

WELLNESS RETREAT ESCAPE TO VIETNAM

LIMITED SPACES



2026
2ND-13TH AUGUST

2 NIGHTS HO CHI MINH,
5 NIGHTS HUE,
4 NIGHTS HOI AN



ONE AMAZING COUNTRY THREE AMAZING DESTINATIONS



MEET YOUR HOSTS

Pam and Lisa came together with the same vision and passion in fitness, health and mindfulness.

Dr. Pam Li holds a PhD in Applied Chemistry and has a decade of experience as a Certified Personal Trainer in her own business. Additionally, she serves as a strength and conditioning coach, a boxing fitness coach, and a health and wellness coach. As a Powerlifting competitor, she has achieved more than 50 National records and over 20 World Records. Her guiding principle is encapsulated in the phrase, "Age is just a number, give everything a GO!" Her vision statement is to inspire, motivate, and educate individuals to assume control and responsibility for their health and well-being, advocating that anything is possible with determination.



Lisa's dedication to Health and Wellness extends beyond mere passion, it's an ingrained lifestyle spanning over four decades of strength training, complemented by experience in meditation and holistic practices. As a Health and Wellness Coach, she also runs a thriving business focused on Natural and Organic Skincare and Haircare. Lisa's expertise is enriched by collaborations with renowned coaches, with timeline therapy, mindfulness meditation and reiki training.

Having previously resided and worked in Bali and Jakarta, Lisa holds a profound affection for the culture and people of Asia, the ideal setting to conduct the transformative retreat.

Let's Get Started



THREE AMAZING DESTINATIONS IN BEAUTIFUL VIETNAM

JOIN US FOR 12 DAYS AND EXPERIENCE VIETNAM LIKE NO OTHER EXPERIENCE. WE CONCENTRATE ON MIND, BODY AND ALL OVER WELLNESS WHILE SEEING SOME OF THE BEST VIETNAM HAS TO OFFER.

BE EMPOWERED WITH A HEALTHY MIND AND BODY

DURING THE RETREAT YOU CAN EXPECT TO LEARN VARIOUS PRACTICES TO BIOHACK YOUR MIND AND BODY AND WHILE EXPERIENCING A SENSE OF RELAXATION, REJUVENATION AND INNER PIECE AS YOU DISCONNECT FROM YOUR DAILY ROUTINE AND FOCUS ON SELF AND PERSONAL GROWTH. ALL WHILE IN THE PRESENCE OF BEAUTIFUL VIETNAM.

FUSION HO CHI MINH

Occupying prime position inside the prestigious Takashimaya Shopping Centre in the heart of Saigon's dynamic District 1 we spend two nights here. The Hotel is Surrounded by the alluring sights, sounds and smells of a Southeast Developing Asian City. Experience the city during the day and the magical night life at night



ALBA WELLNESS BY FUSION HUE

We have five nights at Alba Resort for our Wellness Retreat. Hue is steeped in history and heritage that earn a world Heritage Status and place on the map of 'must see' destinations. Alba Wellness Valley is an exceptional health and well-being experience where we offer massages, workshops and classes daily to Biohack your body as you age. Home to Hot Springs and tastefully decorated rooms.



LA SIESTA HOI AN

Our last destination in Hoi An is a mix of beautiful Architecture and modern lines. Our neighbors are green rice fields and winding village lanes. Resting in natural tropical gardens, this resort is quiet and as relaxing as you need it. A short walk to the main area to see brightly coloured lanterns, taste vietnamese coffee and explore the cuisine



WHAT'S INCLUDED IN VIETNAM 2026

Welcome Drink

All Transfers

**2 Nights Ho Chi Minh, 5 Nights Hue, 4 Nights Hoi An
in Luxury Accommodation**

Most Meals

Water in Room

5 x 50 Min Reflexology

5 x Onsen Japanese Bath House

Movement Therapies in Hue

1 x Cooking Class

Yoga, Meditation

Low Impact Exercise Classes

Works Shops

Zip Line, Tree Surfing, Optional

Hot Springs, Use of Gym

1 x Minibar Unlimited Water (Hue)

