

CAPABILITY PROFILE · GIANGTARA.COM

Giang Tara

Yoga & Wellness in Da Lat

Tailored yoga, Yoga Nidra and aromatherapy programs for companies, resorts and retreat organisers.

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About Giang Tara

I am Hồ Ngô Hương Giang (Giang Tara), a yoga teacher, Yoga Nidra and aromatherapy facilitator, and co-founder of the Be Blessed brand in Da Lat.

With more than 10 years of practice and workshop facilitation, I design practical, easy-to-join programs that help working people release stress, restore energy and reconnect with themselves. Before wellness, I worked as an MC and event coordinator, leading programs for 500–600 guests.

3,000+	16	10	2017
individual, organisational and corporate clients	years of yoga practice	years leading workshops	working with essential oils since

TRAINING & CERTIFICATIONS

Yoga & Yoga Nidra

- Yoga Nidra Teacher Training 200h
- Yoga Instructor, Vietnam Yoga Federation
- Yogalates Prenatal & Postnatal 30h

Coaching

- Professional Coaching Diploma 200h
- Coaching, Leadership & Change · Case Western Reserve University

Therapy & the arts

- Integrative Therapies · University of Minnesota
- Healing with the Arts · University of Florida
- Dance & Movement Therapy
- Yoga & Mind-Body Therapy

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Services

FOR COMPANIES

Wellness for teams

- Lower stress and restore energy for staff
- Bond the team through shared experience
- Skills to use straight away: a 3-minute breath before meetings
- At your office or on a company trip

FOR RESORTS & ORGANISERS

Guest experiences

- Designed around your landscape, spaces and team
- Morning yoga, evening Yoga Nidra, breathwork
- Essential oil and aromatherapy workshops
- Weekend retreats such as the Sunday Wellness Retreat

FORMATS

2 hours

Gentle yoga, breathwork and a scent workshop. Fits a workday or an event.

Half day

A themed workshop: stress relief, team bonding or creativity.

1 day – weekend

A complete retreat: yoga, meditation, Yoga Nidra, scent and sharing.

Ongoing

Weekly yoga or meditation for staff or guests, online or on site.

Ideal for Women's Day, year-end parties, brand days or company trips. Groups from a few people to over 100. Quotes depend on format, group size and venue.

HOW WE WORK TOGETHER

1

Send a request
Via Zalo, email or the website form.

2

Short call
Goals, group size, venue.

3

Proposal
Program and quote within 24 hours.

4

Delivery
Preparation, facilitation and a follow-up summary.

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Selected projects



Swiss-Belresort Tuyen Lam, Da Lat

Sunday Wellness Retreat

A Sunday retreat Giang designed and teaches, built from the resort's own landscape and spaces.



Code Complete Da Nang · 40 staff

Design your signature scent

An in-office scent workshop: understanding essential oils, using them safely, and each person blending their own scent to take home.



Hanoi · Da Lat, 2022–2023

Thank You Life Fest

A transformational festival on gratitude and The Artist's Way, welcoming 70–450 guests per edition.

PARTNERS & CLIENTS

Swiss-Belresort Tuyền Lâm · Code Complete Đà Nẵng · Salt Cancer Initiative · Navis Wellness · Haus of Psyche · Sheva Om · doTERRA · YPS Pilates Club · Yoga Nidra Vietnam Teachers Network · Sống Lành Mỗi Ngày · Inner Balance Vietnam · Thank You Life Network · The Healing Room · One Percent Academy · Biệt thự Oliva Garden · Mon Flori Homestay · Thềm Đà Lạt · Bake Room Nha Trang · Bee Concept · A Good Bar · Tem Cafe · Ấm Êm · Mood Me · Soulcraft · Be Blessed

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Kind words

> “At first I had doubts, since I had never met her. But once in class, listening to her voice and the way she guides, I knew I was in a safe, mindful and kind space. Giang is like a tree: just being near her, you feel calm, light and relaxed.”
>
> Stress Transformation student

> “Near the end of the practice I felt my heart and lungs moving in a beautiful rhythm, a deep connection with my body. Then I slowly came back feeling light, positive and clear, ready for the day.”
>
> Linh

> “I love this practice, it makes body and mind feel so well. I was tired and the tiredness simply went away.”
>
> Xuân Mai

CONTACT

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Receive a program proposal within 24 hours.

Invoices available (household business).
Programs in Vietnamese and English.