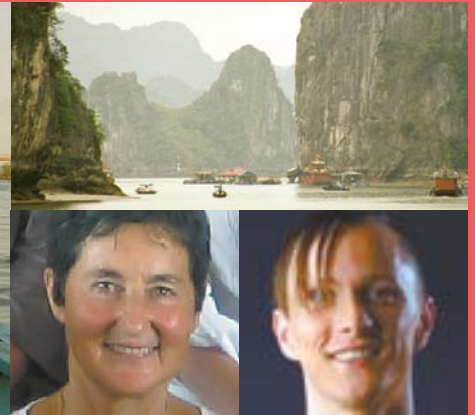


Departs: 13 September & 18 November 2008

Nirvana Vietnam Yoga Tour

14 days/13 nights



Day 1. Melbourne-Saigon-Danang-Hoi An (D)

After arriving in Saigon (Ho Chi Minh City), we'll take a short connecting flight to Danang. Our local guide will meet us at airport and drive us to beautiful Hoi An. The evening is free to start exploring this charming historical city. Welcome dinner at hotel. (D)

Day 2. Hoi An (B)

Morning yoga session before breakfast. After breakfast, we'll stroll its narrow laneways with ancient covered Japanese bridges, historical Chinese and Japanese merchant houses and temples. Explore the riverfront and visit ceramic and carpentry villages. We'll have time to check out local tailors to order something special before our evening yoga session.

Day 3. Hoi An (B)

Morning yoga session before breakfast. After breakfast, you can either relax by the pool or take an optional tour to Red Bridge Cooking School where you'll learn to cook some of the well-known Vietnamese and Hoi An dishes, and get a quick intro to the art of Vietnamese food carving. Evening yoga session before dinner.

Day 4. Hoi An (B)

Morning yoga session before breakfast. After breakfast, you can either explore the local market yourself or take an optional tour to My Son - Cham Holy Land, dating back to fourth century, the sacred land of Vietnam's most spectacular historic and religious site. Evening yoga session before dinner.

Day 5. Hoi An (B)

Morning yoga session before breakfast. After breakfast, you can sit back in one of many café's or take an optional tour to the home of a local lantern maker, learning the ancient art of lantern making, pick up some cooking tips while lunch is being prepared for you. Evening yoga session before dinner.

Day 6. Hoi An (B)

Morning yoga session before breakfast. After breakfast, hire a bike to explore the countryside or take an optional tour to Marble Mountain and Cham Museum to see the world-class collection of Cham sculpture. Evening yoga session before dinner.

Day 7. Hoi An (B)

Morning yoga session before breakfast. After breakfast, spent the day at Cua Dai Beach or take an optional tour to be a farmer for a day, take a bike ride to Tra Que Village, see how they grow and harvest their vegetable. Lunch will be prepared by the family. Evening yoga session before dinner.

Day 8. Hoi An (B)

Morning yoga session before breakfast. After breakfast, enjoy your last day in Hoi An with last minute shopping or simply sit back and enjoy the day. Evening yoga session before dinner. (B)

Day 9. Hoi An-Danang-Hanoi-Halong Bay (B/L/D)

After an early breakfast, we head to Danang to fly to Hanoi. Our local guide will meet us at airport and make our way through the countryside to stunning Halong Bay. Welcome drinks and lunch will be served onboard the junk, take in the awesome sights or sunbathing in between stops to explore islands and caves. Evening yoga session before dinner onboard.

Day 10. Halong Bay (B/L/D)

Morning yoga session on junk. Enjoy a lazy day sailing spectacular Halong Bay, you'll be given the opportunity to explore caves and local fishing villages, go swimming or take to the water in a kayak. Evening yoga session before dinner onboard.

Day 11. Halong Bay - Hanoi (B/L)

Morning yoga session on junk. Spend a leisurely morning onboard before we head back to Hanoi. Free to explore this wonderful city until we enjoy a performance of the famous water puppet show.

Day 12. Hanoi (B)

No trip is complete without a visit to see President Ho Chi Minh in his Mausoleum and his former home and the One Pillar Pagoda. We will also visit The Temple of Literature, Vietnam's first university build in the 11th Century, Hanoi Hilton Museum, the fascinating Old Quarter with each street dedicated to selling one type of merchandise and the busy Dong Xuan market.

Day 13. Hanoi (B)

Free day to experience this fantastic city or take an optional tour to Bat Trang to visit the oldest pottery village in Asia, famous for its hand-made pottery and china products made of special white clay, with polished, profound and silky glazes and original designs.

Day 14. Hanoi - Melbourne (B)

Last minute retail therapy, check out local galleries or visit a beauty spa. Make the most of your last day in Hanoi before we take you to the airport for your flight home.

Price:

\$2950* p.p. twin/triple share

Single Supplement:

\$699* p.p.

Price includes:

- Return economy class airfares with Vietnam Airlines, including domestic flights
 - Taxes and government charges
 - Single entry Vietnam visa
 - Aussietravelcover Insurance
 - 11 nights accommodation in tourist class hotels
 - 2 night accommodation on Bai Tho Junk
 - 18 yoga sessions
 - Welcome buffet dinner in Hoi An
 - Water puppet show in Hanoi
 - English speaking tour guides
 - Air-condition vehicles
 - Meals as per itinerary
- (B = Breakfast, L = Lunch, D = Dinner)

Tour hotels: (or similar)

Hoi An: Ancient House Resort
Halong Bay: Bai Tho Junk
Hanoi: Hong Ngoc 1 Hotel

Yoga Instructors:

Eugenie Knox
Vishal Brook

* Conditions apply. Price is based on twin/triple share.

Book now!
Limited places available.

Nirvana Yoga Tours
P.O. Box 10a
Somers, Victoria 3927

M: 0438 832 000

E: info@nirvanayogatours.com

W: www.nirvanayogatours.com