WiFi

Gift Bag

Visa

Tours Included-

Ho Chi Minh War Museum and Lunch Tour

Half Day Hoi An Walking History Tour with Lunch

**Half Day Push Bike Tour Visiting, Boat Building,
Basket Weaving, Wood Carving Villages along the way
with Lunch Included in Hoi An**

Not Included-

**Flights (We have a booking agent who can book all flights
and organise visa's, or you are welcome to book your own)**

Travel Insurance

**Half Day Hue Tri Shaw Street Food and City Tour, Optional
2 Lunches, Dinners in Hoi An**

Sound Bath, Optional

Extra Massages and Beauty Treatments



HO CHI MINH 2 NIGHTS

Perfectly located close to the city's cultural highlights, shopping, and restaurants. We spend a couple of days exploring Ho Chi Minh's culinary delights, sights and sounds.

2ND - 4TH AUGUST

DAY 1.
ARRIVE AT THE HOTEL
FREE TIME TO RELAX BEFORE DINNER.
MAYBE HAVE A SWIM
6.30PM WELCOME DRINK MEET AND GREET
7.00PM GROUP DINNER INCLUDED

DAY 2.
GROUP BREAKFAST
9.00AM WAR REMNANTS MUSEUM TOUR WITH
LUNCH IN A TRADITIONAL VIETNAMESE
RESTAURANT.
FREE TIME IN THE AFTERNOON, MAYBE BOOK A
MASSAGE, HAVE A SHOP, EXPLORE THE SITES OR
RELAX BY THE POOL.
DINNER AT YOUR OWN LEISURE

DAY 3.
BREAKFAST
TRANSFER TO THE AIRPORT 1.5HR FLIGHT TO HUE



HUE

5 NIGHTS

DURING THE RETREAT AT ALBA GUESTS WILL HAVE THE OPPORTUNITY TO INDULGE IN SOOTHING SPA TREATMENTS, PARTICIPATE IN CALMING MEDITATION SESSIONS AND PRACTICE GENTLE YOGA EXERCISES AIMED AT PROMOTING RELAXATION AND REDUCING STRESS. IN ADDITION GUESTS WILL HAVE ACCESS TO HOT SPRINGS AND OTHER NATURAL REMEDIES THAT CAN AID IN IMPROVING SLEEP QUALITY AND OVERALL HEALTH. THIS HOLISTIC EXPERIENCE FOCUSES ON NURTURING THE BODY, CALMING THE MIND AND RESTORING BALANCE TO THE SOUL

4TH-8TH AUGUST

DAY 1.

**TRANSFER FROM AIRPORT TO ALBA WELLNESS RESORT
FREE TIME TO EXPLORE, HAVE A MASSAGE OR USE
THE HOT SPRINGS
7.00pm GROUP DINNER**

DAY 2 - 5.

BREAKFAST AT LEISURE DAILY
GROUP LUNCH AND DINNER DAILY
50 MIN REFLEXOLOGY DAILY
ONSEN JAPANESE BATH HOUSE DAILY
MOVEMENT THERAPIES ON OFFER EVERYDAY INCLUDED.
DO AS MANY OR AS LITTLE AS YOU LIKE. ITINERARY PROVIDED.

THE HOT SPRINGS ARE AVAILABLE DAILY FOR YOUR USE. SPRINGS OPEN FROM 6AM to 10PM

MOVEMENT THERAPIES INCLUDED-

RAINBOW SHOWER MEDITATION, TAI CHI, CHAKRA HEALING MEDITATION, KUNDALINI YOGA, RESTORATIVE YOGA, BIKE TOUR, YOGA, BREATHING CLASS, FOREST MEDITATION, BINH AN-TEA & QIGONG, YIN YOGA, ALBA FARM VISIT, WALKING MEDITATION, ZIPLINE, HIGHWIRE

WE ALSO ENJOY A GROUP COOKING CLASS WITH LOCAL PRODUCE WHERE WE WILL EAT WHAT WE HAVE COOKED FOR LUNCH (DAY TO BE ADVISED)

OUR GROUP WELLNESS CLASSES INCLUDES -
EXERCISE CLASSES DAILY, MEDITATION, BIOHACKING WORKSHOP (WE WILL LEARN WHAT IS GOOD FOR YOUR BODY AND WHAT WE CAN DO TO HELP SLOW DOWN THE AGING PROCESS) VISION BOARD WORKSHOP CREATING YOUR FUTURE.

