

UPSTATE

EVERYTHING YOU NEED TO KNOW ABOUT
VIETNAM 2026

HELLOOOO PARADISE!

Xin chào! 🇻🇳

We're so excited for a week of adventure, connection + movement in Vietnam.

This guide has everything you need to know – where you are going, what to pack, and what to expect.

Let's get you prepped for a week of sun, sweat, and stunning views!



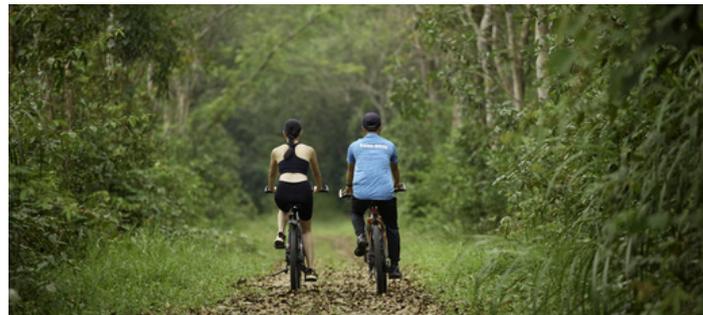
GET SET FOR ADVENTURE

This retreat isn't just about relaxation, it's your launchpad for adventure, connection, and movement!

Step back in time and explore the cultural heart of Vietnam.

Discover the ancient Imperial City, wander through ornate temples and tranquil gardens, and visit the iconic Thien Mu Pagoda along the Perfume River.

Cruise gently on a traditional dragon boat and experience the poetic beauty of Hue's royal tombs. This mindful journey offers a glimpse into Vietnam's rich history.



Back at the resort, dip into the hot springs, embrace moments of stillness by the mineral pools, wander through nature trails and recover with your daily massage.

Sweat it out, make new like-minded friends and find rest in a serene environment.



GET SET FOR ADVENTURE

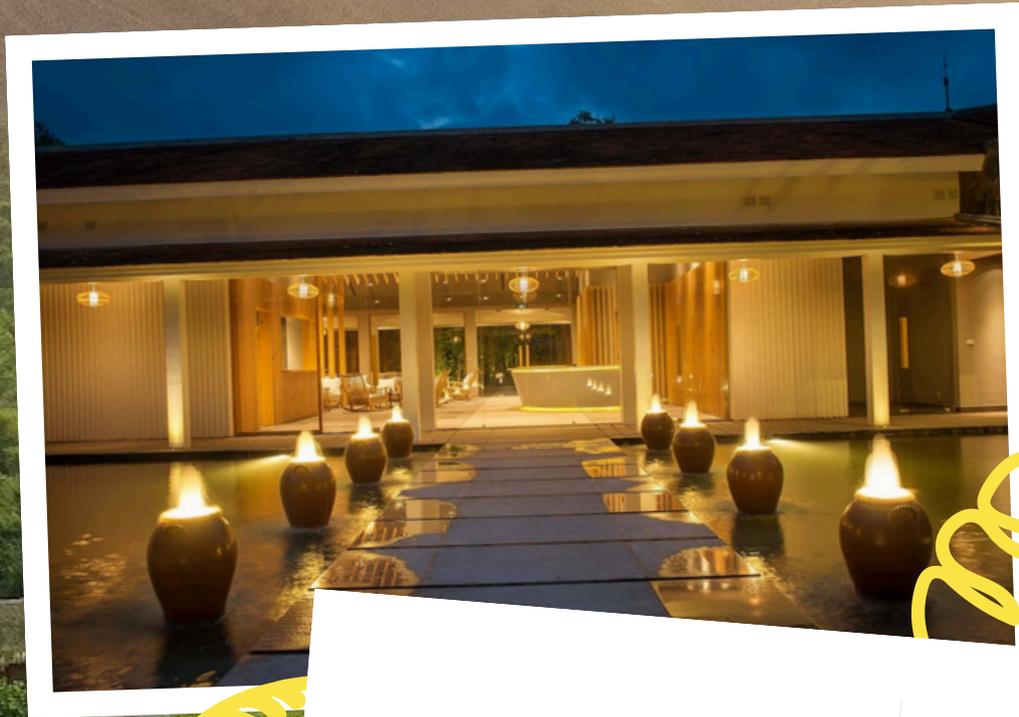
Practise all your favourite class styles including Mat Pilates, Power Flow and Yin Yoga, all led by our experienced Upstate instructors.

Every class is optional, so you can fully tailor your retreat to what your body and mind need most.

Feel empowered, connect with good vibes, and uncover your inner calm. This is your time to move, explore, recharge and make it unforgettable!



A PEACEFUL OASIS



Welcome to your home
for the week - Alba
Wellness Valley,
surrounded by lush
forest and natural hot
springs tucked away in
the relaxing foothills
outside of Hue.



