



Itinerary

Breathe Move Connect: Vietnam Yoga Retreat

***IMPORTANT NOTE:** Any extra nights, optional tours or other amendments, will not be visible on this itinerary.

Day 1: Arrive Hanoi

Welcome to Vietnam! Your holiday begins in Hanoi, the country's vibrant capital, known for its charming Old Quarter, bustling streets and rich cultural heritage.

Upon arrival at the airport, you will be greeted by a tour representative and transferred to your hotel. The remainder of the day is free at leisure, giving you time to relax after your journey or begin exploring Hanoi at your own pace.

MEALS: Nil

OVERNIGHT : The Q Hotel, Hanoi

Day 2: Hanoi

After breakfast, meet your guide and driver in the hotel lobby for an introduction and safety briefing before heading out on today's adventure!

Discover the real Hanoi on an exciting vintage military Jeep tour, exploring hidden alleyways, local markets and everyday Vietnamese life. Pass Hanoi's iconic landmarks, including the Ho Chi Minh Mausoleum, Tran Quoc Pagoda, Temple of Literature, French Quarter, Hoan Kiem Lake, West Lake, Hanoi Opera House and historic Long Bien Bridge.

No visit to Hanoi would be complete without experiencing its vibrant food scene. Stop at Hidden Gem Cafe to savour authentic Vietnamese specialities, local delicacies and traditional family recipes. After lunch, continue to Bat Trang Ceramic Museum, where you'll discover Vietnam's rich pottery heritage, explore traditional and contemporary ceramics, and learn about the craftsmanship behind these beautiful pieces. You might even want to try it yourself!

MEALS: Breakfast, Lunch

OVERNIGHT : The Q Hotel,, Hanoi

Day 3: Hanoi ~ Ha Long Bay ~ Lan Ha Bay

After breakfast at your hotel, join a shuttle transfer from your hotel to Tuan Chau Port, with a short rest stop along the way. Upon arrival, check in at the waiting lounge before boarding the Aurora Cruise. Enjoy a welcome drink while the Cruise Manager introduces the itinerary and provides a safety briefing.

Enjoy a delicious lunch on board as you cruise through the spectacular scenery of Lan Ha Bay, an extension of Ha Long Bay, known for its tranquil atmosphere, emerald waters and impressive limestone formations. Continue to Tra Bau, a beautiful area featured in the 2018 film Kong: Skull Island, where you can go kayaking and swimming amid the stunning natural surroundings.

In the late afternoon, return to the cruise for a sunset party on the sundeck. Take advantage of happy hour (not included) while enjoying panoramic bay views, followed by a Vietnamese cooking class where the chef will guide you in preparing traditional fresh spring rolls. As evening falls, enjoy a special dinner featuring gourmet Vietnamese cuisine, with a romantic candlelit dinner on the sundeck subject to weather conditions. After dinner, relax on deck beneath the night sky or enjoy optional activities such as squid fishing, drinks at the Sky Bar or an onboard massage (additional charges apply).

Overnight on board the Aurora Cruise, surrounded by the peaceful beauty of Lan Ha Bay.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT : Onboard Aurora/Le Journey Cruise

Day 4: Lan Ha Bay ~ Halong Bay Cruise

Begin your morning with a peaceful Tai Chi session on the sundeck, or wake early to enjoy the sunrise over the bay. Sunrise Yoga time TBA Afterwards, enjoy a light breakfast of pastries, tea and coffee as the cruise sails towards your next destination.

Continue exploring Cat Ba Island and Lan Ha Bay with a transfer boat to Viet Hai Village. Upon arrival in the village, enjoy a scenic 5km bike ride through lush forests and towering mountains to this secluded village, nestled within Cat Ba National Park. Discover its tranquil atmosphere, yet to attract the majority of tourist, and experience a glimpse of traditional rural life surrounded by pristine natural landscapes.

Return to the transfer boat for lunch on board before heading to Ba Trai Dao Beach, a beautiful, secluded stretch of white sand. Spend the afternoon swimming in the crystal-clear waters or enjoying kayaking amid the spectacular limestone scenery. Return to the Aurora Cruise and unwind as the sun sets over Lan Ha Bay. Join the sunset party on the sundeck and enjoy dinner on board before spending a relaxing evening taking in the peaceful bay views.

Optional activities include karaoke and cooking class. Squid fishing, drinks at the Sky Bar and onboard massage services (additional charges apply).

Overnight on board the Aurora Cruise.

