

# THINGS YOU MUST DO BEFORE LEAVING NINH VAN BAY

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

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



Fishing



Experience Center



Six Senses Spa



Earth Lab



Hiking

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