THE RESORT

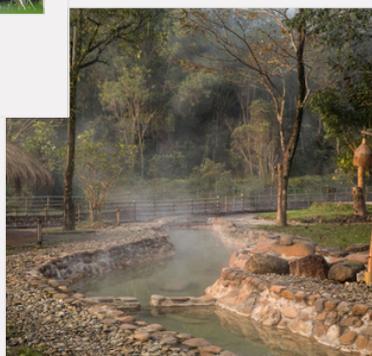
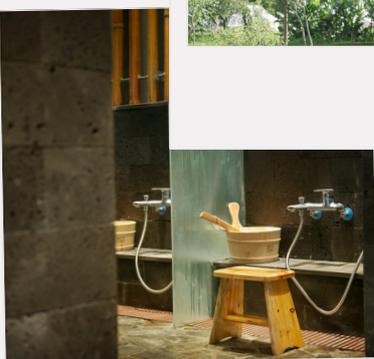
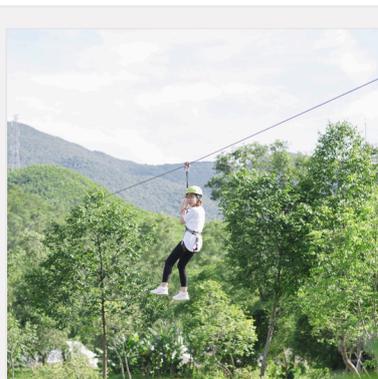
This retreat space is purpose-built for restoration and expansion.

With its blend of Vietnamese warmth, beautiful landscapes, and holistic wellness experiences, Alba is the perfect setting to ground the body, clear the mind, and take time for you.

Dine on fresh farm-to-table cuisine, explore eucalyptus-lined trails, relax in the spa and hang with new friends by the pool.

Enjoy a variety of wellness spaces, all thoughtfully designed and curated to give you the most rejuvenating experience possible.

In between classes and rest time, partake in the many extra activities offered by the resort including hiking, biking, zip lining and various workshops like tea ceremonies and pottery making.



SAMPLE DAY



7:00AM
HOT SPRINGS



8:30AM
POWER FLOW



9:30AM
BREAKFAST



12:00PM
MAT PILATES



5:00PM
YIN



7:00PM
DINNER

PRICES + ROOMS



We'll be staying in Alba Wellness Valley's Deluxe Rooms. These rooms overlook the Zen garden and Lotus lake and offer warmth and comfort with a contemporary Japanese flair. The minimalist space is filled with the natural scent of pine and features a beautiful balcony on which to enjoy tea or coffee at sunrise and a bottle of wine at sunset.

All rooms feature the following amenities:

- 50-minute Reflexology treatments & one 30-minute Onsen journey per adult per night.
- Daily hot springs bathing.
- Daily Anywhere Anytime Breakfast
- One time playing Zipline & Highwire per pax per night (Apply for children from 1.1m up)
- Complimentary Movement Therapies
- Healthy welcome drink and welcome fruits upon arrival
- Air-conditioner
- Coffee/Tea
- In-room safe
- Mini bar
- Wifi

Check in on arrival day: 2pm

Check out on departure day: 12pm

Retreat starts with dinner on arrival day and ends after breakfast on departure day.



PRICES + ROOMS



DELUXE SHARE

Early Bird \$2190, Full Price \$2390



DELUXE SINGLE

Early Bird \$2390, Full Price \$2590

NOTE

EARLY BIRD ends: April 20th 2026
Book with a friend and save \$100 each!



PAYMENT DETAILS

SECURE YOUR SPOT!

To lock in your place (and those peaceful hotspring vibes), a \$700 deposit is required.

- You'll receive an invoice with payment details after you have registered.
- The deposit is non-refundable and must be paid within 7 days of receiving your invoice.

HOW TO PAY

We accept both credit cards and bank transfers. More details on your invoice!

REMAINING BALANCE

- 50% due 90 days before the retreat start date.
- Final balance due 60 days before the retreat start date.
- Full T&Cs here: [Retreat Terms & Conditions](#)

Let us know if you have any questions—we're here to help!



