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

From Fire to Dawn

THE IDENTITY SHIFT PROCESS

Recode. Recalibrate. Redefine.

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

An Opportunity To Return As Someone New

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

A FILTER, NOT A SALES PITCH

Who This Retreat Is For

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

FROM FIRE TO DAWN IS SUITED TO 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 SUITED TO 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.

The Fire to Dawn method™ is based on the following 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.

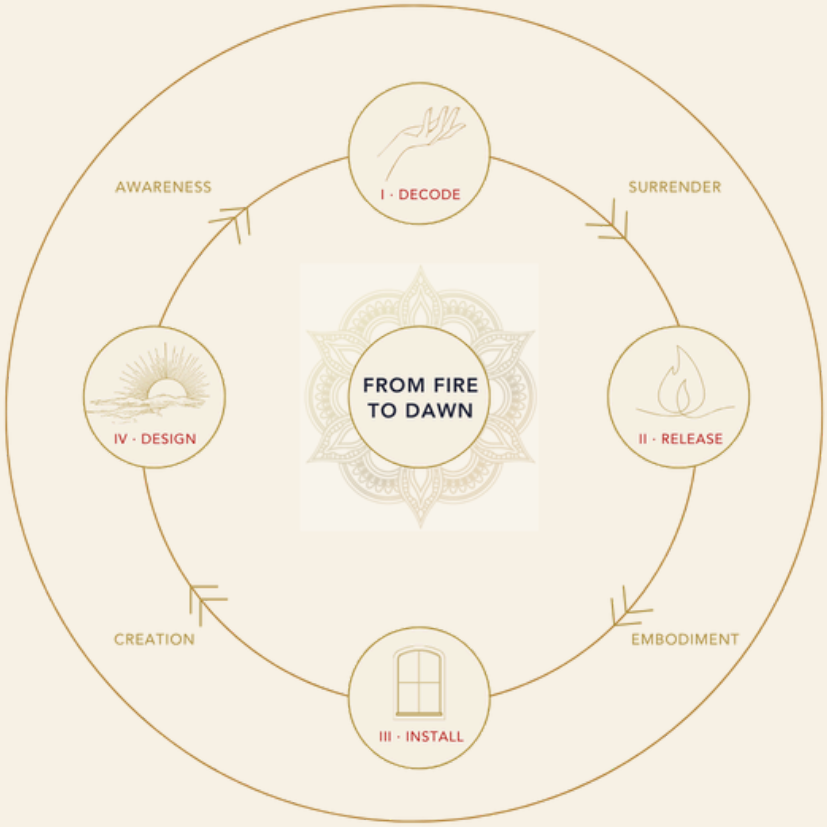
The Fire to Dawn method™ focuses on who you are being.

Our philosophy is with identity change, everything else is organised.
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 an opportunity to 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™ aims to reverse that. Identity first. Behaviour second. Then the pursuit of results.



The Fire to Dawn Method™

I · DECODE · NAMING WHAT IS RUNNING YOU

We aim to 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

Our philosophy is that insight alone does not free you. We believe the patterns live deeper than language. Through breath, somatic activation, ritual and the wilderness itself, our method seeks to release the identity at the nervous-system and energetic level. This is the fire.

III · INSTALL · ANCHORING THE NEW SELF

Our method seeks to install and anchor the new self. A different version of you already exists in potential. This retreat aims to tune you into that 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

Once you have stabilised your new identity, we work with you to design your year ahead. Your work, your relationships, your leadership, your life. Not from where you have been, but from where you plan. From who you have worked to 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. This is the opportunity for your nervous system to begin 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 PHÚ QUỐC

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 endeavouring to rewrite the silent command centre through this rewiring. What gets named softens its grip. An afternoon of somatic practice. This is the first burn.

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. The literal crossing of wilderness is designed to operate in parallel with the inner crossing. This is the release. The healing power of Tranh Waterfall will assist in this powerful work. Water knows how to carve stone not by force, by consistency. As we climb to the top of Tiên Sơn Peak, the climb is designed to demonstrate to your body that it can hold a bigger view, a more expansive outlook on life, and do that without panic. And if the waterfall washed your surface layers, then 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

We rise before the sun and go to the water. At a fishing village on the island's edge, the night boats come in, and we gather what the sea and the soil have given: fresh fish from the morning's catch, organic produce grown on the island. As first light breaks, a shamanic activation on the shore. This is the dawn you have been walking toward all week, met in the body. We carry everything we have gathered back to La Veranda, cook it together in a cooking class, and sit down to a meal made with our own hands.

