

VIETNAM QIGONG TRAINING

JANUARY 2024

Prepared for: White Tiger Qigong Proposed by: Dien Pham Dien.pham@albawellnessvalley.com

1. ACCOMMODATION



Poomtros	Size	Room rate (nett rate/room/night) - USD			
Room type	Room details	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 WEL	LNESS 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).



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,	
Alba - Phu Bai Airport (Hue) one- way private transfer (or vice versa)	40	48	59	toll fee, fuel Price is per vehicle	
Alba – Da Nang Airport one-way private transfer (or vice versa)	96	105	138	Currency: USD	
Alba – Hoi An one-way private transfer (or vice versa)	100	121	146		



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		
	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:

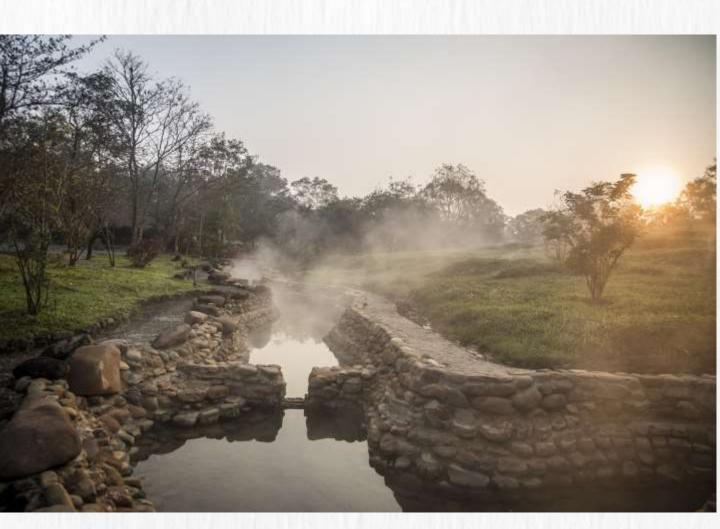
- The proposal is based on a minimum 6-night stay
- Maximum one extra bed per room is allowed. Extra bed request is subject to availability and should be reserved in advance. Extra bed is only available from premium deluxe room onward
- The proposal is valid for the January Qigong training only
- Above 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

