED ◦

Transfers from Dong Hoi to
Phong Nha Farmstay and back

Breakfasts

Welcome dinner and New Year dinner

3 tours
(2 to the caves + bike tour)

14 hrs of Yoga/meditation/
Pranayama



◦ NOT INCLUDED ◦

Return flight or train to Dong Hoi

2 dinners and lunches

Drinks, alcohol



◦ ITINERARY ◦

DAY 1 (30 Dec)

Arriving by lunch
afternoon bike ride around the area

5-6.30PM Gentle Yoga Practice

7PM Welcome dinner and the movie

DAY 2 (31 Dec)

7-9AM Dynamic Yoga practice
Breakfast
Visiting the Cave

5-6.30PM Gentle yoga practice

7.30PM Special New Year Dinner and celebration



DAY 3 (1 Jan) Happy New Year!

8-10AM New Year Yoga Practice

Late Breakfast

Relaxing day around the resort

5-6.30PM Relaxing yoga class

Dinner at your convenience

Bonfire



DAY 4 (2 Jan)

7-9AM Dynamic yoga practice

Breakfast

Visiting the Cave

5-6.30PM Gentle yoga practice

Dinner at your convenience

Movie night

DAY 5 (3 Jan)

7-9AM Dynamic Yoga practice

Breakfast

Relax time around the farmstay

Check-out at 12.00



◦ ACCOMMODATION ◦

Villa with private pool

Cost: 10,500,000VND/person (possible for family 2+2)
No Yoga: 9,000,000VND

Family Suit (2+2 kids)

Cost: 9,000,000VND/person
No yoga: 7,500,000VND

Standard room

Cost: 8,000,000VND/person
No yoga: 6,500,000VND



children friendly