

21-24
November
2025

LUMINA
awaken a sense of wellbeing

NAMIA RIVER RETREAT
HOI AN, VIETNAM
4 days 3 nights

Nourish: Earth To *Essence*



A Retreat For Leaders
who lead from within

Why join Nourish: Earth To Essence?

- ✓ **A TRANSFORMATIVE RETREAT** designed for leaders seeking clarity, connection and alignment with nature.
- ✓ **CONSCIOUS EXPERIENCES** that blend regenerative food, modern & ancient wisdom and cultural immersion.
- ✓ **INNER SUSTAINABILITY** practices to restore balance and lead with impact and authenticity.

Retreat *Includes*

VENUE: NAMIA RIVER RETREAT

- 🌿 Luxury riverfront wellness-inclusive retreat in Hoi An
- 🏡 Private 1-bedroom Nipa pool villa
- 🍷 All-day breakfast & complimentary non-alcoholic mini-bar
- 🌸 Daily Wellness Journey, per person, per night (Herbal hammam & Traditional spa therapy for 90')
- 🍴 Nourishing full-board meals, hyper-local retreat menu by Chef Oliver
- 🚗 Return airport transfers

RETREAT ACTIVITIES

- *Conscious eating*
 - 1 x Interactive cooking class
 - 2 x Guided conscious food experiences
- *Inner-sustainability*
 - 2 x Systemic nature constellations
 - 1 x Voice & thought leadership workshop
- *Eco-somatic movement*
 - 1 x Somatic movement with breath practice
 - 2 x Tribal nature sounds ceremonies
- *Local community excursions*
 - 1 x Regenerative farming activity
 - 1 x Guided bicycle trail to visit Hoi An

Retreat *Program*

Day 1: Arrive At Namia River Retreat In Hoi An

14:00	Onwards for check-in with transfers for your flight schedule included
14:00-17:00	Unwind in the comfort of your private pool villa
17:00-18:00	Welcome refreshments, retreat introductions and opening circle
18:30-20:00	Pre-dinner ritual and light set menu designed by <i>Oliver</i>
20:30-21:30	Tribal nature sound ceremony guided by <i>Marian</i>
21:30	Onwards, return to villa, enjoy a Vietnamese bath ritual

Day 2: Conscious Connection To Land & Body

07:00-08:00	River-front conscious movement and breathwork by <i>Marian</i>
08:00-09:30	Nourish with a fresh and sustainable breakfast buffet
10:00-12:00	Depart to visit a local organic community farm
12:00-13:30	Conscious food talk and lunch at Mua in Tra Que
13:30-15:00	Personal relaxation and reflection time
15:00-17:00	Systemic and nature constellations by <i>Michelle</i>
17:00-18:00	Personal relaxation and reflection time
18:00-19:30	Pre-dinner ritual and light set menu designed by <i>Oliver</i>
20:00-21:30	Wellness journey (30' Hammam and 60' Acupressure Therapy)
21:30	Onwards return to villa, enjoy a Thuoc Nam herbal tea for sleep

Day 3: Lead With Impact & Inner Sustainability

06:00-07:00	Guided bamboo bicycle trail to Hoi An and a local coffee
08:00-09:30	Nourish with a fresh and sustainable breakfast buffet
10:00-12:00	Systemic and nature constellations by <i>Michelle</i>
12:00-13:30	Conscious food talk and a communal meal by <i>Chef Oliver</i>
13:30-15:00	Personal relaxation and reflection time
15:00-17:00	Authentic voice for impactful thought leadership by <i>Marian</i>
17:00-18:00	Personal relaxation and reflection time
18:00-19:30	Pre-dinner ritual and light set menu designed by <i>Oliver</i>
20:00-21:30	Vietnamese wellness journey (90' Vietnamese Therapy)
21:30	Onwards, return to villa, enjoy a Thuoc Nam anti-inflammatory tea

Day 4: Nature & Inner Sustainability As One

06:00-07:00	Tribal nature sound ceremony guided by <i>Marian</i>
07:30-09:00	Nourish with a fresh and sustainable breakfast buffet
09:30-11:00	Closing circle and reflections
12:00	Onwards departure with transfers for your flight schedule included

The Venue – *Namia River Retreat*



Nestled on the Con Ba Xa Islet in Hoi An, Vietnam, Namia River Retreat is thoughtfully crafted with genuine cultural journeys and wellness-inclusive therapies inspired by Vietnamese herbology.

With 60 private pool villas, locally inspired dining experiences, and stunning pools with Thu Bon River views, the resort opens new ways to explore and connect with the lantern-lit ancient town of Hoi An.

