



Flo's Body Shop
Expedition to Vietnam
July 14 days 2025

Day 1, 2025 :

Hanoi

Day	Arrival into Nội Bài International Airport in Hanoi, the capital of Vietnam and transfer to your hotel, the Meritel Hanoi.
5:00 pm	Orientation Meeting and overview with Flo and your Altruvistas representative
7:00 pm	Welcome Dinner at A Doi for a traditional Vietnamese Dinner with folk music.
	Meals Included : Dinner

Day 2, 2025 :

Hanoi

am	Breakfast and time for Meditation and Yoga with Flo.
10:00am	Speaker on Vietnam Past, Present and Future from French Colonialism and the American War to Independence.
11:00 am	Guided City Visit President Ho Chi Minh's Mausoleum, his House and Museum.
	Lunch

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1:00pm	Visit to the One-Pillar Pagoda which is a place of pilgrimage dating back to 1049. Hovering over a lotus pond on a single pillar, the pagoda is designed to resemble a lotus blossom, the symbol of purity. According to legend, the temple was inspired by a dream in which the Holy Lady (Phat Ba Quan Am) handed the king a baby boy...shortly before the birth of the royal hier. Inside the temple is a gilded shrine to Quan Am, the Goddess of Mercy who is a symbol of Hanoi. Afternoon time to walk of the Old Quarter.
3:00 pm	
5:00pm	Return to hotel to enjoy free time for dinner and cultural activities
6:30pm	Water puppet show in the Old Quarter, & stroll by Hoan Kiem Lake.
	Meals Included : Breakfast, Lunch,

Day 3, 2025 :

Hanoi

am	Time for meditation and exercise.
10:00 am	Depart for a day-long visit to a rural village , walking tour of Duong Village and enjoy an intimate discussion of peoples' lives, economics, society, etc. Visit to King Ngo Quyen temple and King Phung Hung temple, and Mia pagoda. Lunch in village. – Hike through rice paddies, learn about other crop productional and see farm animals, etc. (80% of Vietnamese live in the countryside).
4:00 pm	Return to Hanoi with a stop at Craft Link , a non-profit organization that works with 60 artisan groups in northern Vietnam.
7:00 pm	Free time to dinner and to enjoy a local Spa for a massage.
	Meals Included : Breakfast, Lunch

Day 4, 2025

Hanoi

am	Time for meditation and exercise. Breakfast.
10:00am	Visit the Hanoi office of the Vietnam Veterans of America Foundation, talk with director Chuck Searcy - a full morning for this very important meeting.
12:30pm	Lunch then visit the Temple of Literature founded in 1070, the temple is dedicated to Confucius and honors Vietnam's finest scholars. In 1076 it became the nation's first university, where for centuries students gathered to study Confucianism, literature and poetry.
3:00 pm	Time to walk and enjoy Hoan Kiem lake at the center of historic Hanoi, is the temple of Ngoc Son (Jade Mountain). The compact pagoda is dedicated to a 13th century warrior, the patron saint of physicians, and a revered scholar.
	Evening is free for dinner and cultural activities.
7:00 pm	Meals Included : Breakfast, Lunch

Day 5, 2025 :

Ha Long Bay Excursion

Full Day	Leave for Ha Long Bay, a UNESCO World Heritage Site , and Quang Ninh -stop at a humanitarian-run handicraft and embroidery workshop along the way. Have lunch on the boat while admiring the beautiful scenery and enjoying delicious seafood meals. We will relax during our 6-hours cruise tour: Surprise Cave - Titop Island - Luon Cave We will Enjoy the sunset time on the cruise.
	Evening - Return to Hanoi.
	Dinner and free time for the spa.

Meals Included : Breakfast, Lunch

Day 6, 2025:

Hanoi

- am Yoga and meditation time with Flo.
- 9:30am Visit to Hoa Lo Prison/ **the Hanoi Hilton" (Maison Central)** - the notorious prison where American pilots were kept.
- 11:00am Depart for **Friendship Village** - tour of the village started by George Mizo, an American Vietnam veteran, for Agent Orange victims. Lunch with the community and exchange with the community here. We will really learn about the impacts genetically and generationally on the population.
- 3:00pm Return Ha Noi for **a Cooking Class!** make everything from the scratch.
- 8:00pm Evening free for a night walking tour of the Old Quarter of Ha Noi!

