



TANJONG JARA RESORT
YTL HOTELS

SAMPLE ITINERARY
Sucimurni Retreat 2018
26th to 28th October 2018

Friday, 26th October 2018

Warm welcome and check-in at Tanjong Jara Resort

Lunch at Nelayan

Nelayan, meaning 'Fisherman' in the Malay language, was inspired by the locally and internationally acclaimed signature restaurant, Fisherman's Cove. Nelayan offers a variety of Asian and Western selections for lunch. Its seaside setting, and romantic ambience sets the perfect tone for a relaxed dining experience.

- 5.00pm Meet and greet by Ninie Ahmad, founder of Upward Yoga
- 5.30pm Intention Setting & Breathing 101 with Ninie
- 7.30pm Dinner at Di Atas Sungei

Saturday, 27th October 2018

- 7.30am Sunrise Yoga with Ninie
- 9.00am onwards Breakfast at Di Atas Sungei
- 11.00am OPTIONAL CLASS: Arm Balance 101 with Ninie
- 12.00pm Healthy lunch at Teratai Terrace
- Afternoon at leisure
We recommend you use this time to explore the award-winning Spa Village Tanjong Jara and its various treatments to further enhance your experience with us.
- 3.00pm OPTIONAL CLASS: Upside Down 101 with Ninie
- 5.00pm Kampong Sucimurni Lifestyle

YTL Hotels Travel Centre

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

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Tanjong Jara Resort revels a personal insight into the Malay way of life that strongly reflects their strong sense of community. Every Saturday evening, at the resort's beachfront gardens, tantalising aromas fill the air as authentic local delicacies are served and guests can discover the rich traditions of the Terengganu area.

6.15pm Sunset Yoga with Ninie

8.00pm Barbecue Dinner on the Beach
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. Enjoy an exhilarating buffet while being serenaded to by the lapping waves and gentle sea breeze.

Sunday, 28th October 2018

7.30am Sucimurni Exercise with Captain Mokh
Embrace the day with our gentle, signature stretching exercises inspired by the seven main animal chakras. Based on the Malay concept of Sucimurni, which emphasises purity of spirit, health and well-being, these exercises aim to balance your mind and body.

8.30am Breathe, Stretch, Heal & Sucimurni Farewell Yoga with ninie

9.45am onwards Breakfast at Di Atas Sungei

11.00am Check-out and fond farewell

We hope you have enjoyed your stay with us and we wish you a safe journey home.

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