**HALF DAY STREET FOOD AND TOWN TOUR INCLUDED (OPTIONAL)
PRIVATE PICK UP FROM THE RESORT. WE GO ON A TRISHAW WITH YOUR OWN DRIVER. WE VISIT THE HISTORICAL BRIDGE OF TRUONG TIEN AND PERFUME RIVER ALSO STOPPING AT DONG BA MARKET. SEE SPECIALTY DISHES AND LOCAL PRODUCE OF HUE. WE STOP AT FOUR DIFFERENT RESTUARANTS AND TRY A FAVOURITE DISH AT EACH STOP.
TRANSFER BACK TO THE RESORT \$150.00 COST PER PERSON**

DAY 6.

AFTER BREAKFAST TRANSFER TO HOI AN BY PRIVATE COACH. STOP ALONG THE WAY FOR LUNCH.



HOI AN 4 NIGHTS

8TH- 13TH AUGUST

DAY 1.

ARRIVE AT YOUR HOTEL

SPEND THE AFTERNOON AT YOUR LEISURE, HAVE A SWIM IN THE POOL , WANDER THE SHOPS OR BOOK A BEAUTY TREATMENT. HOI AN IS A GOOD PLACE TO HAVE CLOTHING MADE GET IN EARLY TO GIVE THE TAILOR A CHANCE TO MAKE AN AMAZING PIECE TO TAKE HOME.

DAY 2.

BREAKFAST BUFFET

HALF DAY WALKING TOUR LUNCH INCLUDED

08.00AM-12PM: MEET OUR GUIDE FOR A WALKING TOUR OF HOI AN, CONCLUDING WITH LUNCH AT A LOCAL RESTAURANT. AFTERNOON AT YOUR LEISURE

DAY 3.

BREAKFAST BUFFET

HALF DAY BIKE TOUR LUNCH INCLUDED

SPEND A HALF DAY LEISURELY CYCLING THROUGH THE SCENIC COUNTRYSIDE OF VIETNAM,

DISCOVER-

- TRADITIONAL BOAT-BUILDING YARDS, INLAID WITH MOTHER OF PEARL,.

-HOW TO WEAVE THE TRADITIONAL SLEEPING MATS. RIDE THROUGH TRADITIONAL VIETNAMESE COUNTRYSIDE, BASKET BOAT BUILDER.

AND MORE

DAY 4.

