



Maha
Mangala

Daily Experience Pass

Zen Garden Way of Living



Daily Experience Pass



“Season of Peace and Freedom”

- Includes a beverage of your choice
- Includes participation in daily activities
- Freedom to enjoy the space at your own pace
- Photography is welcome, with mindfulness and consideration for shared spaces

Participation Fee: 350,000đ/ person

I have arrived, I am here

Welcome at Zen Garden

Welcome home to Maha Mangala — a land where seeds of peace are gently sown, and where each step invites you into stillness and a deeper connection with your true self. Our team will greet you at the reception, introduce you to the space, and guide you through the Experience Pass, opening the way for your own “**journey of returning**”.

Mindful Keepsakes

8am-10am & 3pm-5.30pm

The rhythm of practice and shared spaces at Zen Garden are thoughtfully curated as a gentle embrace, allowing **each guest to pause, arrive and rest in mindful living**. In this spirit, with **care for the collective space** while also **honouring the privacy** needed to preserve meaningful memories, Zen Garden has set aside **two designated time windows for photography**.

The Story behind Seven Gardens

9.30am & 2pm

A week at Maha Mangala is experienced through the Seven Gardens, each representing a value of mindfulness and inner awareness. These seven expressions guide daily life at the Zen Garden, serving as **gentle reminders to cultivate mindfulness and presence in every moment**. As you explore the Seven Gardens, you will also discover how architecture here is a form of creation, shaping not only the spaces around you but also the way we live.

Tea Meditation - Songs of Freedom

10am & 2.30pm

Tea is more than a drink — it is a daily invitation to pause, to slow down, reflect and nurture your energy. Each cup marks a step back into stillness. With our prepared guided practices, you are invited to follow your own rhythm, using the podcast as a companion. With every sip, this becomes a **personal space of calm, presence, and freedom**.

*Transcribe Maha Mangala Sutta “Life's Highest Blessings”

-optional time-

The **Maha Mangala Sutta – Life's Highest Blessings** is an ancient treasury of wisdom, teaching 38 supreme blessings that practitioners can cultivate in daily life. Writing the sutta is a meditative practice — a way to internalise its teachings naturally, through mindfulness and patience, in the deliberate movements of the hand and the rhythm of the breath.

+ 100.000đ/person

Calming Bell Meditation

6pm daily

As evening falls at 6:00 PM, when the sun softens its light, Om-Ah-Hum bell rings, gently inviting you to “Return...”. Breathe in, release the day’s tensions. Come back to the evening meal with loved ones, to the warmth of the hearth, to the gentle rhythm of sutras and chants, and to the source of life itself, pausing to reflect on the day that has passed

*Bếp Mani Kitchen Cuisine

Lunch 11am-1.30pm

or

Dinner 6.45pm - 9pm

We warmly invite you to join us at Bếp Mani Kitchen, sharing a moment of gratitude before each meal — a simple verse from the heart, offered quietly as part of our way of living. Surrounded by our team in a warm and welcoming space, this is a gentle way to connect with the food, the moment and your own sense of appreciation. You can choose lunch, dinner, or both options, letting your day unfold fully and mindfully.

+ 300.000đ/person

May your moments of ‘Return’ be complete and fulfilling!



Maha
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Beverage selection of your choice



Daily Experience Pass *Zen Garden Way of Living*

Each day at Maha Mangala is a journey of return —
for those who cherish life,
who return to nature, to their true essence,
and to the living presence within themselves —
close, sincere, and deeply grounded.

The Experience Pass is an invitation
to return to a way of living fully,
to practice nurturing the body, mind, and spirit
within a space held by nature and meditation.

In your own way, at your own rhythm,
you are welcome to join the journey,
taking part in activities as you feel
— honouring each quiet moment
and the gentle peace that surrounds you.

Maha Mangala -

Together, let's uphold life in the love of our hands!