A pilgrimage to the grandest pagoda on Phú Quốc 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.

And as the sun sets on our final night, one last surprise waits on the water. A boat into the sunset, and when the dark comes, a last adventure. Then we return to shore to 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 you have designed.

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 PHÚ QUỐC

A Sophisticated Indochine Colonial Style luxury, on a private stretch of beach on the western coast of Phú Quốc. 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. Breakfast, lunch and dinner across both properties - from a private welcome dinner by the Saigon River to a closing beach buffet under the stars. Every meal at La Veranda prepared by award winning Chefs. 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 you hope to create.

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 guide you through washing away your 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.

A closing day on the water. On our final day we rise before the sun and visit the fishing village as the boats come home, gathering the morning's catch and the island's organic produce with our own hands. We meet the dawn on the shore in a shamanic activation, then carry what we have gathered to cook and share at one table. And as the sun sets on our last night, the sea has one more surprise waiting: a boat out onto the water to watch the magic of our final sunset together, then the lights come on for the final surprise, before we return to shore to close with fire under the stars.

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 - FOUNDER, ANTARA CHILDCARE

"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! … I came into her Numinous program skeptical. I left liberated and free from my old patterns and ways of being. … sign up for the privilege of being coached by Pauline, it is a truly remarkable experience to be mentored, guided and loved through the three months you are doing her program."

JAYNE HALIKIOTIS - PROPERTY MANAGER

"A dear friend who had experienced a great transformation through working with Pauline had recommended I contact her to assist me with the chronic dis-ease I was experiencing. … After 10 weeks of Chemotherapy, my treating Professor announced 'you are the most well patient I've ever seen on this level of immunosuppression. It's unbelievable that you have such minimal side effects. Whatever you're doing, keep it up.' … It is without a doubt that Pauline and The Work is my secret weapon."

DEBORAH DIAS - ARTIST, EDUCATOR, AND HOLISTIC PRACTITIONER

"This work does not end when the program does, Pauline empowers you with profound knowledge that she knows you need, as well as many tools and technologies to practice. My life evolved rapidly during these three months, I have stepped onto a trajectory towards soul setting, creating a life I desire, and no longer living by default."

PETE FITZGERALD - FOUNDER, BODY CHOICE HEALTH AND WELLBEING

"I've been on the self-discovery journey for many a number of years now including many business mastermind groups, and this one opens you up to see where you need to look to allow you and your business to grow. … I have gained so much out of the 3 months with Pauline and the group than I did with over 12 months with a psychologist. … it is the truths and honesty of oneself that brings you back to life and passions."

From Those Who Have Experienced "The Work"

RHEA FAWOLE - PRINCIPAL SOLICITOR & CEO, SOLVI MIGRATION

"From the outside, my life looked purposeful and driven. I was building a law firm from the ground up - determined, capable, moving forward. … She 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 CHAUHDRY - CEO, THE CHAUHDRY RE GROUP

"When I began my training with Pauline at Numinous, from the outside my life looked perfectly put together. … 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 - CHAIRMAN, GOODS LOGISTICS TERMINAL

"Late last year, I woke up in Hong Kong feeling utterly exhausted, despondent, and burnt out. … If you imagine Numinous as 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."

The Investment

FULL INVITATION

USD $14,975

Or 3 monthly payments of USD $5,500 (USD $16,500 in total)

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

We invite you to return home as the grandest version of the greatest vision you hold of yourself.

We hope your 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. This discovery call aims to figure out if this retreat is likely to be suitable for you. There is no offence that this may not be for you.

All 20 places for November are now taken. The next cohort will be at least a year away, and the waitlist will hear about it first.

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. 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 designed to be a transformational immersion 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 happens if I can't come after I've confirmed?
Speak to me first. We work with leaders who lead complicated lives. Your place is secured with a USD $1,000 confirmation deposit, which is non-refundable. If you need to cancel more than 60 days before the retreat begins, you can transfer your place to another leader, or take a credit towards a future retreat, less USD $1,000, to use within 12 months. If you cancel 60 days or less before the retreat begins, you can transfer your place to another leader. Anyone taking your place applies and speaks with me first, as you did. Travel insurance that covers cancellation is a condition of joining, so please put it in place when you book. The full terms are in the Retreat Participation Agreement, which you'll read before you commit, and nothing in them takes away any right under Australian Consumer Law that can't lawfully be excluded.

