



THE ART OF REBALANCING: WHY PAUSING IS NO LONGER A LUXURY, BUT A NECESSITY



KUALA TERENGGANU, 13 AUGUST 2025 – In a world that rarely pauses, what if you did?

Amid the momentum of daily life, stress can become so routine that its effects slip beneath our awareness. Yet taking a deliberate, uninterrupted pause allows the nervous system to recalibrate — a vital step in the process of rebalancing. Cortisol levels begin to fall, sleep deepens, and as external demands quiet down, the mind starts to clear. What follows is a gentle return to presence — not something to achieve, but something the body instinctively remembers when given the space.

Stillness offers more than rest — it creates the conditions for a more balanced and sustainable sense of well-being. Often, it takes just a few days — a brief step back — to begin to unwind and reconnect with what it means to simply be. And often, that reset begins with something as simple as a change of scene. Stepping away from familiar routines and the quiet demand of daily life enables slower rhythms, grounding rituals, and subtle shifts that help restore balance.

This need for pause is becoming more important. 'Burnout' isn't just a buzzword anymore — it's becoming a global baseline. According to Gallup's 2024 Global Workplace Report, over 40% of employees worldwide say they feel burned out at some point each month. The World Health Organisation now classifies it as a workplace phenomenon, driven by chronic, unrelenting stress.

The emotional toll? Exhaustion, detachment, and a worrying drop in motivation. The physical cost? Poor sleep, brain fog, anxiety, and even illness. In an age of endless notifications, back-to-back schedules, and constant digital stimulation, many of us are living in a state of near-constant overdrive — and paying the price.

As this reality becomes harder to ignore, wellness is evolving beyond trends into a deeper, more sustainable way of living. There is a growing desire for practices that support a full-system reset — not just for the body, but for the nervous system, the spirit, and the self.

This awareness is reflected in a rising interest in reflective spaces and slower ways of being. Whether it's through silence, nature immersion, breathwork, or simple solitude, people are seeking meaningful ways to step out of the noise and reconnect with their inner compass.



Among the places holding space for this kind of quiet reconnection is a small retreat on Malaysia's east coast, where the days move to gentler rhythms and the focus is less on doing, and more on being. Set within a setting of cultural heritage and natural beauty, the Sucimurni Retreat offers a reflective experience grounded in traditional wisdom, movement, stillness, and the space to play.

Guided by yoga instructor Sandra Woo — whose work is rooted in mindfulness and embodied awareness — the retreat offers a supportive environment for tuning inwards. "So much of modern life pulls us into the constant grind of doing for performance's sake. This retreat is about remembering that life must be enjoyed too. Through movement, meditation, and play, we remember to exist in the present, appreciate beauty, do good by ourselves and others, while fully enjoying living it up again, with our whole being," shares Woo.

Through breath, movement, and silence, participants are invited to explore their own internal rhythms and reconnect with what wellness truly means for them. Here, the work is not about pushing harder, but about softening. The invitation is simple: to pause, to listen, and to remember the self beneath the noise.

For reservations and enquiries, please contact YTL Travel Centre at +60 3 2783 1000, email travelcentre@ytlhotels.com or visit www.tanjongjararesort.com.

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About Tanjong Jara Resort

Tanjong Jara Resort is located on the pristine East Coast of Peninsular Malaysia. Explore a sanctuary of traditional luxury and well-being steeped in age-old Malay traditions. Designed to reflect the elegance of 17th-century Malay palaces, this tranquil resort offers a genuine taste of the region's spirit and its rich natural heritage. Based on the Malay concept of Sucimurni, which emphasises purity of spirit, health and well-being, this secluded hideaway encourages true rejuvenation of both body and spirit.

Authentic in architecture and attitude, always warm and welcoming, here is an environment to let go, relax deeply and take time to rediscover yourself, your family or your friends; surrounded by the resort's staff drawn from the local villages, who truly embody the gentle Malay art of service and hospitality. Discover a wide variety of possible experiences – lazy and languid, energetic and outdoors, indulgent and regenerative, cultural and enlightening. www.tanjongjararesort.com.

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About YTL Hotels

YTL Hotels owns and manages a prestigious collection of award-winning resorts, hotels, boutique experiences, and Spa Villages, with a hospitality footprint across Malaysia, Thailand, Japan, Australia, France, the Netherlands, and the United Kingdom. With over 35 properties and more than 7,000 rooms, YTL Hotels continues to redefine luxury and authentic experiences across the globe. Notable properties include Pangkor Laut Resort, voted the World's Best Resort in 2003 by Condé Nast Traveller UK and ranked among the Top 20 Best Resorts in Asia in the 2023 Condé Nast Traveler Readers' Choice Awards US. The Gainsborough Bath Spa, part of the Small Luxury Hotels of the World's prestigious collection, was ranked the 6th Best Hotel in the UK in the 2024 Condé Nast Traveller Awards. It has also been consistently listed as one of the Top Destination Spa Resorts in the World in both the 2022 and 2023 Condé Nast Traveler Readers' