

AN ELITE TRANSFORMATIONAL IMMERSION
WITH PAULINE NGUYEN IN HER MOTHERLAND, VIETNAM.

From Fire to Dawn

THE IDENTITY SHIFT

Identity Re-coded. Behaviour Recalibrated. Life Redefined.



SAIGON & PHÚ QUỐC, VIETNAM · 2 TO 9 NOVEMBER 2026 ·
LIMITED TO TWENTY LEADERS ONLY.



You Will Not Return The Same Person

There are years when the work is to push harder. This is not one of them.

This immersion is for a certain kind of leader. The leader who has successfully built it all and quietly lost the cost of it in their body, their spirit, their mind.

There are seven days at the close of 2026 that exist between the life you have and the life that has been waiting for you. In Eastern astrology, 2026 is the year of the Fire Horse. Bright, fast, disruptive, finally exhausting. 2027 is the Fire Goat. It is still fire, but expressed as mastery, discernment, and sustainable expansion.

From Fire to Dawn is the threshold between the two.

Seven days, with one woman, and a process twenty years in the making.

This is the invitation.

Why This Matters To Me

I escaped Vietnam as a toddler, on a boat, with my family. We spent a year in a Thai refugee camp before we reached Australia - where I endured a childhood of abuse at the hands of my father.

I have spent the rest of my life turning what happened there into the work I do now.

The work of helping high performers reclaim themselves at the level of the body, the mind and the spirit.

For two decades, I have refined the methodology that makes that reclamation possible. You may know it as the S.S.S. Method, the engine of my Numinous program, which more than four hundred leaders have now completed.

From Fire to Dawn is what happens when that work is no longer limited by a screen.

We begin in Saigon - the city my family fled, the city I am bringing this work home to. We end in Phú Quốc, on a beach where the sun lifts itself out of the South China Sea every morning and sinks below the horizon every night as you watch.

We are closing the loop on the Fire Horse year - the year that has had so many of you running hot and never really landing. And we open the path of the Fire Goat: deliberate, grounded, sustainably powerful.

If your soul is reaching toward something more than the next quarter, the next launch, the next title, then this is the letter you have been waiting for.

***With Love,
Pauline Nguyen***



Who This Retreat Is For

The work in this room is not for everyone.
It is built for a very specific kind of leader.

FROM FIRE TO DAWN IS FOR YOU IF

You are an established founder, executive, business owner, or visionary creator.

You have built the success, and quietly know it is costing you the very things you built it for.

You have done the books, the therapy, the masterminds, and you know the next layer must come from deeper.

You are ready for transformation that holds, not insight that fades.

You can be honest in a room of high-calibre peers.

You can commit seven days, fully present, to the deepest work of your life.

IT IS NOT FOR YOU IF

You are looking for a luxury holiday with workshops attached.

You want a quick tactical fix.

You are not yet established in your work or your leadership.

You are not willing to be honest with yourself in front of others.

Behaviour Always Follows Identity

Most people try to change their lives by forcing new behaviours. New habits. New strategies. More discipline.

And then they wonder why they snap back, no matter how hard they try.

All change collapses to a single principle:

You cannot create beyond the identity you believe yourself to be.

The subconscious clings to familiar self-concepts because familiarity feels safe - even when it causes you pain. So, you can read all the books, refine the systems, and stack the routines, and still find yourself producing the same life on a slightly higher floor.

Most "inner work" gurus focus on what you want.

My work focuses on who you are being.

Your identity is the silent command centre of your reality. It shapes how you think, how you act, who you attract, and what you create. If, underneath it all, you still see yourself as the one who has to hold everything, the one who has to prove their worth by over-performing, the one who burns out before everyone else to keep the peace, then your life will keep recreating that story. But when your identity changes, everything else reorganises.

This retreat is where we change who you are being.

The Fire to Dawn Method™

This is the architecture of the immersion. Designed to move you through four movements across seven days. Most people design their year from the outside in: goals first, identity last. The Fire to Dawn Method™ reverses that. Identity first. Behaviour second. Results transformed.



Identity first. Behaviour second. Results transformed.

The Fire to Dawn Method™

I · DECODE · NAMING WHAT IS RUNNING YOU

We surface the identity that has been driving your hustle: the inherited self, the survival self, the over-functioning self. The one your nervous system has been quietly serving for years. What gets named loses its grip.

II · RELEASE · LETTING IT GO AT THE LEVEL OF THE BODY

Insight alone does not free you. The patterns live deeper than language. Through breath, somatic activation, ritual and the wilderness itself, we release the identity at the nervous-system and energetic level. This is the fire.

III · INSTALL · ANCHORING THE NEW SELF

A different version of you already exists in potential. We tune to its frequency until it becomes the stable signal - through repetition, embodied practice, emotional coherence and deep mirror work. This is the crossing.

IV · DESIGN · BUILDING YOUR 2027 FROM THAT NEW SELF

The new identity stabilises. From it, we design your year ahead. Your work, your relationships, your leadership, your life. Not from where you have been, from where you have become. This is the dawn.

THIS IS NOT A SCHEDULE, IT IS AN ARC

Seven Days, One Arc

DAYS ONE TO TWO · THE ARRIVAL · SAIGON



We begin in the city my family fled. Two nights at the Mia Saigon - a luxury 5-star boutique hotel on the Saigon River – the threshold of consciousness. You will be greeted with a private welcome dinner by the water, and a full day in Saigon city to decompress, explore and exhale. Your nervous system begins to realise: *I am safe. I am held. I can slow down.* The unhooking from the Fire Horse identity begins here.

DAY THREE · THE CROSSING · SAIGON TO PHU QUOC



We fly together to Phú Quốc, the magical pearl island in the south. We arrive at the luxury 5-star La Veranda Resort, sophisticated Indochine Colonial elegance, on the beach. The threshold of the deeper work. Your Fire Goat identity does not live in crisis. It lives in spaces like this. Let your system register that luxury and depth can coexist. This is rehearsal for your new normal. Every place we visit, every meal, every ritual has been chosen as part of the Fire to Dawn Method™. Nothing is random. The island itself is a teacher. I am here to translate.

DAY FOUR · THE FIRE · DECODE



Sovereignty sessions. The first honest naming of the identity that has been driving your life. We are not tinkering with habits, we are rewriting the silent command centre. What gets named loses its grip. An afternoon of somatic practice. This is the first burn.

THE ARC CONTINUES

DAY FIVE · THE RELEASE



We leave the resort for a guided pilgrimage through the forest to do what can't be done in a conference room. As the literal crossing of wilderness happens, the inner one happens in parallel. This is the release. The healing power of Tranh Waterfall will do part of the work with us. Water knows how to carve stone not by force, by consistency. As we climb to the top of Tien Son Peak, your body learns that it can hold a bigger view, a more expansive outlook on life without panic. And if the waterfall washed your surface layers, the Hang Doi Bat Cave is where we meet what has been living underneath. Identity work that ignores the shadow only builds a prettier mask. We're not here for that.

DAY SIX · THE RECALIBRATION



The deepest day. The Threshold Practice. Identity recalibration. Behaviour doesn't need to be forced; it recalibrates around the new code. The encoding of the new operating system into your body and your mind, in a room of peers doing the same work.

DAY SEVEN · THE PILGRIMAGE



A pilgrimage to the grandest pagoda on Phu Quoc Island, the majestic Ho Quoc Temple, celebrated for its stunning feng shui location, where it sits with its back to the mountains and its face to the ocean. Where heaven and earth meet - a place that has seen centuries of devotion. Here you will speak who you are now – not as an idea, but as a vow.

We design your 2027 in visible abundance at the most beautiful beach on Phu Quoc Island before we meet the Pearl Masters who work to turn grit into jewel. We taste the sweet nectar of life at Phu Quoc Forest Honey Bee Farm. We close with fire ceremony on our own private beach under the stars.

Then we seal the dawn, the new morning of your return - not to the life you left behind - to the new life that has been waiting for you.

Inside The Container

The container is engineered for depth.
Quiet, considered, undisturbed.



MIA SAIGON

A luxury five-star boutique hotel on the Saigon River. Quiet, considered, stylish, deeply civilised. Two nights here begin the work that has not begun. The threshold of the immersion. A private welcome dinner by the river. The day in between is yours. Spa, decompression, optional time in the city with Pauline.

LA VERANDA RESORT PHU QUOC

A Sophisticated Indochine Colonial Style luxury, on a private stretch of beach on the western coast of Phu Quoc. Five nights here is where the deeper work lives. Nourishing, delicious meals at The Peppertree and Le Jardin, each one curated. Sunset, the South China Sea at your door, and a quiet luxury you've never experienced before. Dinner together. A glass to mark the day. Stars that show up because of the absence of city.



The work continues in another form, and the day ends.

What Is Included

Seven nights of considered luxury accommodation - two at Mia Saigon on the river, five at La Veranda Resort by the sea. Your own room, always. Curated for stillness, sleep, and arrival back into your body.

Every meal, prepared with care by award winning Chefs. Breakfast, lunch and dinner across both properties - from a private welcome dinner by the Saigon River to a closing beach buffet under the stars. Wine and signature pairings at dinner are on me. The day ends after dinner; if you choose to continue at the bar, you are choosing it for yourself.

The complete From Fire to Dawn immersion. Group sessions, somatic activations, shamanic ritual, mirror work, daily integration - moving you through the four movements of the method: Decode, Release, Install, Design. This is the work you are coming for.

A private 1:1 with Pauline before the retreat - to set your intention and meet you exactly where you are.

A private 1:1 with Pauline after the retreat - to check in and continue to protect the new Fire Goat identity.

Daily yoga, breathwork and somatic practice - at Tinh Wellness, opening every morning with the dawn.

A guided pilgrimage through the wilderness of Phú Quốc. We will wash away the old identity at the magical Tranh Waterfall. We will inhale the expansiveness of your future identity at Tiên Sơn Peak and sit in deep reflection in the inner sanctum of Hang Doi Bat Cave. We will close at the serene Ho Quoc Pagoda perched on the ocean, lunch at the most beautiful beach on the island, Sao Beach, visit the pearl masters at work turning grit into jewels, taste the nectar of life at the exclusive Phu Quoc Forest Honey Bee Farm, and close with a private fire ceremony under the moonlight.

The bespoke From Fire to Dawn welcome kit.

24/7 concierge throughout your stay - your every practical concern handled for you. While you are with us, you are held.

From Those Who Have Experienced "The Work"

SIMON LEVERTON

"I've never written a testimonial before. Never wanted to align myself to any products, people, or places where I could be accountable for my words, my experience, my truths. Yet here I am! So why change a lifetimes manifesto now? Pauline Nguyen. That's why! Do your yourself a favour, sign up for the privilege of being coached by Pauline, it is a truly remarkable experience to be mentored, guided and loved by her and her work."

JAYNE HALIKIOTIS

"After 10 weeks of chemotherapy, my treating Professor said: 'You are the most well patient I've ever seen on this level of immunosuppression. Whatever you're doing, keep it up.' Pauline and The Work is my secret weapon."

DEBORAH DIAS

"This work does not end when the program does. Pauline empowers you with profound knowledge, and many tools and technologies to practice. My life evolved rapidly. I have stepped onto a trajectory of soul setting and creating a life I desire, no longer living by default."

PETER FITZGERALD

"I gained more out of three months with Pauline and the group than I did in over 12 months with a psychologist. It's not the woo-woo you may think - it is the truths and honesty of oneself that bring you back to life."

RHEA FAWOLE

"Pauline hands you tools - real, practical, actionable tools - and makes it clear that your results will be directly proportional to the effort you put into knowing yourself. Somatic work, self-inquiry, holding up the mirror. And what surprised me was how fast those tools created change. Not just in how I felt, but in how I saw my business, how I led my team, how I served my clients. I reconnected with myself. With who I actually am, underneath all the noise."

SOBIA CHAUHTRY

"I feel more present in my body. I breathe deeper. I respond instead of react. I communicate with more clarity and less fear. And perhaps most importantly, I no longer feel like I'm disappearing from the inside while performing on the outside. I am still learning. I am still practicing. But I am no longer just surviving."

PAUL GOOD

"If you imagine an airy-fairy spiritual retreat, think again. Pauline, a card-carrying capitalist, runs multiple successful businesses across diverse sectors. She masterfully leverages spirituality to drive optimal business performance while empowering those around her to reach their full potential."

FOR THE RARE LEADER FOR WHOM THIS IS THE RIGHT NEXT STEP

The Investment

EARLY INVITATION

USD \$13,975

Applications confirmed before 1 August 2026

FULL INVITATION

USD \$15,975

After 1 August 2026

Or three monthly payments of USD \$5,500

From Fire To Dawn is a unique high touch experience with Pauline Nguyen in venues that ooze quiet luxury.

You will return home as the grandest version of the greatest vision you hold of yourself.

Life will never be the same again.

FROM FIRE TO DAWN · SAIGON & PHU QUOC · 2 TO 9 NOVEMBER 2026



Each Fire to Dawn Cohort is Limited To Twenty Leaders Only

This is intentionally not a public event.

Each cohort is limited to twenty leaders only because the work demands intimacy, and because I personally know everyone in the room before they arrive.

Places are by application only. You and I will speak before you are confirmed. If it is not the right fit for either of us, I will tell you honestly. There is no offence in a no.

The first five applicants confirmed each receive an additional private 1:1 with me after the retreat - a fourth integration session, for landing the deepest shifts. A private 1:1 coaching session with me is usually USD \$1,000.

When the twentieth place is taken, the doors close. The next cohort will be at least a year away.



Frequently Asked



How is this different from Numinous?

Numinous is the foundation. Twelve weeks of deep online work. From Fire to Dawn is the deepening of that work in person. The same method, lifted into a seven-day environment that does part of the work for you. Numinous graduates will join. Numinous is not a prerequisite.

Is this a wellness retreat?

No. There is yoga, breathwork, somatic practice and delicious food that serves the work; they are not the work. This is a transformational immersion built for leaders, not a holiday with workshops attached.

What is the alcohol policy?

Wine and signature pairings at dinner are on me – beautifully crafted, considered, and finite. The day ends after dinner. Anyone who chooses to extend the evening at the bar is choosing it for themselves. We are not here to numb. We are here to wake.

What is not included?

International and domestic airfares. Personal expenses, additional spa treatments, optional post-dinner drinks, and items of a personal nature.

Travel insurance and visas are your responsibility and mandatory. Please let me know if you would like my team to assist you with this.

Will I share a room?

No. Unless you are sharing with your beloved, your investment includes your own room 5 star luxury accommodation throughout at both Mia Saigon and La Veranda. Suite upgrades are available on request. Partner accompaniment is possible - speak to me on our Connection Call.

What if my dates change after I apply?

Speak to me. We work with leaders who lead complicated lives. If something genuinely cannot be moved, your place can be transferred to the next cohort or forward to a friend who will also need to apply and be approved by Pauline.

Apply for Your Seat

You already know whether this is for you.
Any hesitation is the part of you that has been arguing
with the truth.

STEP I · A CONNECTION CALL

We speak, honestly.
You ask the questions you
want answered. I do the same.
If we agree, you secure your
place.

STEP II · BEGIN

The work starts the moment
you say yes. The retreat is
the centrepiece, not the start.



CONNECT WITH ME

A Final Note from Pauline

If you have read this far, you already know.

The reason it is hard to say yes is the same reason you have to. The old self is afraid; that is its job. But you did not pick up this brochure for it. You picked it up for the part of you that has known, for a long time, that something else was possible.

Come and meet her. Come and let her become you. Come home to my Motherland - and to the version of yourself that has been waiting for you all along.

In November, we close the loop on Fire Horse urgency.

And open the path of Fire Goat mastery.

I can't wait to walk side by side with you in Vietnam From Fire to Dawn.

*With Love,
Pauline Nguyen*





Pauline Nguyen

THE SPIRITUAL ENTREPRENEUR