One Step For Now

November's 20 places are taken. If you've read this far and something in you said yes, join the waitlist.
If a place opens, the waitlist hears first, and the same goes for the next cohort.

STEP I · JOIN THE WAITLIST

Leave your details. It takes a minute.

STEP II · A CONVERSATION

When a place opens, we speak, honestly. You ask the questions you want answered. I do the same.

JOIN THE WAITLIST

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.

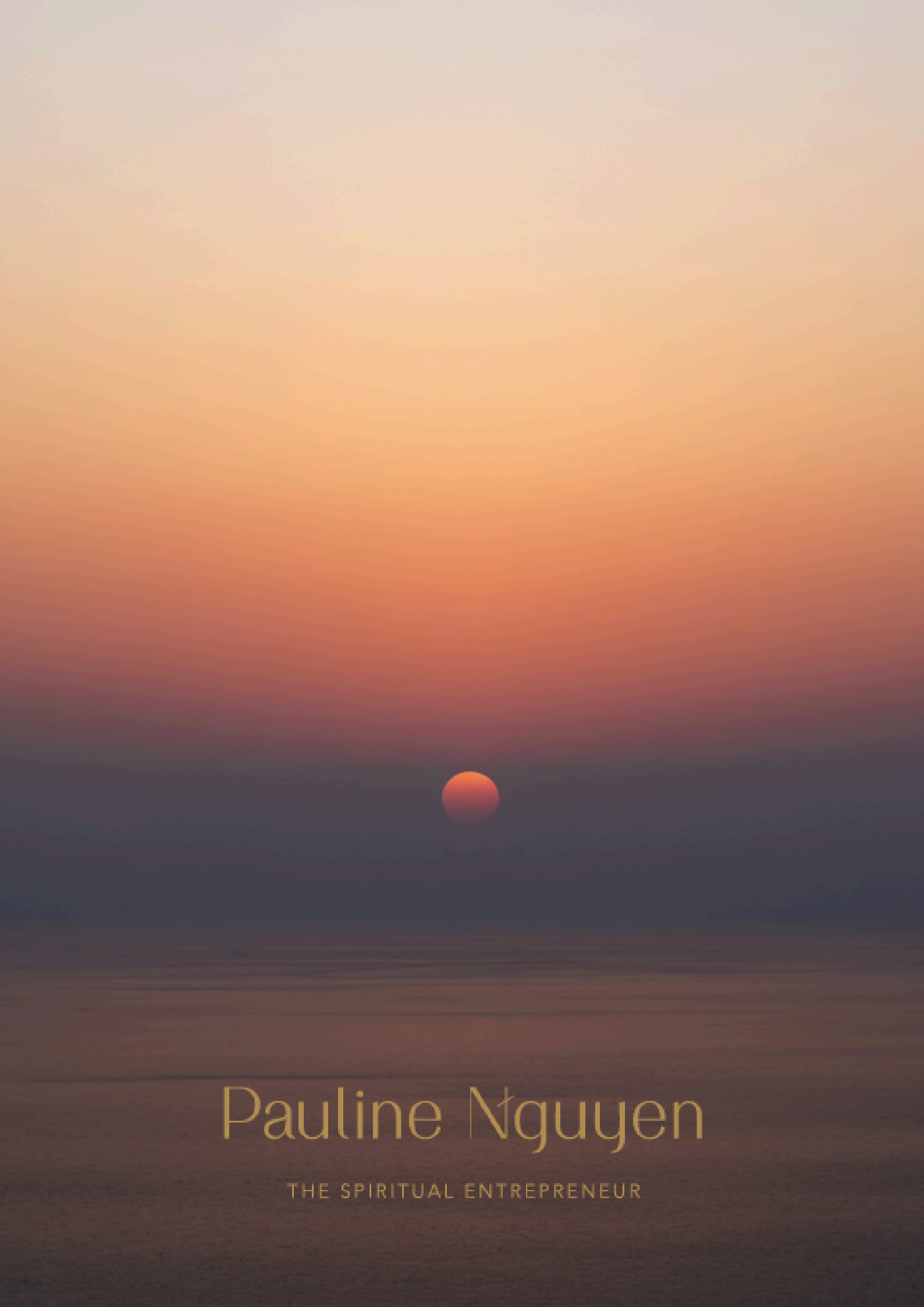
Come and meet her. Come and let her become you. Come home to my Motherland - and to the version of yourself that has been waiting for you all along.

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