

AMANOI

FEEL YOUR SECRET ENERGY

FULL MOON QI GONG & RECONNECTION RETREAT



8 NIGHTS 7 DAYS
22ND TO 30TH MAY 2018

Immerse into a full week of reconnection with yourself. Learn your very own powerful tools to keep yourself balanced and healthy with Qi Gong and Mindfulness practices and indulge yourself with massages and treatments from Amano's beautiful Spa. The week will culminate in the full moon festival on the last evening.

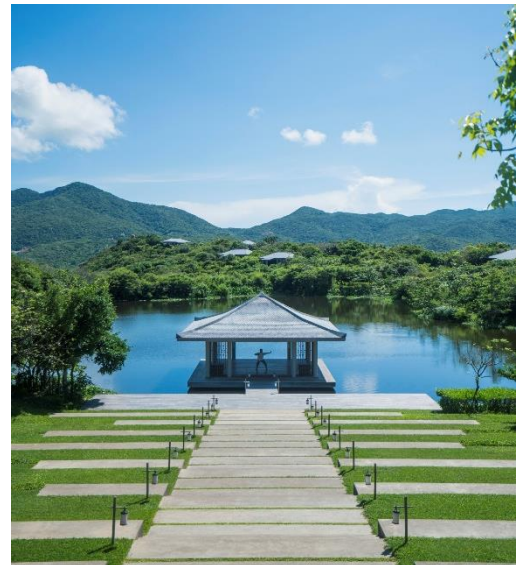
Founded by Sascha Wagener and well-known German Kinesiologist Martin Nienhaus, the self-healing system "Secret Elements" provides tools to efficiently implement mindfulness, stress reduction and an improved wellbeing into your day to day life. The Qi Gong program will be deepened with the help of craniosacral treatments by specialist Karen Gay. You will feel vibrantly alive and connected with yourself after this immersive week and learn how to use those tools in your life and create a healthy and stress-free routine for yourself.

The Retreat Programme:

- Day 1&2: Start of your journey
- Day 3: Day of Wood
- Day 4: Day of Fire
- Day 5: Day of Earth
- Day 6: Day of Metal
- Day 7: Day of Water & Full Moon Festival

The 8-Night-7Day Retreat* starts from USD 10,885 per guest and USD 15,370 per couple and includes:

- Accommodation in a Mountain Pavilion
- Full board (breakfast, lunch, dinner, mini bar and non-alcoholic beverages as prescribed for the program)
- Private return airport transfer to Cam Ranh airport
- Qi-Gong group class every day 3 Hour with 30 minute break
- Choice of 60 Minute spa treatment everyday
- One Private Qi-gong session during the retreat
- 2 - Craniosacral session or Reiki session
- 3 - Group Dinner with local entertainment
- Optional daily morning movement group class
- Complimentary Use of Hydrotherapy room and Gymnasium



*Higher room categories are available with surcharge. The price is subject to 16.6% taxes and service charge. Booking period is from now until May 2018. Cancellations and payments as per Aman standard terms and conditions.

AMANOI

OUR SPECIALISTS

Sascha Wagener- Qi Gong Programme Instructor

Sascha led a very special life in the last 20 years. Training martial arts from his childhood on, he started to travel to Asia to deepen his knowledge. From this source he now creates training programs and concepts for private and business applications and retreat and adventure experiences. He is one of the founding members and chief-instructors of the international Missing Link martial arts community, and co-founded the Secret Elements Qi Gong system that is used around the globe by now.

Karen Gay – Craniosacral Treatment Therapist

Karen studied physical education and recreation studies at the University of Manitoba, Canada, then started to explore her talents as a bodywork practitioner and therapist. For those seeking a gentler approach to healing, her methods also include Craniosacral therapy, Reiki, Jin Shin Jutsu, and Elemental Energy healing treatments. These treatments help promote the body's own healing abilities and bring harmony to the patient mentally, emotionally, spiritually and physically.

Shyam Goyal – Amanoi's Spa Manager

Shyam is a Reiki Master offering guests the powerful benefits of this renowned mind-body healing technique. Through subtle alignment of energy centres, his treatments induce relaxation, facilitate inner peace and optimise overall wellbeing. Shyam is also a Yoga and Pilates instructor, and over the past fourteen years has specialised in numerous other healing modalities including Watsu, Connective Tissue Therapy and Thai Massage.

ABOUT AMANOI

Meaning 'peaceful place', Amanoi is a contemporary beachside resort with 13 guest Pavilions, 16 Pool Villas, five Residences and two Spa Houses. Overlooking Vinh Hy Bay on Vietnam's dramatic central coast, the property is embraced by Nui Chua National Park. Set high on a wide promontory, Amanoi lies 55 kilometres south of Cam Ranh Airport in a region renowned for its spectacular mountain and coastal scenery.

Situated by Amanoi's lotus-filled lake, two Spa Houses – one featuring a Moroccan hammam; the other a Russian banya – allow guests to enjoy therapies in complete seclusion. As well as their authentic bath houses, each includes a large private pool, a plunge pool and a Jacuzzi. Nearby, the main Aman Spa includes five double treatment rooms, two hydrotherapy suites, relaxation pavilions and a finishing salon. Fitness options include a light-filled gym, a Pilates studio, a yoga pavilion set over the water, and two tennis courts.

RESERVATION

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aman.com

