



VIETNAM QIGONG TRAINING

JANUARY 2024

Prepared for: White Tiger Qigong
Proposed by: Dien Pham
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1. ACCOMMODATION

Room type	Size Room details	Room rate (nett rate/room/night) - USD	
		Single	Twin/ Double
BUDGETED ACCOMMODATION – THANH TAN HOTSPRING HOTEL			
Superior, bed & breakfast	22 m2	51	74
Superior, breakfast, spa, onsen		71	96
UPSCALE ACCOMMODATION – ALBA WELLNESS RESORT			
Deluxe, breakfast, onsen and spa inclusive	25 m2	120	150
Premium Deluxe, breakfast, onsen and spa inclusive	35 m2	135	165
Bungalow one bedroom, breakfast, onsen and spa inclusive	70m2 indoor + 230m2 outdoor (private gardens)	200	240

Included benefits in room rate:

1. With any reservation in SUPERIOR (WITH SPA, ONSEN OPTION INCLUDED), DELUXE OR PREMIUM DELUXE: includes 01 Reflexology treatment (50 minutes/treatment) and 01 onsen bathing for 30 minutes per night per adult
2. With any reservation in Bungalow: includes 01 spa treatment (50 minutes/treatment) and 01 onsen bathing for 30 minutes per night per adult
3. Daily breakfast at Maddame Chau Restaurant or similar
4. Daily hot springs bathing.
5. Daily afternoon traditional tea ceremony & qigong in Binh An Temple
6. One time playing Zipline & Highwire per pax / night (children must be over 1.1m tall)
7. Complimentary Movement Therapies
8. Healthy welcome drink and welcome fruits upon arrival
9. Free Wifi access.
10. 1 bottle of Alba Mineral Spray per room per stay
11. 3 pieces of laundry per guest per night
12. Wellness turndown service applied for Bungalows
13. Complimentary drink in minibar (1 time for Deluxe/ Premium Deluxe and replenished daily for Bungalow).

3. SHUTTLE BUS



A shuttle bus to Hue city center and Phu Bai airport is available daily. If you wish to book the trip for your clients

- For airport pick-up, you should inform us your clients’ flight details at least 48 hours before their arrival date and subject to availability.
- For other trips, you should inform our reception staff at least 24 hours prior to the shuttle’s departure, shuttle bus cost 100,000VND/guest/ way from airport and 50,000VND/ guest/ way from Hue city.

Daily shuttle schedule:

Phu Bai Airport - Alba Wellness Resort	10:00 or 13:00
Hue City - Alba Wellness Resort	13:30
Alba Wellness Resort - Hue City/Phu Bai Airport	8:30 or 11:30
Drop-off location in Hue city: Alba Spa Hotel, 29 Tran Quang Khai street Pick-up location in Hue city: Alba Spa Hotel, 29 Tran Quang Khai street Bus will stop at Hue city 5 minutes to drop-off/pick-up guests It takes 1 hour 15 minutes from Phu Bai airport to Alba Wellness Resort and 40 minutes from Hue city to Alba Wellness Resort	

4. TRANSPORTATION

Service	4 seat car	7 seat car	16 seat minibus	Remark
Alba – Hue City one-way private transfer (or vice versa)	30	35	40	Timing: 7:00 – 22:00 Inclusion: Driver, Alba water, toll fee, fuel Price is per vehicle Currency: USD
Alba - Phu Bai Airport (Hue) one-way private transfer (or vice versa)	40	48	59	
Alba – Da Nang Airport one-way private transfer (or vice versa)	96	105	138	
Alba – Hoi An one-way private transfer (or vice versa)	100	121	146	

4. PAYMENT POLICY



4.1. Deposit policy

Timing	Payment
Within 48 hours upon getting reservation confirmation from Alba	20% deposit required. Otherwise, the reservation will be released automatically without prior notice if you do not make deposit on time
14 days prior arrival date	Full payment must be received

