

Services Offering

The Wellness Compass



INTRODUCTION

Hello, welcome to Yoga Lab Hanoi!

At Yoga Lab Hanoi, we believe that yoga is more than just a practice – it's a journey of self-discovery, growth, and connection. Founded in 2019, nestled in the heart of Hanoi, our studio is a welcoming space where everyone, from beginners to experienced practitioners, can explore yoga in a supportive and inspiring environment.

Our classes blend traditional and modern approaches, offering a variety of styles, including Hatha, Vinyasa and Yin yoga. Beyond physical postures, we emphasize mindfulness, breathwork, and holistic well-being, making each session a transformative experience.



We aim to create a community where individuals can connect with like-minded souls, deepen their practice, and find balance in their busy lives.

Whether you're looking to stretch, strengthen, or simply find a moment of peace, Yoga Lab Hanoi is here to guide you every step of the way. Join us and begin your journey to a healthier, more mindful you.

Explore. Discover. Transform.

PUBLIC CLASSES

Yoga Session

Group Classes

Group yoga classes at Yoga Lab Hanoi are designed to cultivate a sense of community while enhancing physical and mental well-being. These sessions provide participants with the opportunity to practice alongside others, creating an environment of shared energy and motivation.

Each class is led by experienced instructors who guide participants through a variety of styles, including Hatha, Vinyasa, and Yin Yoga, catering to all levels of experience. Group classes focus on improving flexibility, building strength, and fostering mindfulness, making them ideal for those seeking balance and connection in their yoga practice.

Private session

Private yoga classes offer a personalized approach tailored to meet individual needs and goals. These one-on-one sessions allow for customized instruction, addressing specific areas such as flexibility, strength, stress relief, or injury recovery.

Whether you're a beginner looking to build confidence or an experienced practitioner aiming to deepen your practice, private classes provide the attention and expertise to help you achieve your objectives. With a focus on alignment, breathwork, and mindfulness, these sessions offer a transformative yoga experience that aligns with your unique lifestyle and aspirations.

**Duration & Price**

Group class (60 mins):

- 280k-300k/person - available from Monday to Friday, weekend is subjected to availability

Private session (60-75 mins):

- 700k/session limit to 2 pax
- 1000k/session for 3-5 pax
- 2mil/session for 6-10 pax

WORKSHOPS

Explore your options

Yoga Workshops

Our yoga workshops are immersive experiences designed to deepen your understanding and practice of yoga in a supportive and engaging environment. These workshops provide an opportunity to explore specific themes, techniques, or yoga styles in greater detail than a regular class. Led by experienced instructors, the sessions combine practical asana practice with theoretical insights into yoga philosophy, breathwork (pranayama), and mindfulness techniques.

Key highlights:

1. Thematic Exploration: Focus on topics such as stress relief, flexibility, strength building, or specific yoga styles
2. Interactive Learning: Engage in discussions, hands-on adjustments, and personalized feedback to deepen your practice.
3. Holistic Approach: Incorporate breathwork, meditation, and mindfulness to support physical and mental well-being.
4. Tailored Content: Workshops are designed to suit diverse needs, from beginner-friendly sessions to advanced practices.



Perfect for individuals, groups, or corporate teams

WORKSHOPS

Mindfulness & Wellbeing

Our Mindfulness and Well-Being Workshop is a transformative experience designed to help participants cultivate self-awareness, reduce stress, and enhance their overall quality of life. This workshop offers practical tools and techniques to navigate daily challenges with greater ease and clarity, fostering a sense of inner peace and balance.

What You Can Expect:

1. Guided Mindfulness Practices: Learn meditation techniques, breathwork exercises, and grounding practices to cultivate presence and reduce mental clutter.
2. Stress Management Tools: Explore strategies to manage stress effectively, including relaxation techniques and mindful decision-making.
3. Mind-Body Connection: Engage in gentle movement practices like yoga or stretching to harmonize the body and mind.
4. Emotional Well-Being: Discover how to process emotions healthily and create space for self-compassion and gratitude.

