



PARK REGIS
COCOBAY • DA NANG

PARK REGIS YOGA RETREAT

This 6-10 days yoga retreat is aims to escape from hectic life to gain spirituality and descend into our inner self. This program will help to reduce stress and anxiety. It rejuvenates us to achieve a new way of healthy living and lifestyle. This program will help to you to understand the importance of Yoga, breathing and mediation into our daily life. It also enhances our blood flow and stimulates our immune system if we encounter with any kinds of disease.

5 NIGHTS / 6 DAYS

For Two (2) People One Bedroom City View

PERIOD	RATES	
	USD	VND
21 JUNE TO 23 DEC 2020	612	14,370,000

For Three (3) People One Bedroom City View

PERIOD	RATES	
	USD	VND
21 JUNE TO 23 DEC 2020	866	20,330,000

Inclusive of the following

- *Five (5) night accommodation (as per room available above)*
- *Introduction about Yoga & Meditation (Theory)*
- *Daily Personalized Yoga, Breathing or Meditation session*
- *Daily Jal Nati*
- *Three (3x) 60 minute Relaxing Massage per person*
- *Two (2x) candle gazing*
- *One (1x) Personal Coaching Session with the Yoga Master*
- *One (1x) Wellness Consultation per person*
- *One (1x) Marble Mountain Tour*
- *Round Trip Airport Transfers*
- *Complimentary Coco City Tour*
- *Arrival & Departure Gift*

Program Overview

Day 1 - Arrival date

- a. Enjoy the ambiance of room & the arrival gift set up in your villa
- b. Wellness Consultation with spa consultant
- c. 5.00 PM Personalized meditation
- d. Relaxing 60 minutes Massage (1)

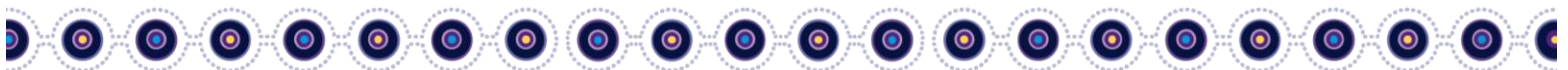
PARK REGIS COCOBAY DA NANG

Cocobay, Group 53 Tan Tra, Truong Sa Street, Ngu Hanh Son District, Danang, Vietnam

T: +84 236 3923 333

E: Info@parkregiscoobay.com

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Day 2

- a. Wellness Consultation with body composition analyzer
- b. 7.00 - 8.30 AM Jal Nati with breathing and meditation
- c. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- d. 10:00 -12 nn Introduction about Asana (Theory)
- e. 3.00 PM Asana Yoga
- f. Candle Gazing (1)

Day 3

- a. 7.00 – 8.30 AM Jal Nati with breathing and meditation
- b. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- c. Marble Mountain Tour
- d. 4.00 PM Hatha Yoga
- e. Relaxing 60minutes massage (2)

Day 4

- a. 7-8.30AM: Jal Nati with breathing and meditation
- b. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- c. 11-12nn: Mindfulness Meditation
- d. 4PM Vinyasa Flow
- e. Candle Gazing (2)

Day 5

- a. 7.00 - 8.30 AM Jal Nati with Yin Yoga
- b. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- c. 10:00 – 12 nn Introduction about Meditation (Theory)
- d. 3.00 PM Chakra Meditation
- e. Relaxing 60 minutes massage (3)

Day 6

- a. 7.00 - 8.00 AM Yoga Nidra
- b. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- c. Coaching session with the Yoga Master
- d. 12 noon Check out with departure gift

9 NIGHTS / 10 DAYS

For Two (2) People One Bedroom City View

PERIOD	RATES	
	USD	VND
21 JUNE TO 23 DEC 2020	999	23,460,000

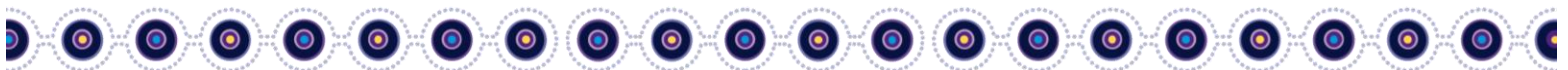
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For Three (3) People One Bedroom City View

