



Healing

JOURNEY PROGRAM





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**BEGIN YOUR
PATH TO INNER
HEALING**



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INSIDE THE HEALING JOURNEY

- ✦ Guided self-healing steps
- ✦ Emotional release techniques
- ✦ Mindfulness and meditation practices





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WHAT YOU'LL GAIN

Physical health improvement

Emotion healing tools

A happy, grounded mindset





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A photograph of a traditional wood-burning stove. A large, dark metal teapot with a handle and a spout is placed on a metal grate over a fire. To the right, a large, black, cylindrical pot is also on the stove. The fire is bright orange and yellow, and the stove is made of dark wood or metal. The background is a dark, textured wall.

HEALING IS NOT LINEAR

It's a Journey, Not a
Destination

We believe healing takes patience, compassion, and courage. Our program focuses on sustainable emotional growth, honoring every participant's unique pace and story.



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This is not just a wellness stay. You will be guided through Meditation practice, Qigong exercise, Meridian massage, Acupuncture and Herbal Medicine treatments.



✦ Awareness, Acceptance, Forgive and Forget ✦

**GET YOUR BODY AND
MIND READY FOR THE
TRANSFORMATION**



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ACCOMPANIED WITH GOOD HEARTS



Hong Bui-Rydell, Diploma in Chinese and Tibetan
Medicine. Tsalung healing level 3, Tibetan
Psychology Certificate.

Thuy Bui-Howarth. Diploma in Tibetan Buddhism
Philosophy, Botanical Drawing Certificate, Tibetan
Buddhism Thangka Artist, Laquer Painting Artist



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Short sessions with optional in-person retreats, community sharing, and mindfulness practice.



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ACCOMMODATION & LOGISTICS

- We will stay at Ecopark, Hung Yen, Northern Vietnam (apartment with housekeeping services).
- The most convenient airport is Noi Bai (HAN, Vietnam).
- Buy your tickets early enough to get a reasonable price and so you can rest before starting activities on November 9 (there is a 6 hours difference between Switzerland and Vietnam).
- The Healing Journey will end at 7 p.m. (apartment check-out) on Sunday, November 22. You will need 1.5 to 2 hours to get to Noi Bai Airport and 4 hours for check-in (check with your airline).
- Round-trip airport transportation will be included in the program. If you wish to visit other provinces of Vietnam, do not hesitate to contact Hong Bui-Rydell; she can assist you in finding travel agencies.
- Transportation for activities are included in the package.





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Example of a typical day

07:30: Qigong

08:30: Breakfast

10:30: Therapeutic workshop or group outing
(Chinese calligraphy class/medicinal cooking class, outing to Hanoi center, outing to artisan villages)

12:00: Lunch + rest (free time)

14:00: Treatment (massage, acupuncture)

15:30: Sharing circle

16:00: Free time

***Schedule subject to change depending on weather and local conditions**



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INCLUDED

- ✓ Accommodation: 14 nights (from Nov 9 - Nov 22) in a 212 m² apartment with 3 bedrooms, 2 bathrooms or a 90 m² apartment with 2 bedrooms and 2 bathrooms depending on availability.
- ✓ Guided by Hong Bui-Rydell, ASCA therapist of Tibetan, Chinese, and Vietnamese medicine.
- ✓ 15 breakfasts (Nov 9 - Nov 22)
- ✓ 7 x 1h30 therapeutic classes (Chinese calligraphy, medicinal cooking classes, watercolor classes, paper-making classes)
- ✓ 5 x 2h-3h visits to artisan villages (bamboo, pottery, lacquer painting, and Hanoi center).
- ✓ All activities guided in French, English, and Vietnamese
- ✓ Private transportation to activities and airport transfers.
- ✓ Bring a thermos for water which is made available during the trip.



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NOT INCLUDED

- ✓ Flights
- ✓ Visas
- ✓ Travel insurance
- ✓ Lunch and Dinner
- ✓ Alcohol and Imported Drinks (Coca Cola, Pepsi, Sprite...)
- ✓ Personal expenses (Laundry, minibar, tips, extra nights accommodation, trips outside the planned itinerary...)
- ✓ What is not on the "INCLUDED" list

⚠ Important

This trip is a personal development process and does not replace medical or psychological follow-up.

A preliminary interview is offered to ensure that this program suits you.



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JOIN THE HEALING JOURNEY



3800chf/per. Reservation 2000chf & complete payment
before 9 Nov 2026. Reservation closed 15 Sep 2026.
Min 4 pers. Max 6 pers.