Meals Included : Breakfast , Lunch, Dinner

Day 7, 2025:

Hué

9:00am	Check out of hotel and transfer to Noi Bai airport and take a flight to Hue (VN1541 08:00 - 09:15) so we can experience the Imperial City of Hue, a UNESCO World Cultural Heritage City.
Day	Today upon arrival we will enjoy our beautiful cultural excursion to Thien Mu pagoda and the Imperial City and tomb of King Tu Duc.
5:00pm	Check in to our hotel at the Imperial Hotel Hue.
7:30pm	Music and dinner at the hotel on the Perfume River.
	Meals Included : Breakfast, Dinner

Day 8, 2025:

Hué

am	Morning yoga and meditation.
10:00am	We will take a day trip to the DMZ (Demilitarized Zone), Hien Luong Bridge, Ben Hai River, and Vinh Moc War Tunnels with a local guide. Field visit to the American Vietnam Veterans Foundation de-land mining project in the former DMZ.
3:00pm	Relax at Thuan An Beach
5:00pm	Evening free for cultural optional activities, dinner and the spa.
	Meals Included : Breakfast, Lunch

Day 9, 2025:

Hué to Da Nang

am	Morning yoga and meditation.
9:30am	Check out of our hotel. Depart for Da Nang . Stop over on the dramatic Hai Van passes for sight-seeing and taking pictures.
12:00pm	Lunch upon arrival and then we will visit the Cham Museum and the Marble Mountains - Tour of Viet Cong hospital caves in the Marble Mountains . The five karsts (called Ngu Hanh Son in Vietnamese) are named after the five elements: metal, water, wood, fire and earth.
4:00pm	Check into the hotel. Visit a famous tea ceremony in Danang to learn about the importance of tea culturally. Tea has many good effects on human health such as detoxification, heat bar, anti-aging, etc. human health such as detoxification, heat bar, anti-aging, etc. .
	Meals Included : Breakfast, Lunch

Day 10, 2025: _____ Da Nang

am	Morning yoga and meditation.
10:00am	Visit Linh Ung pagoda - located on Son Tra Peninsula, with the tallest Buddha statue in Vietnam. Then we will visit the fairytale-like Ba Na Hills, reach the French-inspired hilltop resort on a cable car. Visit the Old Villas, French Stable, and Tinh Tam Garden, the Golden Bridge
12:30pm	Lunch is at Ba Na Hills' buffet restaurant
2:00pm	Have free time to explore more Ba Na Hills or join the game world in the Fantasy Parks.
Eve	Free to dinner and cultural activities. Let's start at one of the night markets like Son Tra.
	Meals Included : Breakfast , Lunch

Day 11, 2025:Da Nang to Hoi An

- 8:00am Depart for our day excursion to **Hoi An, a UNESCO World Heritage Site – a well-preserved, ancient Chinese community and small city.**
- 10:00pm **Visit Hoi An** and enjoy a brief walking tour of cultural highlights including the Confucius Temple. Yes you will have time to wander the streets of this picturesque place.
- 2:30pm Enjoy Lunch
- 4:30pm Get hands on to make your own lantern and take a boat trip to release of Hoi An lantern on Hoai River - a meaningful ritual as it is to wish for a prosperous year. Then we will return to Da Nang after some free time.
- Evening free for cultural optional activities. Enjoy local dining & spa time or night markets.
- Meals Included :** Breakfast, Lunch

Day 12, 2025:Ho Chi Minh City

- am Morning yoga and meditation at the Beach.
- 10:00am Check out the hotel and then transfer to Da Nang, take a flight to Ho Chi Minh city
(VN115 10:15- 12:00)
- 1:00pm **City tour upon arrival** includes a guided visit the **Unification Palace** (alias Independence Palace). We will end at the tour the very moving War **Remnants Museum** and engage in an optional group meeting to discuss and process feelings.
- 6:30pm Dinner
- 8:00pm Evening free for spa service or one of HCMC's fun night markets like the Ho Thi Ky Flower Market.

Meals Included : Breakfast, Lunch

Day 13, 2025:

- 8:00am Enjoy a wing chi or wing chun class to move our bodies this morning.
- 10:00am Visit to the **Mariamman Temple** that reflects south Indian culture and Hindi craftsmanship. After we enjoy some final shopping at the **Mai Vietnamese Handicrafts**, a nonprofit organization that provides income generation and marketing services to Vietnamese artisans. Mai Handicrafts runs several craft production projects and markets the work of numerous other craft producers.
- Lunch Free time for Lunch and shopping **Ben Thanh Market**.
- 7:30 pm **Farewell dinner** followed by Optional jazz at Shanla - Live Music & Lounge.
- Meals Included :** Breakfast, Dinner

Day 14, 2025

Check out and depart for the airport.

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