vietnam detox

An Retreat · Programme

5 DAYS · LEGACY YÊN TỬ MGALLERY

Wednesday PREPARATION DAY	Thursday FASTING DAY 1	Friday FASTING DAY 2	Saturday FASTING DAY 3	Sunday FASTING DAY 4
EARLY MORNING 04:30 – 08:00				
	05:30 Morning Exercise 06:00 Morning Tea 06:30 Wellness Class 1 until 09:00 · Orientation 08:30 Glauber's Salt	04:30 Selfcare Ritual Dry brushing, hot & cold shower, body oil 05:30 Morning Exercise 06:00 Morning Tea 06:30 Yin Yoga 08:00 Juice 1	04:30 Selfcare Ritual Dry brushing, hot & cold shower, body oil 05:30 Yên Tử Mountain until 09:00 · Cable car & pagoda path *Morning tea and Juice 1 on the way*	04:30 Selfcare Ritual Dry brushing, hot & cold shower, body oil 05:30 Morning Exercise 07:00 Yin Yoga 08:00 Juice 1
MORNING 08:00 – 11:30				
	Orientation continues until 09:00	09:30 Selfcare & Enema 10:30 Wellness Class 3 Mindfulness: body scan, breathing, seeing, movement	09:30 Selfcare & Enema 10:30 Wellness Class 5 How to break the fast 11:00 Breathing Meditation	08:30 Selfcare & Enema 09:30 Action Plan & Farewell Closing of the retreat 10:30 Wellness Check-ups until 13:00 · 15 min each
MIDDAY & EARLY AFTERNOON 11:30 – 15:00				
13:00 Wellness Check-ups until 17:00 · 15 min each	12:00 Juice 1	12:00 Juice 2	12:00 Juice 2	12:00 Juice 2
14:00 Sauna & Massage In small groups, alternating with check-ups	**SAUNA & MASSAGE ROTATION** Thursday · Friday · Saturday 12:30 Sauna & Massage · in small groups until 14:30			
AFTERNOON 15:00 – 18:00				
17:30 Getting to Know You Welcome session	15:00 Juice 2 15:30 Wellness Class 2 Benefits of fasting 16:30 Juice 3 17:00 Open Heart Tour	15:00 Juice 3 15:30 Wellness Class 4 Mandala dot painting 17:00 Leisure Time	15:00 Juice 3 15:30 Wellness Class 6 Vision board: picture your future 17:00 Leisure Time	15:00 Take Away Juice 3, broth, apple
EVENING 18:00 – 21:00				
18:30 Welcome Dinner 19:30 Sauna & Massage Second group	18:15 Fasting Broth 18:30 Evening Talk 19:00 Meditation	18:15 Fasting Broth 18:30 Evening Talk 19:00 Meditation	18:15 Fasting Broth 18:30 Evening Talk 19:00 Meditation	

NOURISHMENT · MOVEMENT · WATER & BODY · LEARNING · PRACTICAL

Activities may change due to weather or other circumstances beyond our control.