





THINGS YOU MUST DO BEFORE LEAVING NINH VAN BAY

* From 13th November to 19th November, 2023 *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Langur Discovery [R]][\$] 6:30 AM - 8:00 AM	 Hiking to Water Reservoir with Benjamin *[R] 6:45 AM	Eco - Printing at Alchemy Bar *[R] 10:00 AM - 10:45 AM	 Langur Discovery [R]][\$] 6:30 AM - 8:00 AM	Vinyasa Yoga at Yoga Desk at Spa [R]][\$] 8:45 AM - 9:30 AM	 Make Natural Mosquitos Repellent at Alchemy Bar [R]][\$] 10:00 AM - 10:45 AM	 Langur Discovery [R]][\$] 6:30 AM - 8:00 AM
Wooden Boat Local Fishing at Experience Center [\$][R] 7:30 AM	Fly Yoga at Six Senses Spa [\$][R] 8:45 AM - 9:30 AM	Rock Climbing [\$][R] 11:00 AM 	Communal Hiking to Fairy Beach *[R] 7:00 AM	Make Coconut Oil at Alchemy Bar *[R] 10:00 AM - 10:45 AM	 Headache Release Massage Workshop at Six Senses Spa*[R] 10:30 AM - 11:00 AM	Communal Hiking to Private Beach *[R] 7:00 AM - 9:00 AM
Facial yoga at Six Senses Spa *[R] 9:45 AM - 10:15 AM	Make Aroma Candle at Alchemy Bar [\$][R] 10:00 AM - 10:45 AM	Head and Neck Massage Workshop at Six Senses Spa*[R] 11:00 AM - 11:30 AM	Make Agarwood Incense at Alchemy Bar [R]][\$] 10:00 AM - 10:45 AM	Headache Release Massage Workshop at Six Senses Spa*[R] 10:30 AM - 11:00 AM	Face Lift Massage Workshop at Six Senses Spa *[R] 10:30 AM - 11:00 AM	Pranayama at Six Senses Spa *[R] 8:45 AM - 9:15 AM
Make Herbal Poultice at Alchemy Bar *[R] 10:00 AM - 10:45 AM	Wellness Screening Introduction at Six Senses Spa *[R] 10:30 AM - 11:00 AM	Cruise, Catch & Dine [R]][\$] 2:00 PM	Foot Massage Workshop at Six Senses Spa *[R] 10:30 AM - 11:00 AM	Play Tennis with Guide [R]][\$] 11:00 AM	Vietnamese Cooking Class at Grandma Kitchen [R]][\$] 12:00 PM	Natural Hair Shampoo & Hair Mask Workshop at Alchemy Bar *[R] 10:00 AM - 10:45 AM
Head and Neck Massage Workshop at Six Senses Spa *[R] 11:00 AM - 11:30 AM	Vietnamese Cooking Class at Grandma Kitchen [R]][\$] 12:00 PM			Wellness Screening Introduction at Six Senses Spa *[R] 11:00 AM - 11:30 AM		Headache Release Massage Workshop at Six Senses Spa *[R] 11:00 AM - 11:30 AM
Cruise, Catch & Dine [R]][\$] 2:00 PM	Singing Bowl Class at Six Senses Spa *[R] 1:30 PM - 2:00 PM	Make Your Own Body Scrub at Alchemy Bar *[R] 2:00 PM - 2:45 PM	Rock Climbing [\$][R] 11:00 AM	Sound Healing Meditation at Six Senses Spa *[R] 2:00 PM - 2:30 PM	Make Handmade Soap at Alchemy Bar *[R] 2:00 PM - 2:45 PM	Wellness Screening Introduction at Six Senses Spa*[R] 1:00 PM - 1:30 PM
Sound Healing Meditation at Six Senses Spa *[R] 2:00 PM - 2:30 PM	 Plastic to Jewelry at Alchemy Bar [R]][\$] 2:00 PM - 2:45 PM	Talk: Sleep With Six Senses at Six Senses Spa *[R] 3:00 PM - 3:30 PM	Vietnamese Cooking Class at Grandma Kitchen [R]][\$] 12:00 PM 	 Make Aroma Candle at Alchemy Bar [\$][R] 2:00 PM - 2:45 PM	Singing Bowl Class at Six Senses Spa *[R] 2:30 PM - 3:00 PM	 Natural Tie-Dye Workshop at Alchemy Bar [R]][\$] 2:00 PM - 2:45 PM