BREAKFAST BUFFET

DAY AT LEISURE

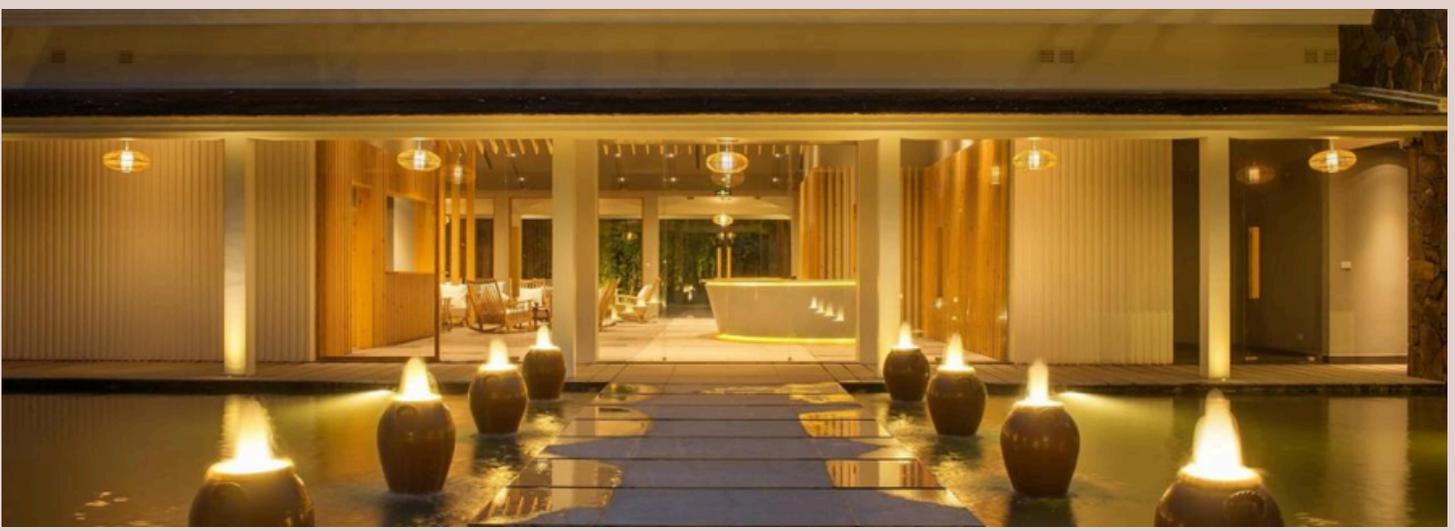
DAY 5.

BREAKFAST AND CHECK OUT

AIRPORT PICK UP

(FLY OVER NIGHT ARRIVE 14TH AUGUST)





**EARLY BIRD SPECIAL
PAY IN FULL BY 1ST APRIL 2026
RECEIVE \$300 OFF**

12 Day Wellness Package

Twin Share per person (\$3699pp Early Bird) \$3999pp

Single Supplement (\$4299pp Early Bird) \$4599pp

Flights Not Included

Purelife Retreats has a booking agent that can coordinate and book flights and
Visa (Visa included in package)

\$600 NON REFUNDABLE DEPOSIT REQUIRED AT TIME OF BOOKING

PAYMENT PLANS AVAILABLE

BANK ACCOUNT DETAILS PURELIFE RETREATS

BSB 063 105

ACC 10740854

BOOK NOW - PLACES ARE LIMITED

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Purelife TM
Terms and Conditions for Retreats

(1) Inclusions and Exclusions:

(a) **Inclusions:** All transfers for all three destinations, Ho Chi Minh, Hue and Hoi An. 2 x Nights Stay at Ho Chi Minh, 5 x Nights at Hue and 4 x Nights at Hoi An. 11 x Buffet breakfast, 9 x Lunches, 6 x Dinners, 1 x Cooking Class, 5 x 50 minute Reflexology, 5 x Onsen, Movement Therapies stated in Hue, all Group Wellness Classes stated in itinerary. Use of beach towels, 1x mini bar and water in the room at Hue, 1 x gift bag, Travel Visa.

(b) **Exclusions:** Personal Travel Insurance, Flights, Alcoholic / Non Alcoholic Drinks not specified in paragraph (1)(a), Room Service, additional snacks and food not specified in paragraph (1)(a), additional Massages and Beauty Treatments to those specified in paragraph (1)(a),

(2) Booking and Payment:

(a) A non-refundable deposit of AU \$600 must be paid upon booking into the designated bank account of the retreat organisers in order to be shortlisted as a participant to the retreat. **(b) The balance payable must be paid into the designated account of the retreat organisers by 1st May 2026 to secure a booking**, failing which the booking will not be secured and any monies paid less the non-refundable deposit will be refunded in due course. (c) All payments must be made by electronic funds transfer, there are no credit facilities available.

(3) Participant Cancellation Policy:

(a) Notice of cancellation by the participant must be provided in writing to the retreat organizers at purelifewellnessretreats@gmail.com. b) Notices of cancellation of a booking received by the retreat organisers between 30th May 2026 and 30th June 2026 will result in the processing of a 50% refund, minus the non-refundable deposit of AU\$600, in due course. The retreat organisers reserve the right to retain the deposit paid. c) Any participants who send a notice of cancellation of a booking to the retreat organisers after 30th June 2026 will not be eligible for a refund and no refund will be given.

