vietnam detox

Yên Retreat · Programme

5 DAYS · ALBA WELLNESS VALLEY HUE

Wednesday — PREPARATION DAY

EARLY MORNING 05:30 – 08:00

MORNING 08:00 – 11:30

MIDDAY & EARLY AFTERNOON 11:30 – 15:00

- 12:00 Wellness Check-ups
  until 16:30 · 15 min each
- 14:00 Hotel Check-in
  From 2 pm

AFTERNOON 15:00 – 18:00

- 17:00 Getting to Know You
  Welcome session

EVENING 18:00 – 20:00

- 18:00 Welcome Dinner

Thursday — FASTING DAY 1

EARLY MORNING 05:30 – 08:00

- 06:00 Morning Exercise
- 07:00 Wellness Class 1
  until 09:30 · Orientation
- 08:30 Glauber's Salt

MORNING 08:00 – 11:30

Orientation continues until 09:30

MIDDAY & EARLY AFTERNOON 11:30 – 15:00

- 11:45 Juice 1

ONSEN & MASSAGE ROTATION Thursday · Friday · Saturday

GROUP 1	12:10 Onsen	13:00 Massage
GROUP 2	13:10 Onsen	14:00 Massage

AFTERNOON 15:00 – 18:00

- 15:00 Juice 2
- 15:15 Wellness Class 2
  How fasting supports your health
- 16:30 Zipline
  Outdoor activity

EVENING 18:00 – 20:00

- 18:30 Fasting Broth
- 18:45 Sharing Circle
- 19:00 Hot Spring
  At leisure

Friday — FASTING DAY 2

EARLY MORNING 05:30 – 08:00

- 05:30 Hiking
  Outdoor activity

MORNING 08:00 – 11:30

- 08:00 Juice 1
- 08:30 Selfcare & Enema
- 10:30 Wellness Class 3
  Microbiome: how your gut controls your health

MIDDAY & EARLY AFTERNOON 11:30 – 15:00

- 11:45 Juice 2

AFTERNOON 15:00 – 18:00

- 15:00 Juice 3
- 15:30 Yoga Class
  Indoor
- 16:30 Free Time

EVENING 18:00 – 20:00

- 18:00 Fasting Broth
- 18:30 Sharing Circle
- 19:00 Tibetan Bowl Meditation

Saturday — FASTING DAY 3

EARLY MORNING 05:30 – 08:00

- 05:30 Biking
  Outdoor activity

MORNING 08:00 – 11:30

- 08:00 Juice 1
- 08:30 Selfcare & Enema
- 10:30 Wellness Class 4
  Healthy fats to keep you slim

MIDDAY & EARLY AFTERNOON 11:30 – 15:00

- 11:45 Juice 2

AFTERNOON 15:00 – 18:00

- 15:00 Juice 3
- 15:30 Wellness Class 5
  Reading labels · outdoor activity
- 17:30 Free Time

EVENING 18:00 – 20:00

- 18:30 Fasting Broth
- 19:00 Sharing Circle
- 19:15 Postcard Activity
  & retreat feedback

Sunday — FASTING DAY 4

EARLY MORNING 05:30 – 08:00

- 06:00 Morning Exercise
  Outdoor activity
- 06:30 Hot Spring Meditation
  Outdoor activity
- 07:00 Juice 1
- 07:15 Selfcare & Enema

MORNING 08:00 – 11:30

- 09:00 Wellness Class 6
  Breaking the fast
- 10:00 Farewell
  Closing of the retreat
- 10:30 Wellness Check-ups
  until 12:30 · 15 min each

MIDDAY & EARLY AFTERNOON 11:30 – 15:00

- 11:30 Juice 2
- 11:30 Take Away
  Juice 3, broth, apple

NOURISHMENT · MOVEMENT · WATER & BODY · LEARNING · PRACTICAL

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