MEALS: Breakfast, Lunch, Dinner

OVERNIGHT : Onboard Aurora Cruise

Day 5: Halong Bay ~ Back to Hanoi ~ Amaya Retreat

Begin your morning with a peaceful Tai Chi session on the sundeck, surrounded by the tranquil beauty of the bay. Morning Yoga time TBA. Afterwards, enjoy a light breakfast with tea, coffee and pastries as the cruise continues through the spectacular limestone scenery.

At 8:00 AM, explore Dark and Light Cave by traditional bamboo boat, discovering the bay's beautiful rock formations and hidden waterways. Return to the Aurora Cruise to complete check-out before enjoying brunch on board as the vessel sails back towards the harbour. Relax on the sundeck and take in the final views of this UNESCO World Heritage landscape before transferring to Tuan Chau Port.

Upon arrival, meet your driver for a transfer to Amaya Retreat, approximately one hour from Hanoi. Nestled among lush pine trees, this peaceful hideaway features charming wooden bungalows surrounded by nature. Escape the bustle of the city, breathe in the fresh forest air and unwind to the soothing sounds of birdsong. In the afternoon, enjoy a yoga session time TBA. Spend the remainder of the day relaxing in the tranquil surroundings of this beautiful retreat.

MEALS: Breakfast, Lunch

OVERNIGHT : Amaya Retreat

Day 6: Amaya Wellness Retreat & Yoga

Enjoy a full day of relaxation at Amaya Retreat, surrounded by peaceful pine forests and beautiful natural scenery. After a leisurely breakfast at the retreat, spend the day enjoying the tranquil surroundings and the facilities at your own pace. Relax by the outdoor swimming pool, take a gentle walk through the pine forest or simply unwind in your private space while breathing in the fresh mountain air.

Enjoy some yoga or meditation in the forest Yoga time TBA, allowing you to fully reconnect with nature and embrace the peaceful atmosphere.

MEALS: Breakfast

OVERNIGHT : Amaya Retreat

Day 7: Amaya Wellness Retreat ~ Sa Pa

Enjoy a relaxing morning at Amaya Retreat, surrounded by the peaceful pine forest and beautiful natural scenery. Take a refreshing dip in the outdoor swimming pool or join a morning yoga session amidst the tranquil forest surroundings. Yoga time TBA

Afterwards, meet your driver (no guide) and depart for Sa Pa, with a journey of approximately 5 hours. Stop along the way for lunch at a local restaurant and enjoy a short rest before continuing through the scenic landscapes of northern Vietnam. Upon arrival in Sa Pa, check in to your hotel and enjoy the remainder of the evening at leisure. Relax after your journey or take a leisurely stroll around town and soak up the charming mountain atmosphere.

MEALS: Breakfast, Lunch

OVERNIGHT : Lady Hill Resort, Sa Pa

Day 8: Sa Pa Trekking & Yoga

After breakfast at the hotel, begin your trekking adventure at 8:30 AM, visiting the villages of Cat Cat and Sin Chai, home to the Black H'mong ethnic minority. Discover the traditional lifestyle and cultural heritage of these local communities while enjoying the beautiful mountain scenery. Continue your trek through lush green forests and picturesque landscapes, visiting a scenic waterfall and the historic hydroelectric power station built during the French colonial period. Enjoy the fresh mountain air and breathtaking views as you make your way back to Sapa town.

Upon arrival, return to your hotel and enjoy the remainder of the afternoon at leisure, relaxing after a day of exploration or taking a leisurely stroll through the town.

MEALS: Breakfast, Lunch

OVERNIGHT : Lady Hill Resort, Sa Pa

Day 9: Sa Pa Day of Leisure & Yoga

Enjoy breakfast at the hotel before spending the day at leisure in Sapa. Explore the charming town at your own pace, discover local markets, visit nearby attractions, or simply relax and admire the beautiful mountain scenery. Yoga time TBA

MEALS: Breakfast

OVERNIGHT : Lady Hill Resort, Sa Pa

Day 10: Sa Pa ~ Hanoi

Begin your morning with an early yoga session YOGA TBA, followed by breakfast at the hotel. Check out by 10:00 AM and depart via Bus/Van for Hanoi. Upon arrival in Hanoi, transfer to your hotel and enjoy the remainder of the evening at leisure. You might wish to take this opportunity to head to Hanoi's famous Train Street, where you can enjoy dinner at one of the local cafés and soak up the lively atmosphere (at your own expense).

MEALS:Breakfast

OVERNIGHT : The Q Hotel, Hanoi

Day 11: Hanoi ~ Departure

Enjoy your final breakfast at the hotel before checking out and saying goodbye to Vietnam as your memorable holiday comes to an end. You will then be transferred to the airport by group transfer for your onward flight, taking home wonderful memories of your journey through Vietnam.

MEALS:Breakfast