



15 - 22 NOVEMBER 2025

Wellbeing & Wonder Retreat to Vietnam

Northern Province – Hanoi and Pu Luong Reserve

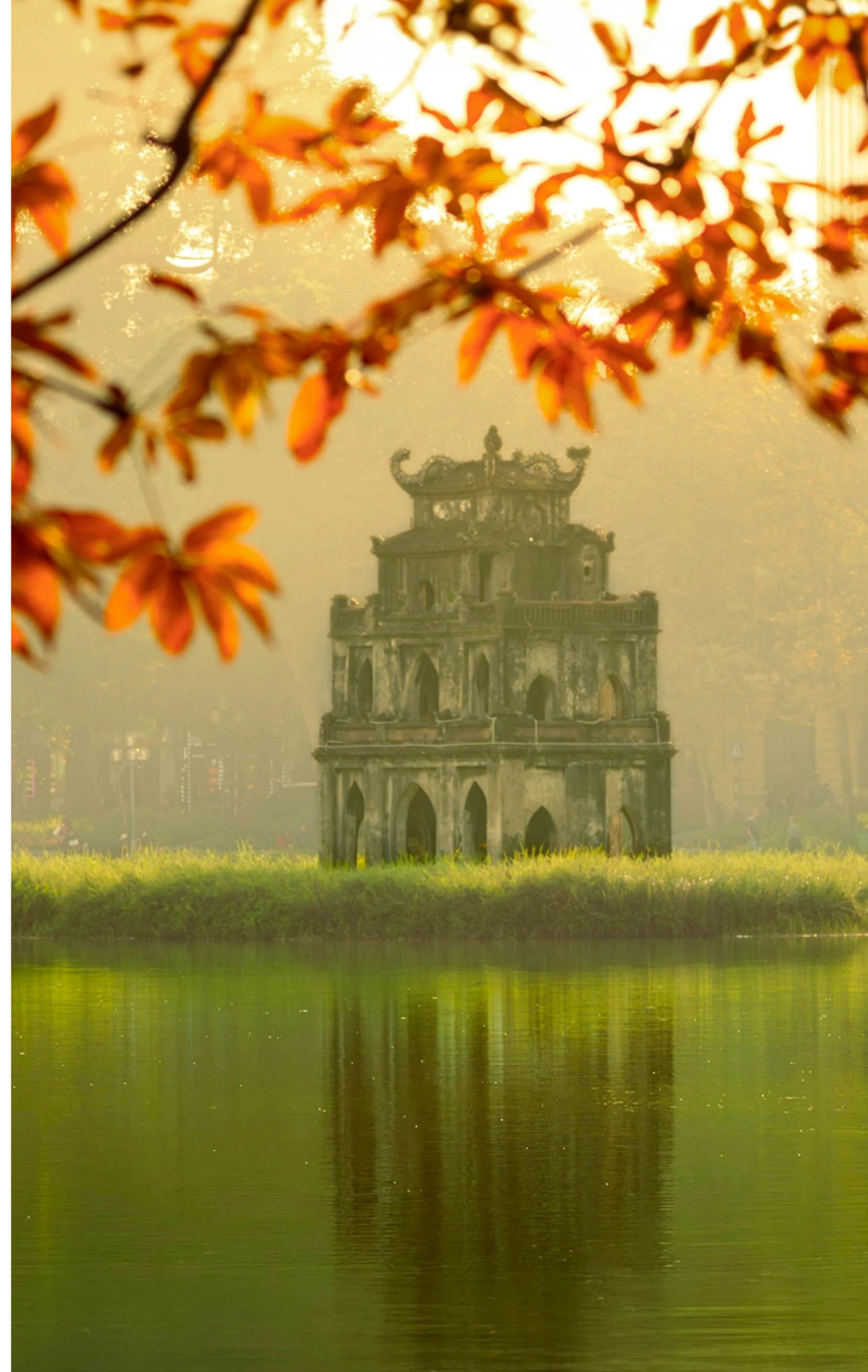
Vietnam Retreat

Northern Vietnam, a land of captivating beauty, beckons with its majestic mountains, serene valleys, and lush, emerald-green paddy fields. The region's landscapes unfold like a dream, offering a feast for the senses, where nature's splendour merges seamlessly with a rich cultural heritage that has flourished for centuries. From vibrant city life to tranquil countryside, Northern Vietnam invites you to explore its heart and soul.

Our journey begins in the lively streets of Hanoi, a city teeming with energy, history, and charm. Amidst the hustle and bustle, Hanoi's iconic landmarks, street food, and cultural treasures provide a vibrant introduction to the country's dynamic spirit. Here, you'll be immersed in a unique blend of old and new, where ancient traditions meet modern vibrancy.

