Organized by: LION HUYNH TRAN

DA NANG LONGEVITY SUMMIT 2026

Day 2 — Longevity Experience Programme • Movement, Recovery, Mindfulness & Healthy Ageing

14 NOVEMBER 2026 • **Venue:** Fusion Resort & Villas Da Nang • **Format:** Experiential Longevity Masterclasses & Recovery

CO-HOST: DNFIN | CO-ORGANIZER: Evo | VENUE HOST: fusion

DAY 2 — LONGEVITY EXPERIENCE • FUSION RESORT & VILLAS DA NANG

14 November 2026 • A full-day experiential programme exploring movement, recovery, mindfulness, healthy ageing and longevity in real life.

TIME	SESSION	DAY 2 EXPERIENCE MODULES • CONCURRENT TRACKS (CHOOSE ONE PER SESSION)
06:30 – 15:30	ALL-DAY DROP-IN	**ALL-DAY DROP-IN: REDWELL RESET LOUNGE ✦ RED LIGHT THERAPY** — Lobby — 6 seats — Led by: Redwell Open all day in the lobby, outside the session programme. 6 seated positions, short 10–15 min experiences. Walk-ins welcome, no advance booking required.
06:30 – 07:00	SESSION 1	**SUNRISE MOVEMENT** — CHOOSE 1 TRACK **TRACK A** — 25 pax — **Sunrise Movement** — Beach *Mindful Movement & Morning Activation* A gentle sunrise session to awaken the body, improve mobility and set the tone for a healthy day. Led by: Fusion **TRACK B** — 25 pax — **Morning Mindfulness Walk** — Beach *Mindful Walking & Nature Connection* A guided morning walk encouraging mindfulness, presence and connection with nature. Led by: Maik / Fusion Master
07:15 – 08:00	SESSION 2	**MORNING WELLNESS ACTIVITIES** — CHOOSE 1 TRACK **TRACK A** — 35 pax — **White Tiger Qigong for Longevity** — Gallery *Ancient Qigong + neuroscience, sports science & fascia training* Standing movement and breath to release deep tension, calm the nervous system and build a strong, supple spine for life. Led by: Master Instructor Tevia Feng **TRACK B** — 15 pax — **Yoga by Fusion** — Yoga Room *Strength, mobility & functional fitness* A practical movement session focusing on strength, mobility and functional fitness. Led by: Fusion Master
08:00 – 09:00	BREAKFAST	**HEALTHY BREAKFAST AT FUSION** — Biscuit — 50 pax — Led by: Fusion team A healthy breakfast featuring nutritious, locally inspired options. Nourishment for Longevity.
09:00 – 09:45	SESSION 3	**LONGEVITY IN ACTION** — CHOOSE 1 TRACK **TRACK A** — 25 pax — **Functional Mobility & Healthy Ageing (Mat Pilates)** — Gallery *Movement, Mobility & Functional Independence* Explores how mobility, strength and functional movement contribute to healthy ageing. Led by: Evo **TRACK B** — 20 pax — **Longevity Assessment** — Gym / Yoga Room *Know Your Body. Understand Your Health.* An experiential assessment introducing practical ways to understand your current health, wellness and longevity indicators. Led by: Evo + VALD
10:00 – 10:45	SESSION 4	**STRENGTH, PERFORMANCE & LONGEVITY** — CHOOSE 1 TRACK **TRACK A** — 20 pax — **Longevity Assessment (Strength & Performance for Healthy Ageing)** — Yoga Room / Gym *Know Your Body. Understand Your Health.* Explores the role of strength, balance and physical performance throughout the ageing journey. Led by: Evo + VALD **TRACK B** — 25 pax — **Journey in Asia (Fusion Yoga Therapy)** — Gallery *A practical experience of movement, performance and healthy ageing in the Asian context* A practical experience of movement, performance and healthy ageing in the Asian context. Led by: Fusion Master
11:00 – 11:30	SESSION 5	**BODY RECOVERY & RESTORATION** — CHOOSE 1 TRACK **TRACK A** — 25 pax — **Body Recovery & Restoration (Sound Healing & Floating)** — Indoor pool *Hands-on recovery: sound healing and floating, focusing on mobility, balance and physical restoration* Hands-on recovery: sound healing and floating, focusing on mobility, balance and physical restoration. Led by: Fusion Master **TRACK B** — 15 pax — **Mind–Body Recovery (Aerial Yoga)** — Yoga Room *Relaxation, Body Awareness & Restoration* A restorative experience exploring relaxation, body awareness and recovery. Led by: Redwell
11:30 – 13:00	HEALTHY LUNCH	**HEALTHY LUNCH** — Fresh restaurant — 50 pax — Led by: Fusion Executive Chef Balanced nutrition and mindful eating. Nourishment for Longevity.
13:00 – 13:30	SESSION 6	**LONGEVITY RECOVERY EXPERIENCE** — CHOOSE 1 TRACK **TRACK A** — 25 pax — **Body Recovery & Restoration (Sound Healing & Floating)** — Pool *Warmth, circulation & weightless rest* Warm water / thermal environments to relax muscles, boost circulation and lower stress; flotation uses floating boards for weightless rest. Led by: Fusion Master **TRACK B** — 15 pax — **Movements, Mobility & Stretching** — Yoga Room *Learn the Difference Between Stretching and Mobility* Experience how to improve your joint health, loosen tight muscles, and move with better strength and control. Led by: Maik & Evo

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13:45 – 14:15	SESSION 7	**RECOVERY SCIENCE LAB** — CHOOSE 1 TRACK **TRACK A** — 15 pax **Movement Mobility Stretching** 📍 Yoga Room *Learn the Difference Between Stretching and Mobility* Experience how to improve your joint health, loosen tight muscles, and move with better strength and control. **Led by: Maik & Evo** **TRACK B** — 25 pax **Sleep & Restoration (Sound Healing & Floating)** 📍 Pool *Rest as a Foundation of Longevity* Practical session on sleep, relaxation and restoration as foundations of healthy ageing. **Led by: Fusion**
14:30 – 15:00	SESSION 8	**BREATHWORK & RESET** — CHOOSE 1 TRACK **TRACK A** — 20 pax **Immersive Breathwork & Reset** 📍 Redwell Therapy Lounge *Breath + red light: Reset the Nervous System* Guided breathwork under red light therapy panels – the day's signature recovery experience. **Led by: Sanjay (Redwell) • In collab with Lazy Club** **TRACK B** — 20 pax **Breathwork & Mindfulness** 📍 Yoga Room *Breathing, Presence & Nervous-System Regulation* A guided experience of breath, mindfulness and relaxation. **Led by: Fusion Master • In collab with Get Juicy**
15:00 – 15:30	REFLECTION & CLOSING	**FROM LONGEVITY SCIENCE TO EVERYDAY LIVING** 📍 Biscuit 50 pax • **Led by: Master Fusion (Body & Mind)** A short closing reflection connecting the day's experiences with everyday life. Movement • Recovery • Nutrition • Mindfulness • Healthy Ageing.