Namia River Retreat is also a member of the Small Luxury Hotels Of The World (SLH) Considerate Collection and Wellbeing Collection, underscoring Namia River Retreat's commitment to sustainability, community engagement, and cultural preservation.

Website: www.namiariverretreat.com

Our Retreat *Hosts*



Michelle Ford

Michelle Ford, founder of Lumina Wellbeing and GM of Namia River Retreat and a visionary with a passion for holistic living. With decades of experience in shaping award-winning wellness resorts across Asia, she pioneers mindful hospitality that harmonises traditions, integrated wellbeing journeys and authentic connections for meaningful guest transformation. As a certified systemic constellations practitioner she explores hidden dynamics in systems, land and lineage.



Marian Dang

Born in the Netherlands with Vietnamese roots, Marian Dang brings a grounded, global presence to the world of holistic wellness. A trailblazer in sustainability and years of experience in international corporations, she bridges modern leadership with ancient practices to create sacred spaces for transformation. Marian is founder of eco-presence, a seasoned facilitator with a host of regenerative tools including yoga, tribal sound, vocal activation, intuitive movement, meditation, breathwork and elemental rituals.



Oliver Truesdale-Jutras

Oliver Truesdale-Jutras, Canadian chef and founder of Re:Growth, is a pioneer of sustainable gastronomy and public speaker on the future of food. With global culinary experience and leadership at award-winning restaurants, he champions regenerative hospitality, ethical sourcing, and zero-waste practices, crafting innovative dining experiences that honour local food systems while shaping the future of responsible, community-driven cuisine.

Program *Language*

Program available in English exclusively

Retreat *Investment*



Travelling Solo

Nipa Pool Villa

Indoor 62 sqm, Pool & Terrace 86 sqm, Total 148 sqm

- Private pool villa with nipa palm view
- Open-plan bedroom, sunken bathtub, pool view
- En-suite bathroom with vanity and shower
- Lounge opening onto terrace, pool with loungers
- All standard facilities and bamboo bicycles

USD 3,600 for 4 days, 3 nights package

per person/ single room
rates include taxes & service charge



Travelling Together

Nipa Pool Villa

Indoor 62 sqm, Pool & Terrace 86 sqm, Total 148 sqm

- Private pool villa with nipa palm view
- Open-plan bedroom, sunken bathtub, pool view
- En-suite bathroom with vanity and shower
- Lounge opening onto terrace, pool with loungers
- All standard facilities and bamboo bicycles

USD 3,150 for 4 days, 3 nights package

per person/ sharing twin room
rates include taxes & service charge

Special *Offers*

- **EXCLUSIVE LAUNCH OFFER** - Special rates for 2025
- **EARLY BIRD DISCOUNTS** - Book 21 days prior to retreat, receive 10% off retreat price
- **EXTENSION NIGHTS** - USD 595 per villa, per night for Nipa Pool Villa
- **UPGRADE NIGHTS** - USD 150 net per villa, per night for upgrade to River Pool Villa
- **TRAVEL AGENTS** - Receive 15% commission on retreat price for bookings

Other *Information*

INCLUSIONS

- 03-night stay at Pool Villa (Nipa view)
- All-day Breakfast
- Complimentary non-alcoholic mini-bar
- Resort shuttle boat to Hoi An Town
- Wellness Journey, per person, per night (30' Herbal steam & 60' Traditional spa therapy)
- Listed lunches and dinners with one juice/ kombucha
- Complimentary Da Nang airport round trip transfers
- 3 x Conscious food experiences
- 3 x Eco sound and movement practices
- 3 x Inner sustainability constellations/ thought leadership sessions
- 1 x Regenerative farming activity
- 1 x Guided bicycle trail to join a town
- Wellness welcome amenities & retreat goodie bag

EXCLUSIONS

- Other food and beverage and personal expenses
- Visa, airfare and any extension nights

PRIVATE SESSIONS

Outside of the retreat activity hours, additional spa treatments or private one-on-one sessions with our retreat facilitators are available. Booking on request and subject to availability.

CANCELLATIONS/ NO SHOW

- Cancellations made more than 21 days prior to retreat start date, no cancellation fee.
- Cancellations made 21 days prior to retreat start date, 50% of retreat price.
- Cancellations made 14 days prior to retreat start date/ no show, 100% of retreat price.
- A minimum of 5 participants required for a nourishing retreat. Should we not receive the minimum participants booking, retreat may be cancelled up to 21 days prior to retreat start date.

Ready to *Explore?*

BOOK NOW

Website: www.lumina-wellbeing.com
Facebook: www.facebook.com/luminawellbeingspa
Linkedin: www.linkedin.com/company/luminawellbeing

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