

## Itinerary

### Vietnam 2024: Central Vietnam- Hue, Da Nang

May 4-13, 2024

#### Day 1: Saturday May 4 Hue

- Arrivals into Vietnam (best airport would be Da Nang where we can arrange transportation to our 5-star jungle bungalows in Hue or Fly into Hanoi or Ho Chi Min City and a 2nd flight directly into Hue)
- Explore and get settled.
- 4-7pm Introductions, meet and greet, seminar discussion
- 7pm Group Dinner (included)

#### Day 2: Sunday May 5 Hue

- Breakfast at hotel (included)
- 7-7:30 Tai Chi (included, optional)
- 7:30-8:30 Yoga (included, optional)
- 8:30-9:30 am Social Dreaming
- 9:30— 11:30am Seminar
- 11:45 depart for excursion Hue City Tour: Minh Mang's tomb, immerse yourself in the best of Hue countryside with a ride through stunning surroundings, passing infinity rice fields, to a small village making local cultural items, Thien Mu Pagoda, then a special garden house for lunch.
- Lunch (included)
- Visit the Imperial Citadel, home to the Imperial City and forbidden Purple City – once the emperor's private residence. The Imperial enclosure houses many palaces and temples within its walls. We will stop for a special coffee of the region which plays a big role in Vietnam's culture. Then take a rickshaw and experience the citadel, Tinh Tam Lake & Dong Ba Market.  
After a day taking in the many sights of Hue, we will enjoy a relaxing sunset boat trip along Perfume River and take in the magic of Hue's most iconic temple (included)
- Dinner (on your own)

#### Day 3: Monday May 6 Hue

- Breakfast at hotel (included)
- 7-7:30 Tai Chi (included, optional)
- 7:30-8:30 Yoga (included, optional)
- 8:30-9:30 am Social Dreaming
- 9:30— 11:30am Seminar
- 11:30 Depart for excursion: Visit a small village to experience kite making with the locals.

- 1:30pm Lunch, a unique cultural dining experience at the residence of royal descendants. During our visit the family will regale us with stories of their ancestral roots and culture. (experience included/ lunch included) After lunch drive to the scenic countryside to Tam Giang Lagoon where we will take a boat trip to see an authentic fishing village.
- Dinner (on your own)

#### **Day 4: Tuesday May 7 Hue**

- Breakfast at hotel (included)
- 7-7:30 Tai Chi (included, optional)
- 7:30-8:30 Yoga (included, optional)
- 8:30-9:30 am Social Dreaming
- 9:30— 11:30am Seminar
- 9:30am Depart for DMZ day tour: explore in depth what kind of impact the conflict has had on the society and see iconic battlefields and ruins. Along the way, learn more about the Vietnam War, the country's eventful and complicated history at the exact same spots where the action took place. (optional) additional cost. Or enjoy the resort, local village, shopping pool time etc.
- 5:30-7:30 Seminar
- Dinner (on your own)

#### **Day 5: Wednesday May 8, Hue**

- Breakfast at hotel (included)
- 7-7:30 Tai Chi (included, optional)
- 7:30-8:30 Yoga (included, optional)
- 8:30-9:30 am Social Dreaming
- 9:30— 11:30am Seminar
- Free day

#### **Day 6: Thursday May 9, Hue/ Danang**

- Breakfast at hotel (included)
- 7-7:30 Tai Chi (included, optional)
- 7:30-8:30 Yoga (included, optional)
- 8:30-9:30 am Social Dreaming
- 9:30— 11:30am Seminar
- 11:30 am Depart our hotel for Danang. Departing Hue this morning on a scenic drive via Lap An Lagoon and the Hai Van Pass (Road of the Ocean Clouds) takes you to Hoi An. The road follows the coast so there'll be wonderful views of beach to the east and verdant hills to the west.
- Visit Marble Mountain before arriving in Hoian, a charming, old-world trading port
- Lunch (included)

- Walking tour to introduce you to the highlights of this enchanting and historical town, including the Chua Ong Pagoda, Chinese Assembly Hall, 200-year-old Tam Ky house, former merchants' homes, and the 400-year-old Japanese Covered Bridge.
- Arrive to Danang beach and our 5-star wellness retreat.
- Special cultural welcome tea and tour of property (included)
- Wellness treatments (2 per day) (included)
- Dinner (on your own)

### **Day 7: Friday May 10 Danang**

- 7-8am Yoga (optional) (included)
- 8-9 Social Dreaming
- Breakfast all day ( you can eat at any time of day!) (included)
- 9-9:45 am Breath work/ meditation (optional) (included)
- 9:45am-12:45pm Seminar: Presentation with 2 Vietnamese psychologists
  - Psychology and counseling in Vietnam
  - Education system
  - Development in Vietnam
  - An example of a counseling session
- 1pm Lunch (not included)
- Free time
- 2pm Creativity exercises (optional) (Included)
- Wellness treatments (2 per day) (included)
- 4-9 shuttle to Hoi An (optional) (included)
- 6pm Tai Chi (optional) (included)
- Dinner on your own

### **Day 8: Saturday May 11 Danang**

- 7-8am Yoga (optional) (included)
- 8-9 Social Dreaming
- Breakfast all day (included)
- 9-9:45 am Breath work/ meditation (optional) (included)
- 10am Visit to SOS orphanage or school for disabled children (TBA)  
Guided tour and presentation  
Meeting the children and the supervisors.
- 2pm Creativity exercises (optional) (Included)
- 4-9 shuttle to Hoi An (optional) (included)
- Wellness treatments (2 per day) (included)
- Dinner on your own

**Day 9: Sunday May 12 Danang**

- Breakfast at Hotel (included)
- 7-8am Yoga (optional) (included)
- 8-9 Social Dreaming
- Breakfast all day (included)
- 9-9:45 am Breath work/ meditation (optional) (included)
- 9:45-11:45am Seminar: Meeting with a foreign therapist working in Vietnam.
- 12pm Lunch (not included)
- Free time/ wellness treatments (included), beach, swimming.
- 2pm Creativity exercises (optional) (Included)
- 4pm-9pm Shuttle to Hoi AN (optional) (included)
- 6pm Tai chi (optional) (included)
- 6-7:30pm Closing discussion
- 7:45 Goodbye dinner, lanterns and farewell

**Day 10: Monday May 13 Danang**

- Breakfast at Hotel (included)
- 7-8am Yoga (optional) (included)
- Breakfast all day (included)
- 9-9:45 am Breath work/ meditation (optional) (included)
- Departures

NOTE: Itinerary is subject to change at the discretion of program director.

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