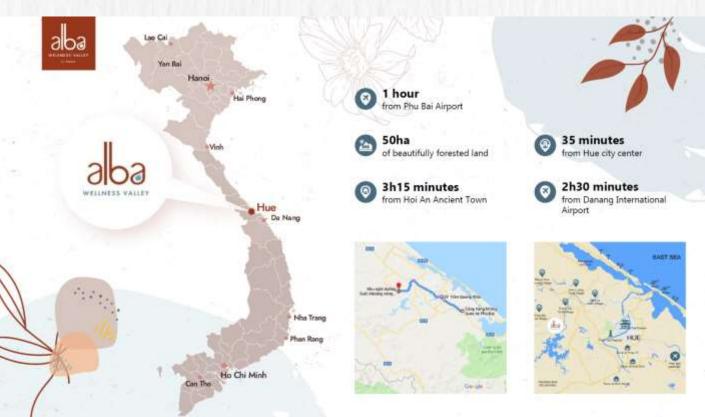


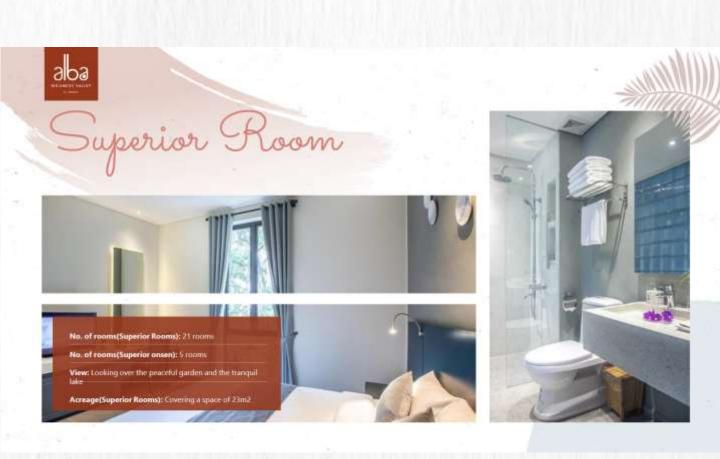


MOVEMENT THERAPIES

TIME / DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 07:45	Water Meditation / Mountain Hiking Mar. 10 penarta Meeting Part: Spa	Billing how Mos: 10 penam Meeting Raw Receptor	Wolking Mediturian Max: 10 persons Meaning Point: Spo	Water Meditation / Mountain Hiking Max: 10 persons Aleating Poet Spo	Billing tour Mar. 10 persons Musting Point Receptor	Wolking Meditution Max: Topenone Meeting Poet: Spo	Chaire Healing Meditation Mail: 20 patients Mailing Path Yaga Room
08-00 - 09-00	Yoga	Togs	Yoger	Yogn	Yogit	Yoga	Yogn
	Maic 20 junion	Miai: 20 penons	Misic 20 parative	Mai: 20 penano	Musc 20 parateris	Misic 20 persons	Mox: 20 perces
	Vinuit: Yoga room	Venue: Yaga room	Venue: Togai soom	Vanan Yoga esser	Venue Yogit score	Venue: Yoga soom	Venue: Yoga ioon
9:30 - 11:30	Wood Frame with Stones Mare: 10 percent Venue: Croft Vikage VIVD K00,000	Handmode Potery Max: 3 persons Venae: Graft Village VHD 45,000	Content Hat Decor Max: 10 percent Venue: Craft VBage VND 50,000	Bamboo Baster Decor Max: 10 percen Venue: Croh Vilage VHD 85,000	Wood Frame with Stones May: 10 percent Vence: Craft VEgge VH0: 105,000	Handwards Partney Max: 5 percens Versee: Craft Wage VND 45.000	Canical Hat Decor Mox. 10 percent Venue: Croft VRoge VHID 50:000
	Tuichi Mor: 20 pesans Versa: Yaga name Time: 9:30 - 10:30	Emothing Class Mos: 30 persons Verse Yogat Room Time 9:30 - 10:30	Collanetic Class Marc 20 percent Versel Yoga score Trave 9:30 - 10:30	Chokra Heating Meditation Max: 20 penatur Maeting Fast: Toga Room	Triclé Mini: 20 periors Venue Yoga taon Terre: 9:30 - 10:30	Breathing Class Mate 20 percent Verse Yuga Boom Tate 9:30 - 10:30	Collonetic Clean Marc 20 percent Verse: Yagat suate Time 9:30 - 10:30
13:00 - 14:00	Colonetic Class	Forest Meditation	Rainbow Shower Meditation	Breathing Class	Collanetic Class	Raidow Sover Mediation	Taichi
	Mai: 20 present	Mar. 10 percent	Misse 20 parativity	Mar: 30 percens	Max: 20 persons	Max: 20 persons	Marc 20 persons
	Venue: Napi ream	Musting Port Spa	Venasi: Yoga room	Verse Yaga Room	Verse: Yoga scen	Verse: Yoga com	Vense: Yaga mare
14:00 - 15:00	Mask Making	Banshoa Basket Décor	Handmade Pottery	Handmode Pottery	Contcol Hat Decor	Bambos Basket Decor	Handmade Pottery
	Mor: 10 percen	Maic 10 penaru	Micc 5 penami	Marc 5 percents	Mail: 10 percent	Micc 10 penons	Mac 5 penam
	Vimar: Call Vilage	Venaic Craft Village	Venac Craft VRage	Venue: Out! V.loge	Venue: Circh Village	Venac Croft V Bage	Vena: Craft Wlage
	VIID 45:000	VH/D 85,000	VHD 45,000	VHD 45.000	VND 50,000	VND 85,000	VND 45,000
15:00 - 16:00	Birk An - Teo & Organy	Binh An - Teo & Organg	Bish An - Teo & Olgosg	Binh An - Teo & Olgong	Bish An - Teo & Oigong	Bink An - Teo & Olgoog	Binh An - Tex & Gigun
	Mac 20 percent	Max: 20 persons	Max: 20 person	More 20 persons	Aduc 20 peruna	Max: 20 peners	Mar: 20 periods
	Meeting point Teception	Meeting point Reception	Meeting point Peception	Meeting point Receptore	Meeting point Receptore	Meeting point Reception	Meeting point Receptor
16:30 - 10:00	Albo Form visit	Albo Form visit	Alba Furni viait	Alba Farm viait	Alba Farm visit	Alba Farm viait	Alba Farm viat
	Mox.15 paraone	Most 12 persons	Mais 15 parame	Max: 15 perform	Mar 15 peterse	Maie: 15 penaria	Max 15 permet
	Meeting Point Receptore	Meeting Point Recogilize	Mentrug Point Reception	Meeting Part Reception	Mentag Taint Receptore	Meetrig Paint Receptor	Moveling Part: Receptor









Deluxe Room

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



No. of roomst 10 rooms

Viewt Looking over Zan garden and Lotus loke

Acreage: 25 sqm a private balcony

Facilities: Standing shower, welcone huts, Alba mit batks, yokata castume, sality bax







Premium Deluxe Room

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

No. of roomst 14 rooms

Views Locking over Zen garden or Lotus lake

Acreage: 35 sqm with an optional private balcony

Facilitiest Standing shower, welcome fruits, Alba mist bottle, yukata oastume, safety box









One-bedroom Bungalow

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

No. of roomst 11 rooms

Views Looking over Zen gorden er swimming pool er mountain

Acreaget 70 sqm indoor and 230sqm outdoor with private terrace

Facilities: Standing shower, bothub, ourdoor shower, welcome huts, Albia mitt bothe, yukata costume, safety box, bicycle, yaga mat, coffee maker









restaurants and acilities

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.

Don't miss this sublime culinary experience!



Other delicious Vietnamese and Western dishes,

as well as healthy fruit juices are served to

improve appetite and well-being.



Madame Chau Restaurant







Mori Restaurant

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

Mari restaurant is a relaxing spat 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 form. This is the perfect place to relax with the finest organic fresh juice, smoothies or detax drinks during Onsen & Spa journey.

www.albowellness-aliey.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 . 4
- Cold Bath
- Sauna Steam Room Seated showers
- Garden Mineral
 - Water bath









Spa centre

In a tranquil area of 370m 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 aliments 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







apa

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)

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Water Meditation

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



Daily mindfulness Activities (2)

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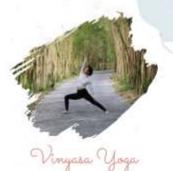
- Chakra Healing Meditation
- Rainbow Shower Meditation





- Singing Bowl Meditation Qigong
- Breathing Class





Daily mindfulness Activities (3)

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Acro yoga

And more



CONTACT US

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