4.2. Cancellation policy

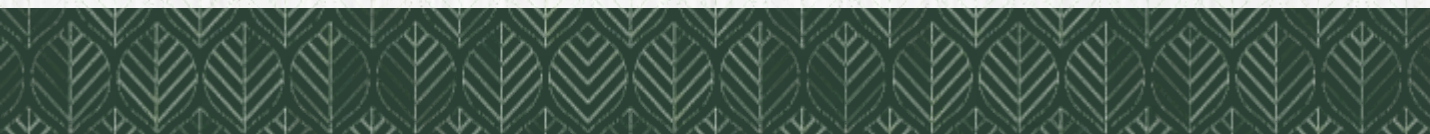
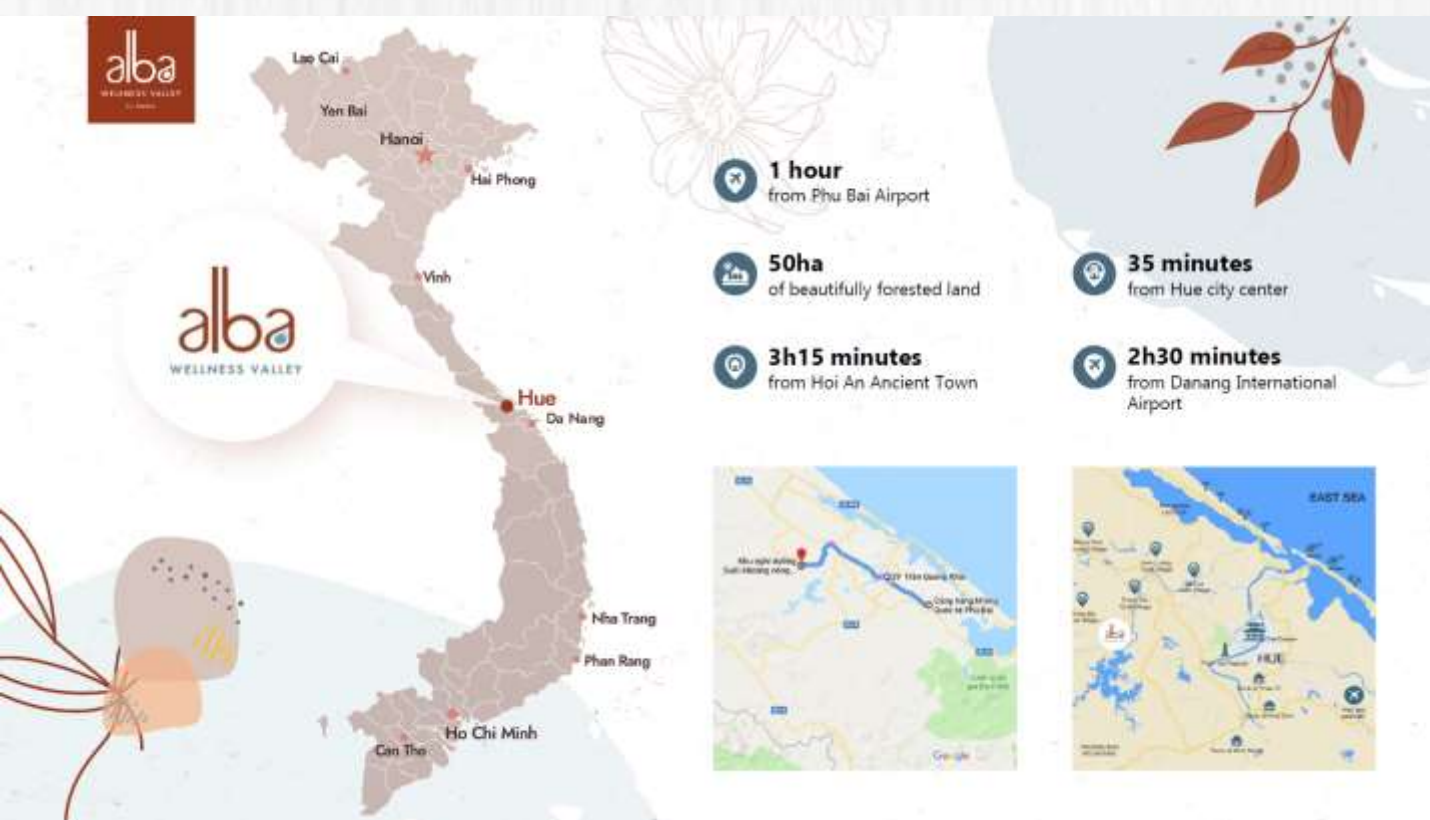
Cancellation	Charges
Cancellation or reduce room nights	15 Days: no charge
	14 – 8 days: 50% of total room charge
	< = 7 days: full charge of total stay
No-Show Policy	Entire Stay
Early Check out	Entire Stay
Any cancellation reason such as a delayed flight, Visa issue, shorten stay will be charged as cancellation policy, you can claim your travel insurance for such depending on your travel insurance plan.	