As we move deeper into nature, the retreat shifts to the serene embrace of the Pu Luong Nature Reserve. This peaceful sanctuary invites you to unplug from the noise of everyday life and rediscover stillness and balance. With panoramic views of misty mountains and verdant valleys, Pu Luong is the perfect backdrop for yoga, meditation, and self-discovery.

Throughout this retreat, you'll not only experience the beauty of nature but also indulge in nourishing local cuisine, explore the rich cultural traditions of the region, and connect with yourself in ways that will leave you refreshed and inspired. This is more than just a getaway—it's a journey into the heart of Vietnam, and into the depths of your own well-being.



Location

Hanoi, the bustling capital of Vietnam, sits in the northern region of the country, blending historical charm with modern energy. Known for its rich cultural heritage, the city is nestled along the banks of the Red River and serves as a gateway to many of Vietnam's natural wonders.

Just over 150 kilometres southwest of Hanoi lies the Pu Luong Nature Reserve, our tranquil, scenic haven nestled in the limestone mountains. This area is known for its breathtaking landscapes, offering sweeping views of terraced rice fields, lush forests, and meandering rivers.

The journey from Hanoi to Pu Luong takes around four hours by car, offering us a scenic route through winding mountain passes and traditional villages. Along the way, the landscape transitions from the dynamic cityscape of Hanoi to the rolling hills and valleys of Pu Luong, providing glimpses of Vietnam's diverse geography. The drive is not only a means of reaching a retreat destination but also an opportunity to witness the natural beauty that defines this part of the country.





Things to do

We kick off our adventure in Hanoi with a stay at our boutique hotel, The Hanoi Pearl, located near key landmarks such as Hoan Kiem Lake, the Grand Cathedral, the Opera House, and the bustling Old Quarter.

We will explore the city on a guided walking tour, visiting the local markets, and indulging in a 'Street Life' experience with a street food brunch. In the evening, we will enjoy a traditional Water Puppetry performance, offering an interesting glimpse into northern Vietnam's rural culture.

Next, journey to the tranquil Pu Luong Nature Reserve, where you can unwind amidst stunning mountain views. Your stay at a hilltop retreat will include daily yoga sessions, local walks, bamboo rafting, and a visit to the local market.



About us



Lisa Dunn

Having left a successful career producing documentaries for the BBC, Lisa pursued a passion for yoga and became a 500-hour certified vinyasa teacher.

She has been practising for 20 years and teaching for over twelve years and has never stopped feeling excited about sharing the liberating effect yoga has had on her life. Yoga has taken her all over the world, and she also teaches at Suryalila Retreat Centre in Spain on Frog Lotus International training programmes.

More recently she has trained as a Katonah Yoga teacher, a Daoist methodology, and she will be sharing these profound teachings along with breath work and meditation throughout the retreat.



Ruth Clougherty

Ruth has been organising conferences and events for many years, which led to her taking a leap of faith in 2011 into the world of wonder and wellbeing when she started organising mini-escapes for herself and her friends. Initially, they started as an annual escape running alongside her freelance projects, providing everyone with an opportunity to hit pause and step away from the day to day for just a short while. They were so much more than just a weekend away and it wasn't long before she was persuaded to turn her side hustle into a business and in 2018, Gin & Yin became a thing.

Her love of taking ladies away to explore new places and properties all offering something a little different, partnered with elements of self-care and a well-crafted G&T proved to be the perfect tonic to escape life as we know it for just a few days. She has since created many magical retreats all over the world and welcomed and connected some incredible women many of whom return year on year. Ruth believes everyone should experience a retreat at least once in their lifetime.

Accommodations

We will be staying two nights at the 4* luxury boutique Hanoi Pearl hotel in the Old Quarters. Just a minutes walk to Hoan Kiem Lake and other tourist destinations.

We will be staying in the spacious city view deluxe with full length glass window openable over the views of the traditional and elegant old quarter streets.



At Lua Pu Luong, our hilltop retreat set in a nature reserve we will be staying in their traditional rustic bungalows built from stone and warm wood and decorated with natural fabrics. Each room offers a semi-outdoor bathroom and incredible views from your private balcony.



Retreat Programme

Saturday 15 November

Upon arrival at Noi Bai airport in Hanoi, we'll be met by our driver and taken to our boutique hotel right in the heart of Hanoi only a short walk to the famous Hoan Kiem Lake, the Grand Cathedral, the Opera House and the Old Quarter. Tonight, we'll all enjoy welcome drinks and supper at a local restaurant.

