



TANJONG JARA RESORT

UNMISTAKABLY MALAY

ITINERARY

SUCIMURNI RETREAT 2026

FRIDAY, 16TH – 18TH OCTOBER 2026

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FRIDAY, 16TH OCTOBER 2026

- 2pm onwards Warm welcome and arrival of guests at Tanjong Jara Resort.
Kindly note that your rooms will only be ready at 3.00pm.
- 5.00pm Meet and greet by Joyce Shih.
Venue: Anjung Garden.
- 5.30pm **Align: Restorative Sunset Pilates (45 mins).**
Arrive fully in your body with this gentle mat Pilates flow focused on length, alignment and ease—supporting posture while releasing tension and restoring quiet energy.
Suitable for all levels.
Venue: Anjung Garden.
- 7.30pm Dinner at Nelayan Beach.
A delectable buffet dinner spread, offering a variety of mouth-watering dishes to satisfy every palette.

SATURDAY, 17TH OCTOBER 2026

- 7.00am **Energise: Sunrise Flow (60 mins).**
Greet the morning with an energising mat Pilates flow designed to warm the body, strengthen from the centre and move with ease. A breath-led practice that sets a calm, confident tone for the day.
Suitable for all levels.
Venue: Beachfront.

A YTL LUXURY RESORT

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YTL Travel Centre

T +60 3 2783 1000 E travelcentre@ytlhotels.com

Batu 8, Off Jalan Dungun, 23000 Dungun, Terengganu, Malaysia

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Owned by Tanjong Jara Beach Hotel Sdn. Bhd. Company No. 197501004054 (25769-M)

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- 8.30am Breakfast at Di Atas Sungei.
Di Atas Sungei is Malay for 'Above the River' so guests will find it easy to spot this restaurant which sits above a river that flows into the South China Sea. Enjoy your breakfast surrounded by lush tropical greenery and shaded by a huge Ketapang tree.
- Morning at leisure.
- 11.00am **Power: Progressive Pilates Practice (60 mins).**
Elevate your Pilates practice with this dynamic full-body class designed to challenge strength, coordination and stability. We will take things up a notch with thoughtful progressions and just enough challenge to keep things fun while refining control and precision.
Suitable for all levels.
Venue: Garden in front of Block 8.
- 12.30pm Set Luncheon at Nelayan Restaurant.
Tanjong Jara Resort's internationally acclaimed signature restaurant. Its seaside setting and romantic ambience sets the perfect tone for a relaxed dining experience.
- 2.00pm Afternoon at leisure.
We recommend you use this time to explore the award-winning Spa Village Tanjong Jara and its traditional Malay healing treatments to further enhance your experience with us.
- 5.00pm Experience the *Kampung Sucimurni Lifestyle*.
Tanjong Jara Resort reveals a personal insight into the Malay way of life that strongly reflects their strong sense of community. Every Saturday evening, in the resort's gardens, tantalizing aromas fill the air as authentic local delicacies are served and guests can discover the rich traditions of Terengganu.
- 6.00pm **Restore: Sunset Fascia Release and Breathwork (60 mins).**
Unwind and release tension through breathwork and fascia release to restore ease throughout the body. Slow, mindful sequences help calm the nervous system, leaving you relaxed, open and ready for restorative rest.
Suitable for all levels.
Venue: Beachfront.
- 7.00pm Enjoy the *Taste of Terengganu Dinner**.
Enjoy a feast of stunning barbecue that showcases the bounty of both the land and coast, prepared to perfection by the resort's skilled chef.

Dinner is available from 6.30pm onwards following the **Kampung Sucimurni Lifestyle experience.*

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SUNDAY, 18TH OCTOBER 2026

- 7.00am **Ignite: Core and Glute (60 mins).**
This dynamic mat Pilates class targets the core and glutes, three dimensionally with purposeful, high-intensity sequencing. End the retreat on a high note as you build deep strength and control, feeling fired up with a renewed sense of confidence and energy. Intermediate/advanced level.
Venue: By Pool near Nelayan Restaurant.
- 8.30am Breakfast at Di Atas Sungei.
- 11.00am Check-out and a fond farewell.

*** Please note that the venue for activities and dining experiences may change depending on weather conditions.

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