Important remarks:

- The proposal is based on a minimum 6-night stay
- Maximum one extra bed per room is allowed. Extra bed request is subject to availability and should be reserved in advance. Extra bed is only available from premium deluxe room onward
- The proposal is valid for the January Qigong training only
- Above contracted rates are in **American Dollar (USD)** and inclusive of service charge (5%) and applicable value-added tax
- Rates are non-commissionable and based on per room per night
- The spa and onsen inclusive room is only bookable in advance (**at least 14 days prior to arrival date**), If you want to use spa, or onsen services on-site, 15% discount is applied based on the ala carte spa menu

- 01. Madame Chau restaurant
- 02. Mori & Mizu bar
- 03. Poolbar
- 04. Craft village
- 05. Onsen & Spa
- 06. Hot spring
- 07. Farm
- 08. Zipline
- 09. Highwire
- 10. Cold stream
- 11. Reception

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Superior Room



No. of rooms(Superior Rooms): 21 rooms

No. of rooms(Superior onsen): 5 rooms

View: Looking over the peaceful garden and the tranquil lake

Acreage(Superior Rooms): Covering a space of 23m²



Deluxe Room

Deluxe rooms offer warmth and comfort with a contemporary Japanese flair. Suitable for couple and people want cozy room in walking distance to main facilities



No. of rooms: 16 rooms

Views: Looking over Zen garden and lotus lake

Acreages: 25 sqm a private balcony

Facilities: Standing shower, welcome fruits, Alba mist bath, yukata costume, safety box





Premium Deluxe Room

Premium Deluxe rooms offer more space, suitable for couple and family who need convenient walking distance to main facilities

No. of rooms: 14 rooms

Views: Looking over Zen garden or Lotus lake

Acreage: 35 sqm with an optional private balcony

Facilities: Standing shower, welcome fruits, Alba mist bottle, yukata costume, safety box



One-bedroom Bungalow

Bungalows evoke the rustic beauty of Vietnam's countryside, with large terraces, thatched roofs, bamboo fences and small vegetable gardens offering romantic seclusion

No. of rooms: 11 rooms

Views: Looking over Zen garden or swimming pool or mountain

Acreage: 70 sqm indoor and 230sqm outdoor with private terrace

Facilities: Standing shower, bathtub, outdoor shower, welcome fruits, Alba mist bottle, yukata costume, safety box, bicycle, yoga mat, coffee maker





Restaurants and Facilities

Conveniently located in the heart of the resort, this fine dining restaurant offers breathtaking 360-degree views over Lotus lake and surrounding forest. Here, guests can enjoy delicacies of Hue's cuisine.

Other delicious Vietnamese and Western dishes, as well as healthy fruit juices are served to improve appetite and well-being. The plant-based food options are also available with fresh picked vegetable from farm to table.

Don't miss this sublime culinary experience!