OTHER DEETS ABOUT THE RETREAT

WHAT TO PACK

- Sunscreen & hat
- Water bottle (stay hydrated!)
- Book or journal (for chill time)
- Bug spray (just in case)
- Any meds you need
- Activewear (for Pilates + yoga)
- Swimsuit (or two!)
- Comfy sneakers (for city tour & exploring)
- Flip-flops (for pool + spa days)

WHAT'S INCLUDED

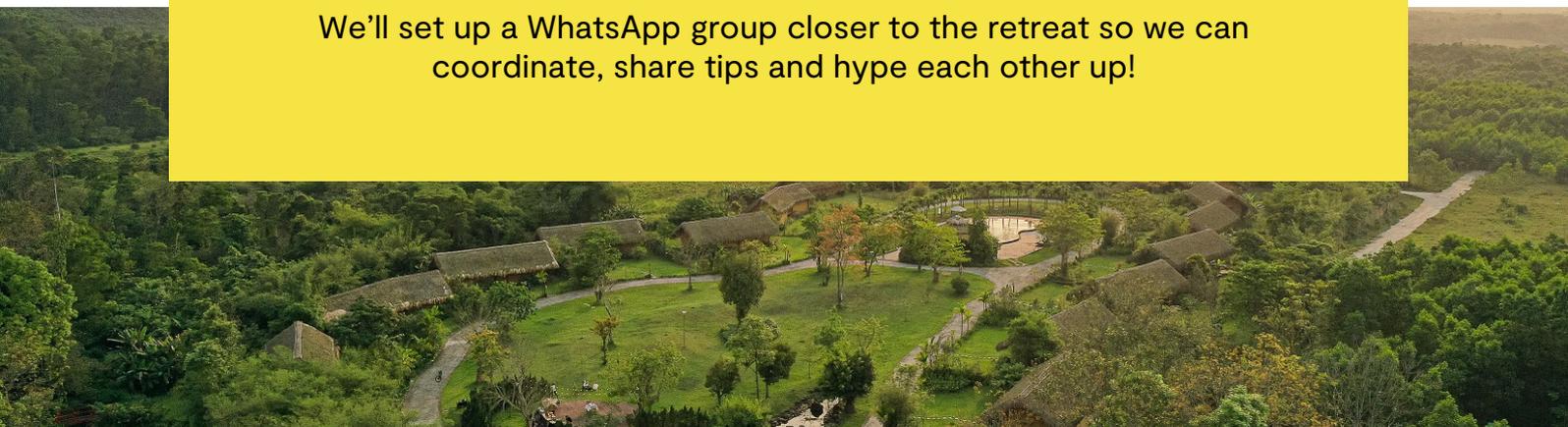
- 5 Nights Accommodation
- Breakfast + Dinner Daily
- Daily Classes
- Hue City Tour
- 1 Reflexology treatment + Onsen Bathing per day
- Daily Hot Springs

WHAT'S NOT INCLUDED

- Airfares
- Airport Transfers
- Travel & Medical Insurance
- Lunch Meals
- Additional Excursions/Activities
- Treatments Upgrades

STAY CONNECTED

We'll set up a WhatsApp group closer to the retreat so we can coordinate, share tips and hype each other up!



FAQ'S

HOW DO I SECURE MY SPOT?

Register and once we have received your deposit, your spot is secured! We can only hold your place for 7 days without a deposit so please plan accordingly.

DO I NEED TO HAVE A REGULAR YOGA/ PILATES PRACTICE OR FITNESS REGIME TO ATTEND?

Our Upstate teachers are experts in delivering classes with plenty of modifications, so no matter your experience level, you will be able to enjoy the feeling of moving with the group. Classes are also completely optional. So if you do decide that a book by the pool or a rest in your peaceful bedroom is what's calling you most, go for it!

I HAVE SPECIAL DIETARY REQUIREMENTS. CAN THAT BE ACCOMMODATED?

Of course! We will cater to all your food requirements. You can relax knowing your special requirements will be taken care of. Please let us know in advance of any dietary requests.

ARE FLIGHTS INCLUDED IN THE RETREAT PRICE?

Flights are not included in the price. Guests are responsible for booking their own flights.

HOW DO I GET TO THE RETREAT FROM THE AIRPORT?

Upstate private transport is available upon request.

WHAT IF I NEED TO CANCEL? WILL I GET MY MONEY BACK?

If you cancel 90 days or more prior to the retreat, you receive the full amount paid with exclusion of the non-refundable \$700 deposit.

If you cancel 60-31 days or less prior to the retreat, you will forfeit 50% of all payments made towards the retreat.

We cannot offer refunds for cancellations within 30 days of the retreat.

CAN I BOOK WITH FRIENDS?

Yes! Let us know you'd like the shared room option together and we can make it happen.

FAQ'S

CAN I COME SOLO?

Absolutely! Coming solo to a retreat is an awesome way to dive deep into self-care and meet some new like-minded people.

CAN I STILL GET A SPOT IF IT'S SOLD OUT?

Join the waitlist by contacting us, and be the first to know if a spot does become available!

DO I HAVE TO BE AN UPSTATE MEMBER TO ATTEND?

Nope! All are welcome.

WHAT IS THE AGE RANGE OF ATTENDEES?

We welcome all ages 18+ to attend and enjoy retreats.



**GET
ON
UP**