Who Is This For?

1. Individuals seeking greater mental clarity and emotional balance.
2. Professionals looking to manage workplace stress and enhance productivity.
3. Groups or teams aiming to build stronger connections and foster a positive environment.



Perfect for individuals, groups, or corporate teams

WORKSHOPS

Breathwork & Movement

Breathwork & Movement Workshop is an energizing and transformative experience designed to help participants reconnect with their bodies and minds through intentional breathing and mindful movement. This workshop combines ancient practices with modern techniques to promote relaxation, increase vitality, and enhance overall well-being.

What You Can Expect:

1. **Breathwork Techniques:** Explore powerful breathing exercises to improve oxygen flow, release tension, and balance energy levels. Techniques include diaphragmatic breathing, alternate nostril breathing and energizing pranayama.
2. **Mindful Movement:** Engage in gentle, flowing movements inspired by yoga, qigong, or dynamic stretching to release stiffness, build strength, and improve flexibility.
3. **Mind-Body Connection:** Experience how synchronized breath and movement can reduce stress, enhance focus, and promote a sense of inner harmony.
4. **Energy Activation and Release:** Learn to tap into your natural energy flow, releasing emotional and physical blockages to feel rejuvenated and grounded.



Who Is This For?

1. Individuals seeking tools for stress management and improved physical vitality.
2. Professionals looking for practices to enhance focus, creativity, and resilience.
3. Teams or groups interested in a shared experience that fosters connection and well-being.

This workshop is suitable for all levels of experience and can be tailored to specific needs, making it ideal for personal growth, retreats or corporate wellness programs.

WORKSHOPS

Meditation & Sound Healing

Meditation and Sound Healing Workshop is a profound and relaxing experience that combines guided meditation practices with the healing vibrations of sound. Designed to calm the mind, reduce stress, and balance energy, this workshop offers a unique journey into inner peace and self-discovery.

What You Can Expect:

1. Guided Meditation: Learn simple yet effective meditation techniques to quiet the mind, enhance focus, and cultivate mindfulness. Practices may include visualization, breath awareness, or body scanning.
2. Sound Healing Immersion: Experience the transformative power of sound through Tibetan singing bowls, crystal bowls, and other therapeutic instruments. The harmonic vibrations help release tension, align chakras, and promote deep relaxation.
3. Mind-Body Alignment: Explore the synergy between sound and meditation to restore balance, clarity, and a sense of well-being.
4. Stress Relief and Emotional Healing: Allow the soothing sounds to gently clear emotional blockages and invite a state of inner harmony.



Who Is This For?

1. Individuals seeking tools for stress reduction, relaxation, and emotional balance.
2. Teams and groups looking to enhance connection and foster a calm, focused environment.
3. Anyone curious about meditation or sound healing, regardless of prior experience.

This workshop is suitable for all levels of experience and can be tailored to specific needs, making it ideal for personal growth, retreats or corporate wellness programs.

WORKSHOPS

Women's Wellbeing

Women's Well-Being Workshop is a dedicated space for women to explore and nurture their physical, emotional, and mental health. Focused on common women's health concerns such as PMS, hormonal balance, and emotional well-being, this workshop provides holistic tools and practices to support women through all stages of life.

What You Can Expect:

1. Understanding PMS and Hormonal Health
2. Yoga for Women's Health: Engage in yoga sequences specifically designed to support women's health, promote hormonal balance, relaxation, and stress reduction will be emphasized.
3. Breathwork for Emotional Balance: Breathing exercises that help regulate hormones and calm the nervous system
4. Group Sharing and Connection: A supportive space for women to share experiences, discuss concerns, and build a sense of community.
5. Guided Relaxation and Restorative Practices: Enjoy a calming session of restorative yoga or Yoga Nidra, designed to relax the body and mind, promote hormonal regulation, and support overall well-being.