Madame Chau Restaurant



Restaurants and Facilities



Mori Restaurant

Located in Onsen & Spa area, this restaurant serves healthy snacks and light dishes in a fresh and contemporary atmosphere.

Mori restaurant is a relaxing spot for Western vegetarian with the extensive variety of appetizing salads and side dishes, using ingredients at the peak of their freshness and flavor in our Alba farm.

This is the perfect place to relax with the finest organic fresh juice, smoothies or detox drinks during Onsen & Spa journey.

www.albowellnessvalley.com





Onsen, Spa & Wellness Center

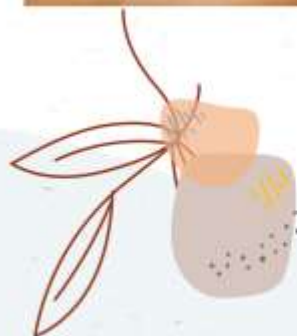
Covering an area of 2000m², Onsen & Spa Centre of Alba Wellness Valley offers a series of therapies combining wet and dry treatments with 8-step contemporary Japanese bath:

- Alba Mineral Water Bath
- Silk Bath
- Jet Bath
- Cold Bath
- Sauna
- Steam Room
- Seated showers
- Garden Mineral Water bath



Spa centre

In a tranquil area of 370m², Wellness Spa has revisited the concept of Sana Per Aqua (healing through water) combining the healing qualities of Alba mineral water with a holistic approach of wellness to help you recover from modern life ailments for a vibrant health.





Daily fitness activities

Being at Alba Wellness Valley will let you enjoy all the activities designed to maintain your balance and soothe away your stresses. Those activities are carefully curated by our wellness experts. Some are exclusive at Alba that you couldn't find anywhere

- Mountain hiking
- Biking to local villages, pagodas and wet market
- Zipline
- Highwire



Daily fitness activities

Zipline

Our Zipline has 560m long launching from Ma Yen mountain, Truong Son range at the altitude of 45.5m above the ground. The system was designed and installed by Altus Outdoor Concept – the world leading treetop adventure game developer based in France and verified by Vertis Alps Expertise – a French authority to ensure the highest safety.



Highwire

Highwire features 32 challenges in 587m wire cable at the height of 6m from the ground. Course 01 is designed for families while course 02 and 03 for adventure lovers





Daily mindfulness Activities (1)

Being at Alba Wellness Valley will let you enjoy all the activities designed to maintain your balance and soothe away your stresses. Those activities are carefully curated by our wellness experts. Some are exclusive at Alba that you couldn't find anywhere



- Water Meditation
- Water Purification Ritual
- Walking Meditation
- Floating Meditation
- And more...



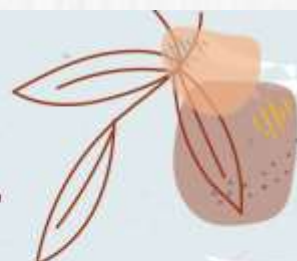
Daily mindfulness Activities (2)

Being at Alba Wellness Valley will let you enjoy all the activities designed to maintain your balance and soothe away your stresses. Those activities are carefully curated by our wellness experts. Some are exclusive at Alba that you couldn't find anywhere

- Walking Meditation
- Chakra Healing Meditation
- Rainbow Shower Meditation



- Singing Bowl Meditation
- Qigong
- Breathing Class





Hatha Yoga



Yoga Studio



Vinyasa Yoga

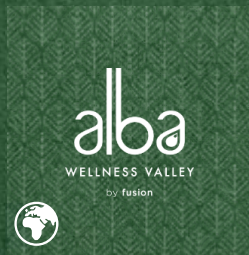


Acro yoga

And more

Daily mindfulness Activities (3)

Being at Alba Wellness Valley will let you enjoy all the activities designed to maintain your balance and soothe away your stresses. Those activities are carefully curated by our wellness experts. Some are exclusive at Alba that you couldn't find anywhere



CONTACT US

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