(4) Participant Responsibilities:

(a) Participants must be at least 18 years of age. (b) Participants under 18 years of age may be permitted to participate in the retreat at the discretion of the retreat organisers provided that they are accompanied by a guardian who is at least 18 years of age and approved by the retreat organisers prior to booking. (c) Each participant is responsible for the arrangement of their own travel to and from Vietnam. (d) Each participants must have a valid passport with an expiry date of at least six (6) months from all dates of travel. (e) Transport of participants will be arranged by the retreat organisers to each venue and to and from the Airport. All other travel arrangements are the responsibility of the participants. (f) Each participant is expected to adhere to the schedule and guidelines provided by the retreat organisers. (g) Each participant is responsible for obtaining their own health, medical and travel insurance, covering against personal accident, death, medical expenses, emergency repatriation, and trip cancellations, each participant is responsible for providing details of their insurance to the retreat organisers upon reasonable request. (h) Each participant is responsible for providing their contact details to the retreat organisers including an email and a telephone number, and for monitoring their email and/or telephone for communications from the retreat organisers before and during the retreat.

(5) Code of Conduct:

(a) Respect for fellow participants, staff, and the environment is expected from participants (b) Any participant conduct deemed by the retreat organisers to be inappropriate, disruptive, or disrespectful will not be tolerated and may result in expulsion of the participant from the retreat without refund. The retreat organisers reserve the right to refuse service without liability. (c) Use of illegal drugs, or any other illegal substances by all participants is prohibited. (d) Participants must obey Vietnam law when in Vietnam.

(6) Liability:

(a) The retreat organisers will not be held liable for any loss, damage, injury, or illness suffered by the participant during the retreat, including but not limited to accidental injury, accidental damage, theft, medical emergencies, and cancellation of the retreat due to circumstances beyond the control of the retreat organisers. (b) The retreat organisers will not be liable for any failure or delay in performing their obligations due to causes beyond their reasonable control, including but not limited to acts of God, natural disasters, or government regulations.

(7) Changes to Itinerary and Cancellation of Retreat:

(a) The retreat organisers reserve the right to cancel the retreat without liability with five (5) weeks' notice and, in that event, will provide a full refund to the participant. (b) The retreat organisers reserve the right to make changes to any aspect of the retreat at their absolute discretion and without liability, including changes to the itinerary, activities, or schedule and will provide reasonable notice of any changes to the participants.

(8) Health and Safety:

(a) The retreat may include activities including but not limited to High Interval Intensity Training (HIIT), yoga, walking, bike riding, massage and meditation. Participants engage in such activities at their own risk.

(b) Any pre-existing medical conditions, allergies and dietary restrictions must be disclosed to the retreat organisers prior to the retreat. (c) The participant acknowledges and assumes all personal risks associated with travel to a foreign country.

(9) Photography and Media:

(a) By paying the full amount payable for the retreat, the participant agrees to the use of any photographs and videos containing the likeness of the participant during the retreat, and including digital copies thereof, by the retreat organisers in promotional, news, research and/or educational materials, including but not limited to printed materials, online publications, websites, and social media posts, without the prior consent of the participant. (b) The participant agrees that they are not entitled to any remuneration or royalties for the use of any photographs and social videos referred to in paragraph (9)(a).

(10) Privacy Policy:

(a) Personal information collected during the registration process will be used solely for the purpose of facilitating the retreat experience for the participant and will not be shared with third parties. (b) The participant agrees to receive communication from the retreat organisers regarding any updates and schedule changes of the retreat.

(c) The participant may receive communications from the retreat organisers regarding promotional offers or future retreats unless the participant unsubscribes from such communication.

By booking a retreat, paying the deposit and/or paying the full amount payable for a booking of the retreat with the retreat organisers, the participant acknowledges that they have read, understood, and agree to abide by these terms and conditions.

Participant Name: _____

Participant Signature: _____

Date: _____