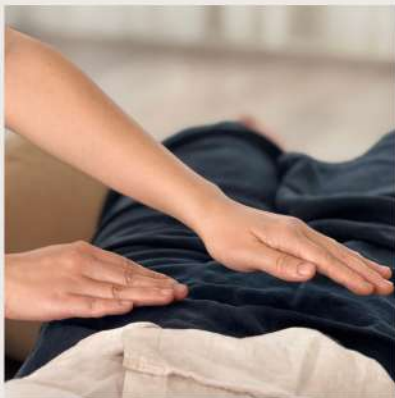
Who Is This For?

1. Those looking to better understand their bodies and improve their health through holistic practices.
2. Women who want to learn more about natural, supportive approaches to emotional and physical well-being.
3. Individuals seeking a nurturing, empowering space to connect with other women on health and wellness topics.

This workshop is suitable for all levels of experience and can be tailored to specific needs, making it ideal for personal growth, retreats or corporate wellness programs.

ENERGY HEALING

Personalized Reiki & Sound healing

**Reiki therapy**

Reiki is a gentle, hands-on energy healing practice that promotes deep relaxation, stress relief, and emotional balance. During a 1:1 session, the practitioner channels universal life energy to support the body's natural healing processes. This non-invasive technique helps clear energy blockages, restore balance, and enhance overall well-being. Reiki is ideal for anyone seeking a calming and restorative experience to address physical, emotional, or energetic imbalances.

**Sound healing**

Sound healing uses the therapeutic vibrations of instruments like Tibetan singing bowls to create a deeply relaxing and meditative state. In a 1:1 session, the practitioner tailors the sound journey to your specific needs, harmonizing your body's energy and reducing stress. This transformative practice promotes mental clarity, emotional release, and a profound sense of inner peace. Perfect for those looking to rejuvenate their mind and body, sound healing is a powerful tool for self-care and spiritual connection.

Duration & Price

- 1.000.000đ/person/treatment
- 60 minutes/session

TAILORED WORKSHOPS

Corporate Events

**Stress Management**

Comprehensive, wellness-focused program that integrates yoga, meditation, breathwork, and mindfulness practices to help employees effectively manage stress, increase focus, and improve their overall well-being. This workshop provides participants with a holistic approach to dealing with workplace stress while boosting productivity, creativity, and team collaboration.

**Yoga for Office**

Designed specifically for corporate environments, offering practical yoga techniques that can be easily integrated into the workday. Participants will learn how to relieve tension, boost energy, and maintain mental clarity, all while improving posture and reducing the risk of work-related injuries. Whether it's for a short break between meetings or a longer lunchtime session, this workshop provides accessible yoga practices to help employees stay balanced, focused, and energized throughout the day.

**Partner Yoga**

Engaging experience designed to foster connection, collaboration, and mutual trust among participants through shared yoga practice. By practicing yoga with a partner, participants will deepen their understanding of teamwork, communication, and support, both physically and emotionally.

Other topics to discuss: Self-Care and Burnout Prevention, Change Management and Adaptability, Gratitude Practices for a Positive Workplace, Mindful Time Management,....

What you can expect from Stress Management workshop?

Yoga for Stress Relief: Gentle yoga poses and sequences designed to release tension from the body, calm the nervous system, and increase flexibility. Emphasis will be placed on restorative and grounding poses to help employees reset after long workdays.

Meditation for Clarity and Calm: Guided meditation sessions to help individuals center themselves, cultivate mindfulness, and practice presence in the moment. Techniques like body scans, breathing exercises, and visualizations will be taught to reduce anxiety and promote mental clarity.

Breathwork for Focus and Relaxation: Breathing exercises will be introduced to help regulate the breath, lower cortisol levels, and improve emotional balance.

Group Activities and Relaxation: Participate in interactive group exercises that incorporate light yoga and meditation, fostering a sense of community and relaxation.

What you can expect from Yoga for Office workshop?

Desk Yoga: Learn simple stretches and movements that can be done at your desk to alleviate back, neck, and shoulder pain caused by sitting for long periods. Discover techniques to correct posture and prevent common workplace ailments, such as back pain and carpal tunnel syndrome.