Sunday 16 November

Today, we'll head off on a guided walk around the bustling yet charming capital visiting several historical and iconic landmarks. We'll also enjoy a 'Street Life' experience, wandering around the back streets in the Old Quarter, followed by a fun street food brunch. The tour will finish, in true local style, at a Bia Hoi where we can enjoy some local drinks. In the evening, we'll have tickets for a performance of traditional Water Puppetry (an art form unique to Vietnam) and an interesting, light-hearted introduction to its rural culture) – a must-see in our opinion.

Monday 17 November

After breakfast, we'll slowly make our way to our hilltop retreat property in the Pu Luong area. This will take us around 4 hours through breathtaking mountain passes giving us panoramic views of the whole valley along the way. We will also stop for lunch and sightseeing en route, no rushing today. Our retreat property for the next few days is set in a nature reserve, perfect for nature lovers and wellness seekers to experience the ethnic culture and refreshing beauty of Pu Luong in peace and comfort.

Tuesday 18 – Friday 21 November

Our itinerary at our retreat property will feature daily morning and evening yoga, with the most incredible views. Most meals other than 1 local supper out and 1 local lunch out. We will also have a local bamboo rafting experience, a trip to the local market, local walks and cultural activities. This is the perfect place for quiet contemplation, reading, painting, swimming, connecting with nature and one another and doing whatever your heart desires.

Saturday 22 November

Today we'll enjoy our final yoga session and breakfast before we are transferred back to Hanoi for our evening flights home.

Prices

Seven nights at £1,650 pp based on two ladies sharing an en-suite twin room.
Or if you're seeking a little privacy and space for yourself, we have private double en-suite rooms at £1,950 single occupancy.

SHARED ROOM	£1,650
PRIVATE ROOM	£ 1,950

Prices per person

Includes

Seven nights accommodation in either a twin or double en-suite room – our rooms in Hanoi are all in the Indochina style, elegant and stylishly designed with en-suites all a short walk from the hustle and bustle of the 'Old Quarter'.

The property in the Pu Luong Nature Reserve is exclusive to us – our rooms here are simple and built from stone and warm wood and decorated with natural fabrics and ethnic minority crafts. Each room has a semi-outdoor bathroom and restful views from a private balcony offering peace and tranquillity, along with a beautiful pool and bamboo yoga pavilion.

Group transfers to and from Hanoi airport are also included, plus a welcome dinner and drinks in Hanoi; along with most meals along the way; guided tours and transfers where detailed in the itinerary, plus additional local cultural experiences to be added.

Not included

Your return flights to Hanoi.

Any massages/treatments

Additional food and drinks ordered during the retreat.



Travel Arrangements

Suggested Flights: Currently there are direct flights through Vietnam Airlines from London to Hanoi departing Friday's (overnight flight) landing on Saturday morning and returning to London overnight on Saturday night landing on Sunday, however, we are waiting for 2025 flights to become available, as soon as they do, we will advertise them here.

Visa & Health Information: We can visit Vietnam without a visa for up to 45 days for tourism or business. For British Citizens, please take a moment to review the Government Guidelines regarding your passport validity here: <https://www.gov.uk/foreign-travel-advice/vietnam/entry-requirements>

For guidance on vaccination recommendations and requirements, see here: https://travelhealthpro.org.uk/country/240/vietnam#Vaccine_Recommendations. We will also guide you through what you need to do and bring in ample time ahead of the retreat.

Travel Insurance: You will need full travel insurance for this retreat which covers you financially, not only for unforeseen events that may occur whilst on the retreat but also in the event of you needing to cancel. You will be required to bring a copy of your insurance with you and ensure it is appropriate for visiting various locations around Northern Vietnam, plus activities requiring a general level of fitness, along with covering any underlying health issues. If you're interested in a travel insurance company designed by travellers for travellers – check this company out: <https://www.worldnomads.com/uk/travel-insurance/whats-covered>



How Can I Secure My Place and Payment Terms & Conditions:

A deposit of £400, non-refundable, is required to secure your booking, with the full balance to be paid by 15th September 2025.

Instalments: If you'd like to send payments in instalments to keep this retreat viable for you, that's absolutely fine, a number of ladies also do this so just drop Ruth a line at hello@ginandyinretreats.com and we'll work on a plan.

Cancellations: Whilst we wish to treat cancellations sympathetically, spaces are limited and the following charge must apply. Cancellation for your holiday, for whatever reason, should be notified to us directly in writing.

Full Payments: For places paid in full and then cancelled the following applies: More than twelve weeks before the start of the retreat: 100% refund minus the deposit.- eight -twelve weeks before the start of the retreat: 50% refund minus the deposit.- Less than eight weeks before the start of the retreat no refund can be given.

CONTACTS

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