



Ormina Wellness 2026

DA NANG, VIETNAM ITINERARY 12-17 NOVEMBER 2026

6 DAYS



Highlights & Inclusions

- 6 days at the acclaimed TIA Wellness Resort
- Stay in a luxurious oceanfront villa with a private pool and panoramic coastal views
- 5 Breakfast (B), 3 Lunch (L), 4 Dinner (D)
- Daily wellness minibar, curated with restorative beverages
- Welcome dinner experience
- Daily yoga guided by Anne-Rose and a Wellness Instructor
- Complimentary Personal Training session with Anne-Rose
- Two personalised wellness treatments per night, per person
- Creative vision workshop on clarity, intention and purpose
- Guided sunrise visit to Marble Mountains with Tai Chi
- Guided street food market tour in Da Nang
- Meditation and sound healing experience
- Closing dinner to conclude the retreat
- Airport transfers included

Twin Share Room	from \$4,390 AUD PP
Private Room	from \$6,490* AUD PP

DAY 1 – Arrival in Da Nang | Welcome to the Retreat (D)

Arrive in Da Nang and transfer to the acclaimed luxury TIA Wellness Resort. Settle into your private oceanfront villa and take time to unwind before gathering for a relaxed welcome dinner where you will meet fellow guests and be introduced to the retreat journey.

DAY 2 – Intention, Movement and Renewal (B, L)

Begin your wellness journey with a group yoga session followed by a nourishing group breakfast. Afterwards, participate in a creative vision workshop designed to set your intentions and personal goals for the retreat. Take the afternoon to unwind with your choice of spa treatment to enjoy from the extensive wellness menu. The evening is yours to enjoy at leisure, allowing time to relax or have independent dining at the resort.

DAY 3 – Sacred Mountains & Mindful Movement (B, D)

Embark on a guided tour of the enchanting Marble Mountains, where temples and concealed caves offer breathtaking views of Vietnam’s landscape. At the summit, engage in a serene Tai Chi session before heading back to the resort for breakfast and journaling. The day unfolds with your choice of wellness treatment, followed by leisure time to relax at the resort. Conclude with an afternoon yoga session and a delightful group dinner.

DAY 4 – Culture, Flavour and Discovery (B, L, D)

After morning yoga and breakfast, enjoy another restorative wellness treatment before gathering for lunch. Later, discover the culinary soul of Da Nang on a guided street food experience, exploring vibrant markets and sampling, while connecting with the flavours and traditions of Central Vietnam.

DAY 5 – Reflection and Closing Celebration (B, L, D)

Enjoy your final day of movement, wellness and relaxation, starting with yoga and breakfast. Indulge in your last spa treatment for some well-deserved self-care before sharing a wholesome lunch. In the afternoon, join a Yin Yoga session, followed by Meditation and Sound Healing, inviting harmony to your body, mind, and spirit. In the evening, gather for a special closing dinner at the villa, celebrating the journey and reflecting on the past few days.

DAY 6 – Departure or Explore Further (B)

Begin the morning with an optional early yoga session before breakfast. Airport transfers are arranged for departing guests, while those with later flights may choose to take an optional excursion to explore more of Da Nang before continuing their journey home.