PERIOD	RATES	
	USD	VND
21 JUNE TO 23 DEC 2020	1,411	33,140,000

Inclusive of the following

- Nine (9) night accommodation (as per room available above)
- Introduction about Yoga, Breathing & Meditation (Theory)
- Daily Personalized Yoga, Breathing or Meditation session
- Daily Jal Nati
- Five (5x) 60 minute Relaxing Massage per person
- Three (3x) candle gazing
- One (1x) Personal Coaching Session with the Yoga Master
- One (1x) Wellness Consultation per person
- One (1x) Marble Mountain Tour
- One (1x) Lady Pagoda Tour
- Round Trip Airport Transfers
- Complimentary Coco City Tour
- Arrival & Departure Gift

Program Overview

Day 1 - Arrival date

- Enjoy the ambiance of room & the arrival gift set up in your villa
- Wellness Consultation with spa consultant
- 5.00 PM Personalized meditation
- Relaxing 60minutes Massage (1)

Day 2

- Wellness Consultation with body composition analyzer
- 7.00 - 8.30 AM: Jal Nati with breathing and meditation
- Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- 10.30 – 12 nn Introduction about Asana (Theory)
- 3PM Asana Yoga

Day 3

- 7 - 8.30 AM: Jal Nati with breathing and meditation
- Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- Marble Mountain Tour
- 4.00 PM Hatha Yoga
- Relaxing 60 minutes massage (2)

Day 4

- 7.00 - 8.30 AM: Jal Nati with breathing and meditation

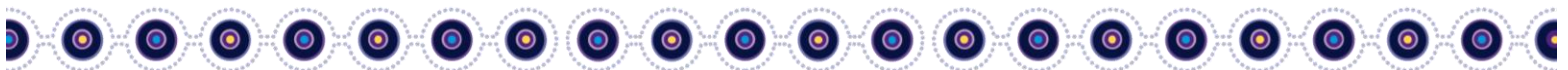
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- b. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- c. 11 - 12nn Mindfulness Meditation
- d. 4.00 PM Vinyasa Flow
- e. Candle Gazing after dinner

Day 5

- a. 7.00 - 8.30 AM: Jal Nati with Yin Yoga
- b. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- c. 10.00 - 12nn Introduction about Meditation (Theory)
- d. 3.00 PM: Chakra Meditation
- e. Relaxing 60minutes massage (3)

Day 6

- a. 7-8.30AM Jal Nati with Awakening Yoga
- b. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- c. 11.00 – 12 nn: Breathing session
- d. 4.00 PM: Stability Yoga

Day 7

- a. 7.00 – 8.30 AM Jal Nati with Yoga focusing for the peace of mind
- b. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- c. Lady Pagoda Tour
- d. 3.00 PM Mindfulness Meditation
- e. Relaxing 60 minutes massage (4)
- f. Candle Gazing

Day 8

- a. 7.00 - 8.30 AM: Jal Nati with breathing and meditation
- b. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- c. 11 AM: Breathing session
- d. 3 PM: Power Yoga
- e. Dinner with our Wellness / Vegetarian Menu

Day 9

- a. 7.00 – 8.30 AM Jal Nati with Kundalini and bhandha Yoga
- b. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- c. 10.00 – 12 nn Theory of Breathing techniques
- d. 3.00 PM Breathing Session
- e. Relaxing 60minutes massage (5)
- f. Candle Gazing

Day 10

- e. 7.00 - 8.00 AM Yoga Nidra
- f. Experience breakfast in Hay Hay Restaurant or in B Lounge with our Wellness / Vegetarian Menu
- g. Coaching session with the Yoga Master
- h. 12noon Check out with departure gift

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