



NATURAL LIVING PROGRAM

7 PRACTICES OF NATURAL LIVING		FEEL FREE	EAT WELL	GET SOCIAL	ENJOY NATURE	BE ACTIVE	OPEN YOUR MIND	ACT MINDFULLY
7 Areas for Holistic Wellbeing Join our complimentary wellness program to incorporate easy lifestyle practices into your daily life for optimum wellbeing.		Emotions Yellow Daisies Uplifting Aromatherapy Life & Beauty Wellness Tea	Nutrition Orange Daisies Nourishing Aromatherapy Light & Fit Wellness Tea	Social Pink Daisies Balancing Aromatherapy Equilibrium Wellness Tea	Environment White Daisies Refreshing Aromatherapy Chill out with Herbs Wellness Tea	Physical Red Daisies Energizing Aromatherapy Get the Power Wellness Tea	Intellect Purple Daisies Awakening Aromatherapy Herbs & Ginger Wellness Tea	Spiritual White Daisies Calming Aromatherapy Red Fruit Wellness Tea
TIME	PRACTISE LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07 : 00 - 07 : 30	Healthy Breathing	Butterfly Breathing	Laughter Breathing	Breathing Balance	Breathing Basics	Laughter Breathing	Butterfly Breathing	Breathing Basics
	Beach/ Yoga Studio	Open heart and freedom of expression	Release anger and increase happiness	Balancing left analytical and right creative brain	Basic breathing rhythm improvement	Release anger and increase happiness	Release anger and increase happiness	Basic breathing rhythm improvement
07 : 30 - 08 : 30	Fusion Flow Yoga	Feel Free Yoga	Eat Well Yoga	Get Social Yoga	Enjoy Nature Yoga	Be Active Yoga	Open your Mind Yoga	Act Mindfully Yoga
	Beach/ Yoga Studio	Heart opening for happiness	Improving digestion	Grounding and confidence	Improving natural body rhythm	Increasing strength and endurance	Inner balance and stress management	Opening compassionate mind
08 : 30 - 09 : 30	Warrior Workout	Crouching Tiger	Lean Leopard	Fun Frog	Rhythmic Snake	Dancing Dragon	Mindful Crane	Eagle Grace
	Beach/ Yoga Studio	Inner strength and courage	Digestion and letting go	Boost endorphins for happiness	Balance nervous system with energy flow	Increase vitality	Improve inner calm	Improve inner balance
09 : 30 - 10 : 30	Fusion Restore Yoga	Yoga for Emotions	Yoga for Digestion	Yoga for Confidence	Yoga for Back	Yoga for Metabolism	Yoga for Stress	Yoga for Inner Balance
	Beach/ Yoga Studio	Navel, lower back and core area	Stomach, back, leg joints	Upper back, neck and shoulders, knee joints	Lower back and spine	Lower body and strength	Mind and movement connection	Still focus in postures
17 : 00 - 17 : 30	Lifestyle Tai Chi	Movement 1-6	Movement 7-12	Movement 13-18	Movement 1-6	Movement 7-12	Movement 13-18	18 Movements
	Beach/ Yoga Studio	Breathing and relaxation	Breathing and balance	Breathing and strength	Breathing and relaxation	Breathing and balance	Breathing and strength	Relaxation and nature
17 : 30 - 18 : 00	Daily Mindfulness	Sweet Dreams	Mindful Apple	Giving & Receiving	Earth Pebble	Life Cycle	Scent of a Flower	Lantern Ceremony
	Beach/ Yoga Studio	Mindful relaxation	Mindful eating	Mindful giving and receiving	Grounding and self awareness	Body and movement awareness	Sensory awareness	Cultural awareness, traditional Hoi An ceremony

Feel free to join any daily complimentary activities, weather permitting at the beach, or in rainy days at the yoga studio
Private experiences are available, please enquire at Spa Reception should you wish to book private sessions
Every activity in our Natural Living Program are guided and simple lifestyle practices to sustainable natural living at home



NATURAL LIVING PROGRAM

HEALTHY BREATHING BASICS

Core Practices for Healthy Breathing

Breathing is the only way to supply our bodies and its various organs with oxygen which is vital for our health. In our practice, we teach different **Yogic Breathing Techniques** including sat, ujaayi, simhasana, anulomaviloma breathing which all control prana or vital life energy

WARRIOR WORKOUT

Martial arts workout for strength

Integral, take-home workout inspired by **the Shaolin Temple Animal Style Kung Fu** movements from the Dragon, Crane, Tiger, Leopard and Snake for ultimate strength and fitness.

DAILY MINDFULNESS

Daily mindful practices for happiness and joy

Simple ways to **practice daily mindfulness** inspired by Thich Nhat Hanh, by renowned Vietnamese Zen Master. Mindfulness is an energy that helps us recognize the conditions of happiness that are already present in our lives. That is why mindfulness becomes a source of happiness and joy if practiced daily.

FUSION FLOW YOGA

Movement for Mind, Body and Soul

Yoga practise leads to increased strength, flexibility, energy flow, relaxation and calms the mind. Fusion flow is a combination of **Hatha and Vinyasa flow styles** and our sets are customized to the resort's 7 daily Natural Living Practices.

FUSION RESTORE YOGA

Restorative therapy for inner stillness

Yoga practise leads to increased strength, flexibility, energy flow, relaxation and calms the mind. Fusion restore is a deep **Hatha Ayurvedic yoga therapy** practise with meditating in postures for focused durations. Fusion restore is customized to correct general body ailments and imbalances.

BEACH BOOST 10,000

Stress free walks for happiness

The best basic practise to get activities by walking. Avoid a sedentary lifestyle by gradually building up your walking speed, strength and endurance. **A daily walk of 10,000 steps**, the advisory daily target, brings you closer to boosting your fitness and happiness. Ask us for pedometer help to measure your walks.

LIFESTYLE TAI CHI

Peaceful movement practise for relaxation

Based on **Shibashi Tai Chi Qigong**, this gentle method is easy to learn and continue to practise at home. Consisting of 18 simple movements, repeated in a fluid, continuous way is great for good posture, deep breathing and relaxation.

Program elements are inspired by the principles founded in the 7 Dimensions of Wellness philosophy and designed to easily incorporate into your daily life. Take home tools are available and private lessons can also be arranged to get you started on your wellness journey for sustainable Natural Living at home. Please contact Spa Reception for more information.