

# Mindfulness Meditation Retreat in North Vietnam 4 days

## Trip overview

Set against the tranquil backdrop of North Vietnam's sacred temples and natural landscapes, this 4-day journey offers a harmonious blend of meditation practice, Buddhist wisdom, and cultural exploration. Guided by experienced instructors, you will cultivate mindfulness, deepen self-awareness, and restore inner balance through daily meditation, reflective rituals, and serene nature walks. Perfect for both beginners and seasoned practitioners, this retreat invites you to awaken your inner calm and embrace lasting spiritual growth.

- **Durations:** 4 days
- **Trip outline:** Hanoi - Yen Tu Mountain
- **Price from:** US \$499/person
- **Tour inquiry:** <https://besttratetours.com/vietnam-tours/mindfulness-meditation-retreat-in-north-vietnam-4-days.html>

## Trip outline

day	Activities	Accommodations	Meals
Day 1	Hanoi City's Spiritual Heritage Half Day	Hotel in Hanoi	Breakfast, Lunch
Day 2	Huong Pagoda Full Day	Hotel in Hanoi	Breakfast, Lunch
Day 3	Hanoi - Yen Tu	Hotel in Yen Tu	Breakfast, Lunch, Dinner
Day 4	Meditation - Spiritual - Hanoi	NA	Breakfast, Lunch

## Itinerary

### Day 1: Hanoi City's Spiritual Heritage Half Day

#### Morning

Our driver will pick you up from your hotel in Hanoi and take you to **Spices Villa**, a fine-dining restaurant known for its luxury vegetarian Vietnamese cuisine - a perfect blend of tradition, creativity, and elegance.

#### Afternoon

In the afternoon, you will begin your Hanoi City Tour, exploring the capital's rich cultural and historical landmarks with your guide.

Your afternoon tour begins at the **Temple of Literature**, Vietnam's first university and a lasting symbol of the country's rich scholarly heritage.

Next, visit the **Tran Quoc Pagoda**, the oldest Buddhist temple in Hanoi, peacefully nestled on the edge of the picturesque West Lake - a serene spot perfect for reflection and photos.

The tour concludes at the iconic **One Pillar Pagoda**, renowned for its unique lotus-shaped design and deep spiritual significance in Vietnamese culture.



**Meals:** Breakfast, Lunch

**Accommodation:** Hotel in Hanoi

## Day 2: Huong Pagoda Full Day

The following day starts with a move to **Huong Pagoda**. After a quick introduction to the itinerary, our guide will walk you around the pagoda to learn about its fascinating history and architecture.



Then, you will visit the main hall where you will hear stories about Buddha's life and discover important Buddhist teachings. These lessons are practical and can help you find a better way to live every day.

You will get an opportunity to try it yourself and calm your mind, feeling peaceful and refreshed. This kind of inner calm is a true treasure that stays with you long after the trip.

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel in Hanoi

### Day 3: Hanoi - Yen Tu

Depart from Hanoi in the morning for a scenic drive to **Yen Tu**, a sacred mountain known for its spiritual energy and rich cultural heritage.



Upon arrival, immerse yourself in hands-on traditional craft workshops, where you'll learn how to make eco-friendly products such as **conical hats**, and try your hand at printing **Dong Ho paintings** - a unique Vietnamese art form.

In the evening, experience the vibrant "Dem Hoi Lang" (**Village Night Show**) - a local village night show filled with music, traditional performances, and authentic countryside spirit.

**NOTE:** Activities and workshops may vary by season. Please contact your sales consultant for the most up-to-date information and availability.

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Hotel in Yen Tu

## Day 4: Meditation - Spiritual - Hanoi

Begin your morning with a meditative **yoga session** in the peaceful surroundings of Yen Tu - an ideal place to reconnect with your inner self.

Later, you can choose to take part in other workshops, such as **DIY Recycled** and **Herbal Compress Workshop**, where you'll learn to create traditional wellness remedies using natural local ingredients.

After lunch, depart from Yen Tu and return to Hanoi.



**Meals:** Breakfast, Lunch

**Accommodation:** NA

## Booking Policy

### Inclusion

- Accommodation in TWN/ DBL sharing accommodation at hotel, except overnight on train and homestay (if any)
- All transport (including airport pick up & see off), as per itinerary
- Meals as indicated in the program
- All in-tour stationed local English speaking guide.
- Entrance fees for Vietnam attractions, as per itinerary

### Exclusion

- Hotel EARLY check in & LATE check out
- Peak season surcharge & compulsory dinner in the accommodation.
- Transport to or from Vietnam
- International or departure taxes
- Vietnam Visa (above 6 months passport Valid & 3 clear-page require)
- Travel Insurance while in Vietnam
- Tips, laundry and gratuities

- Meals not marked on itinerary, and bottled water in Vietnam
- Tips for guide /driver (recommended US \$3-5 /pax /day)
- Tipping is completely up to you and should be based on your perception of the service quality

## Cancellation Policy

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 10% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 30% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 50% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

## Children Policy

- The rate for children applicable for one child sharing a twin or double cabin with two adults.
- For infants (<04 years old): FOC except for domestic flight tickets.
- 04 - under 11 years old without bed: 50% adult rate.
- 04 - under 11 years old with extra bed: 75% adult rate.
- 04 - under 11 years old in twin share: 90% adult rate.
- From 11 years old: count as an adult.

# WHY BOOK WITH US?

### Best Rate Guaranteed

Local consultants with rich of knowledge will give you the most suitable itineraries for you.

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## BEST RATE TOURS., JSC

No 56, Hàng Đậu Street - Dong Xuan, Hoan Kiem District - Hanoi - Vietnam

Tel: +84 2439949194

Email: [sales@bestratetours.com](mailto:sales@bestratetours.com) Website: <https://bestratetours.com/>

+84 911646478