Make Handmade Soap at Alchemy Bar *[R] 2:00 PM - 2:45 PM		Be a Farmer *[R] 3:00 PM - 3:45 PM	Singing Bowl Class at Six Senses Spa *[R] 12:30 PM - 1:00 PM	Ninh Van Green Tour *[R] 3:30 PM - 4:30 PM	Be a Farmer *[R] 3:00 PM - 3:45 PM	
Ninh Van Green Tour *[R] 3:00 PM - 4:00 PM	Langur Talk *[R] 3:30 PM - 4:00 PM	Coral Talk *[R] 3:30 PM - 4:00 PM	Fly Yoga at Six Senses Spa [\$][R] 1:45 PM - 2:30 PM 	Hatha Yoga at Six Senses Spa *[R] 3:30 PM - 4:15 PM	Core Yoga at Six Senses Spa [\$][R] 3:30 PM - 4:15 PM	Hatha Yoga at Six Senses Spa *[R] 3:30 PM - 4:15 PM
 Tube Ride at Experience Center [\$][R] 3:30 PM - 4:30 PM	 Hatha Yoga at Six Senses Spa *[R] 3:30 PM - 4:15 PM	 Vinyasa Yoga at Six Senses Spa [R]][\$] 4:00 PM - 4:45 PM	Make Handmade Soap at Alchemy Bar *[R] 2:00 PM - 2:45 PM	Kite Flying at Experience Center *[R] 3:30 PM - 4:30 PM	 Motorized Watersports at Experience Center [\$][R] 3:30 PM - 4:30 PM	 Motorized Watersports at Experience Center [\$][R] 3:30 PM - 4:30 PM
Drinks A Drift [\$][R] 4:30 PM - 5:30 PM				Drinks A Drift [\$][R] 4:30 PM - 5:30 PM	Talk: Sleep With Six Senses at The Spa*[R] 4:30 PM - 5:00 PM	Motorized Watersports at Experience Center [\$][R] 3:30 PM - 4:30 PM
Fisherman Catch at Dining by the Pool [\$][R] 6:30 PM - 10:30 PM	Night Street Grill at Dining by the Pool [\$][R] 6:30 PM - 10:30 PM	Grandma's Kitchen [\$][R] 6:30 PM - 10:30 PM	Vietnamese Set Menu at Dining by the Bay [\$][R] 6:30 PM - 10:30 PM	Seafood Hot Pot at Dining by the Pool [\$][R] 6:30 PM - 10:30 PM 	Guest Gathering at Drinks by the Beach * 5:30 PM - 6:30 PM	Brazilian Churasco at Dining by the Pool [\$][R] 6:30 PM - 10:30 PM
Kid Movie: "Ron's Gone Wrong" at Vooc Village * 7:00 PM	Night Lightning Kayak at Experience Center [\$][R] 7:00 PM	Yoga Nidra at Six Senses Spa *[R] 7:00 PM - 7:30 PM	Night Lightning Kayak at Experience Center [\$][R] 7:00 PM	Squid Fishing [\$][R] 7:00 PM - 8:30 PM	So Vietnamese Family Dinner at Dining by the Pool [\$][R] 6:30 PM - 10:30 PM	Night Lightning Kayak at Experience Center [\$][R] 7:00:00 PM
Cinema Paradiso: "The Secret Garden" at Drinks by the Beach * 8:30 PM		Kid Movie: "Happy Feet" at Vooc Village * 7:00 PM		Kid Movie: "The Lion King"at Vooc Village * 7:00 PM	Night Lightning Kayak at Experience Center [\$][R] 7:00 PM	
		Cinema Paradiso: "Mr Bean's Holiday" at Drinks by the Beach * 8:30 PM		Cinema Paradiso: "Paul" at Drinks by the Beach * 8:30 PM		
 Fishing	 Experience Center	 Six Senses Spa	 Earth Lab	 Hiking		

* = COMPLIMENTARY - [\$] = CHARGEABLE - [R] = RESERVATION REQUIRED