

ANNA BARYSHNIKOVA

H E A L T H & Y O G A

Ultimate Wellness Experience RETREAT PROPOSAL

Prepared for

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Prepared by

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ABOUT ANNA BARYSHNIKOVA

Anna Baryshnikova is a fully qualified Shiva Yoga Peeth (India, Rishikesh) instructor (Hatha, Iyengar). Been conducting our teacher training and resort yoga for all inhouse and external guests.

PROPOSED DATES

Tuesday 20 July to Tuesday 26 July 2018

7-night/7 day Ultimate Wellness Experience
Cost: \$999 inclusive of GST

Tuesday 20 July to Saturday 23 July 2018

4-night/4 day Ultimate Wellness Experience
Cost: \$799 inclusive of GST

EVENT SCHEDULE

Imagine starting each day with an enlightening yoga session and activities designed to open your mind, body and soul and retiring in the evening to reflect, rejuvenate and prepare for the next step in your wellness transformation.

This journey will allow you to connect with others, participate in new experiences, learn more about yourself and support a long-term, healthier way of life. With both four-night and seven-night experiences available, the choice is yours.

CENTARA SANDY BEACH RESORT AND ANNA BARYSHNIKOVA ULTIMATE WELLNESS EXPERIENCE DAY BY DAY

DAY 1 & DAY 2

5am – Kriya Yoga
5:15am – Pranayam or Meditation
6am – Morning stretching class (Hatha)
7:45am – Refreshing Detox drinks
8am – Breakfast
8-12pm – Self time until next class begins
1:45pm – Refreshing Detox drinks
2pm-5pm – Self time
5pm – 6:30pm – Night session (Yoga)
7pm onwards – Dinner

DAY 3

5am – Kriya Yoga

5:15am – Pranayam or Meditation

6am – Morning stretching class (Hatha)

7:45am – Refreshing Detox drinks

8am – Breakfast

9:30am – Trip to Danang City (Lady Buddha, Marble Mountain, etc)

3pm – Meditation class

3:15pm-3:30pm – Refreshing Detox drinks

3:30pm-5pm – Self time

5pm-6:30pm – Night session (Strong back)

7pm onwards – Dinner

END OF DAY 3

DAY 4

5am – Kriya Yoga

5:15am – Pranayam or Meditation

6am – Morning stretching class (Hatha)

7:45am – Refreshing Detox drinks

8am – Breakfast

9:30am-3pm – Tour of Old Town Hoi An

3:15pm – Yoga on the beach (depending on weather)

3:30pm-3:45pm – Refreshing Detox drinks

3:45pm – 5pm – Self time

5pm-6:30pm – Night session (Vinyasa)

7pm onwards – Dinner

END OF DAY 4

DAY 5

5am – Kriya Yoga

5:15am – Pranayam or Meditation

6am – Morning stretching class (Hatha)

7:45am – Refreshing Detox drinks

8am – Breakfast

8am-12pm – Self time

12pm-1:30pm – Yoga class (Open shoulders)

1:45-2pm – Refreshing Detox drinks

2pm-5pm – Self time

5pm-6:30pm – Iyengar Yoga

6:30pm-7pm – Kriya

7pm onwards – Dinner

END OF DAY 5

DAY 6

5:15am – Pranayam or Meditation
6am – Morning stretching class (Hatha)
7:45am – Refreshing Detox drinks
8am – Breakfast
Refreshing Detox drinks
2pm-5pm – Self time
5pm – 6:30pm – Night session (Yoga)
7pm onwards – Dinner
END OF DAY 6

DAY 7

5am – Kriya Yoga
5:15am – Pranayam or Meditation
6am – Morning stretching class (Hatha)
7:45am – Refreshing Detox drinks
8am – Breakfast
8am-10am – Self time
10am-11am – Meditation Yoga
END OF DAY 7 for attendees departing