

# Natural Living Program

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

Feel free to join any daily complimentary activities, weather permitting **at the beach**, or in rainy days at the **yoga spa studio**

For an early updated location when the weather is not nice, please contact the number 888

Private experiences are available, please enquire at Spa Reception should you wish to book private sessions

**Every activity in our 7 Natural Living Program supports simple take-home lifestyle practices for sustainable Natural Living at home.**



# Natural Living Program

HEALTHY BREATHING BASICS Core Practices for Healthy Breathing	FUSION FLOW YOGA Movement for Mind, Body and Soul	WARRIOR WORKOUT Martial arts workout for strength	FUSION RESTORE YOGA Restorative therapy for inner stillness	DAILY MINDFULNESS Daily mindful practices for happiness and joy	LIFESTYLE TAI CHI Peaceful movement practise for relaxation
<p>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 <b>Yogic Breathing Techniques</b> including sat, simhasana, anulomaviloma, ujaayi breathing which all control prana or vital life energy.</p>	<p>Yoga practise leads to increased strength, flexibility, energy flow, relaxation and calms the mind. Fusion flow is a combination of <b>Hatha and Vinyasa flow styles</b> and our sets are customized to the resort's 7 daily Natural Living Practices.</p>	<p>Integral, take-home workout inspired by <b>the Shaolin Temple Animal Style Kung Fu</b> movements from the Dragon, Crane, Tiger, Leopard and Snake for ultimate strength and fitness.</p>	<p>Yoga practise leads to increased strength, flexibility, energy flow, relaxation and calms the mind. Fusion restore is a deep <b>Hatha Ayurvedicyoga therapy</b> practise with meditating in postures for focused durations. Fusion restore is customized to correct general body ailments and imbalances.</p>	<p>Simple ways to <b>practice daily mindfulness</b> 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.</p>	<p>Based on <b>Shibashi Tai Chi Qigong</b>, 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.</p>

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.