Breathwork for Focus and Calm: Practice breathing exercises that increase oxygen flow, reduce stress, and help employees stay calm and focused during high-pressure situations.

Short Yoga Sequences: Engage in quick, restorative yoga flows that can be practiced in a short break or during lunch hours, allowing participants to stretch and re-energize.

Relaxation Techniques: End the session with a guided relaxation or meditation to promote mental clarity, stress reduction, and emotional balance.

What you can expect from Partner Yoga to build trust workshop?

Partner-Based Yoga Poses: Work in pairs to perform yoga poses that require balance, strength, and communication.

Team-Building Exercises: Engage in interactive activities designed to improve collaboration and communication skills. Through coordinated movements, participants learn to trust each other's abilities and work in sync as a team.

Non-Verbal Communication: Strengthen the ability to communicate without words, relying on body language, touch, and intuition to navigate partner poses and movements.

Building Emotional Trust: Explore exercises that promote emotional vulnerability, encouraging participants to share their thoughts, feelings, and experiences.

Mindfulness and Relaxation: End the workshop with a calming group meditation or relaxation practice.

WELLNESS RETREAT

Tailored 1-day retreat

What is it?

1-Day Yoga Retreat is a rejuvenating experience designed for small groups seeking a day of relaxation, self-reflection, and personal growth. Set in the tranquil environment of our yoga studio, this retreat offers an opportunity to disconnect from daily stressors, recharge, and deepen your practice. Through a combination of yoga, meditation, mindful breathing, and relaxation, participants will leave feeling refreshed, grounded, and inspired.

Who is it for?

- Small groups or teams seeking a day of relaxation, connection, and wellness.
- Individuals looking to deepen their yoga and mindfulness practice in a supportive, intimate setting.
- Anyone in need of a rejuvenating day away from the stresses of everyday life.

Duration & Price

- 2.000.000đ/person.
- Minimum 3 pax, maximum 14 pax



What You Can Expect (depending on the theme and hours)

Morning Yoga Flow: Begin the day with a gentle yoga practice, designed to awaken the body and clear the mind. This session may include a combination of Hatha, Vinyasa, and restorative poses to stretch, strengthen, and relax.

Mindful Meditation: After the morning yoga session, engage in a guided meditation practice that encourages mindfulness, present-moment awareness, and mental clarity. Perfect for reducing stress and cultivating a sense of inner peace.

Nourishing Breaks: Enjoy healthy snacks, herbal teas, and light refreshments or lunch throughout the day. These breaks provide space for relaxation and conversation, allowing you to connect with fellow participants in a calm, peaceful environment.

Breathwork Session: Learn powerful breathing techniques to calm the nervous system, improve focus, and reduce stress. Breathwork is a powerful tool for reconnecting with the body and mind.

Yoga Nidra: Experience the deeply relaxing practice of Yoga Nidra, a guided meditation that induces a state of conscious relaxation. This practice helps to release tension, restore energy, and promote deep healing on all levels.

Group Reflection and Journaling: A space for participants to reflect on their retreat experience, share insights, and explore any intentions or goals. Journaling prompts will guide you through personal discovery and self-awareness.

Closing Circle: End the retreat with a group circle where participants can share experiences, express gratitude, and feel a sense of community before departing.



Thank you!

Thank you for taking the time to explore what Yoga Lab Hanoi has to offer. We hope this guide has inspired you to embark on a journey of wellness, balance, and connection. At Yoga Lab Hanoi, we are passionate about creating spaces where individuals and communities can grow, heal, and thrive. Whether you're just starting or looking to deepen your practice, we're here to support you every step of the way.

If you have any questions or would like to learn more about how we can tailor our services to meet your needs, please don't hesitate to reach out. We look forward to partnering with you on this journey toward greater health and harmony.

We look forward to welcoming you into our community and sharing the transformative power of yoga with you.

With gratitude,
Yoga Lab Hanoi Team

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