

THE SEVEN PRACTICES OF NATURAL LIVING

MAIA SPA WELLNESS PROGRAM

Let the colours be your guide to incorporate principles from the 7 daily practices for improved wellness in your daily life and balanced, natural living

	DAILY PRACTICE	BREATH OF FUSION	FUSION FLOW	FUSION FIT	FUSION INSPIRATIONS	FUSION RESTORE	MINDFUL FUSIONS	BEACH BOOST 5000*	FUSION EXPLORER	
		7:30	8:00	10:30	15:00	16:00	17:00	17:30		
MONDAY	FEEL FREE Emotion Yellow Daisies Uplifting Aromatherapy Life & Beauty Wellness Tea	Venue	Butterfly Breathing	Feel Free Yoga	Sun Salutations	Wellness Tea Talk	Yoga for Emotions <i>Giving and Receiving</i>	Sweet Dreams	Star Jump Walk	FEEL FREE with Tai Chi on Marble Mountain approx. 4240 steps VND 400,000++
		Venue	Yoga Studio	Yoga Studio	Yoga Studio	Reading Studio	Yoga Studio	Yoga Studio	Poolside Pavilion	
		Benefit	Open heart and freedom of expression	Heart opening for happiness	Improves cardio and flexibility	Daily discussion over cup of wellness tea	Navel, lower back and core area	Improving sleeping patterns	Medium-paced and rejuvenating organs	
TUESDAY	EAT WELL Nutrition Orange Daisies Nourishing Aromatherapy Light & Fit Wellness Tea	Venue	Laughter Breathing	Eat Well Yoga	Home Core Workout	Wellness Tea Talk	Yoga for Digestion <i>Intension & Desire</i>	Mindful Apple	Boosting Walk	EAT WELL and mindful shopping at Local Market approx. 2995 steps VND 400,000++
		Venue	Yoga Studio	Yoga Studio	Yoga Studio	Reading Studio	Yoga Studio	Yoga Studio	Poolside Pavilion	
		Benefit	Release anger and increase happiness	Improving digestion	Improves core strength	Daily discussion over cup of wellness tea	Stomach, back, leg joints	Improving taste experiences	Medium-paced and improving digestion	
WEDNESDAY	GET SOCIAL Social Pink Daisies Balancing Aromatherapy Equilibrium Wellness Tea	Venue	Breathing Balance	Get Social Yoga	Back 2 Back Stretch	Wellness Tea Talk	Yoga for Confidence <i>Least Effort</i>	Giving & Receiving	Culture Walk	GET SOCIAL and share culture at Local Coffee Shop approx. 2995 steps VND 400,000++
		Venue	Yoga Studio	Yoga Studio	Yoga Studio	Reading Studio	Yoga Studio	Yoga Studio	Poolside Pavilion	
		Benefit	Balancing left analytical and right creative brain	Grounding and confidence	Flexibility and muscle strengthening	Daily discussion over cup of wellness tea	Upper back, neck and shoulders, knee joints	Practising giving and receiving	Effortless and sharing local culture	
THURSDAY	ENJOY NATURE Environment White Daisies Refreshing Aromatherapy Chill out with Herbs Wellness Tea	Venue	Breathing Basics	Enjoy Nature Yoga	Warrior Fitness	Wellness Tea Talk	Yoga for Back Strength <i>Cause & Effect</i>	Earth Pebble	Water Splash Walk	ENJOY NATURE with this Eco Village Power Walk approx. 1799 steps VND 400,000++
		Venue	Yoga Studio	Yoga Studio	Yoga Studio	Reading Studio	Yoga Studio	Yoga Studio	Poolside Pavilion	
		Benefit	Basic breathing rhythm improvement	Improving natural body rhythm	Body and mind strength	Daily discussion over cup of wellness tea	Lower back and spine	Grounding and self awareness	Medium-paced and enjoy natures rhythms	
FRIDAY	BE ACTIVE Physical Red Daisies Energizing Aromatherapy Get the Power Wellness Tea	Venue	Laughter Breathing	Be Active Yoga	Fusion Circuit	Wellness Tea Talk	Yoga for Metabolism <i>Detachment</i>	Life Cycle	Interval Cardio Walk	BE ACTIVE with Coconut Grove cycling route in Hot An approx. 2706 steps VND 400,000++
		Venue	Yoga Studio	Yoga Studio	Fitness Centre	Reading Studio	Yoga Studio	Yoga Studio	Poolside Pavilion	
		Benefit	Release anger and increase happiness	Increasing strength and endurance	Improved cardio	Daily discussion over cup of wellness tea	Lower body and strength	Body movement awareness	Fast-paced walk and improving heart rate	
SATURDAY	OPEN YOUR MIND Intellect Purple Daisies Awakening Aromatherapy Herbs & Ginger Wellness Tea	Venue	Butterfly Breathing	Open your Mind Yoga	Moon Salutations	Wellness Tea Talk	Yoga for Stress <i>Purpose of Life</i>	Scent of a Flower	Breath Balance Walk	OPEN YOUR MIND and meditate with the Lady Buddha approx. 1450 steps VND 400,000++
		Venue	Yoga Studio	Yoga Studio	Yoga Studio	Reading Studio	Yoga Studio	Yoga Studio	Poolside Pavilion	
		Benefit	Open heart and freedom of expression	Inner balance and stress management	Mind balancing	Daily discussion over cup of wellness tea	Mind and movement connection	Opening all senses	Slow-paced walk and releasing stress	
SUNDAY	ACT MINDFULLY Spiritual White Daisies Calming Aromatherapy Red Fruit Wellness Tea	Venue	Breathing Basics	Act Mindfully Yoga	Fusion Fit	Wellness Tea Talk	Yoga for Inner Balance <i>Pure Potential</i>	Lantern Ceremony	Slow Silent Walk	ACT MINDFULLY with children at Local Buddhist Orphanage approx. 866 steps VND 300,000++
		Venue	Yoga Studio	Yoga Studio	Yoga Studio	Reading Studio	Yoga Studio	Spa Garden	Poolside Pavilion	
		Benefit	Basic breathing rhythm improvement	Opening compassionate mind	Integral fitness	Daily discussion over cup of wellness tea	Still focus in postures	A Hol An traditional ceremony	Slow-paced and sensory mindfulness	

*5000 step beach walks

Feel free to join any daily complimentary activities from the meeting point advised.
 Please enquire at Spa Reception for options if you prefer private or customized activities.
 Kindly book scheduled Fusion Explorer one day in advance, or enquire about rates for private Fusion Explorers at Guest Relations.
 Every activity in our Natural Living Program supports sustainable Natural Living at home.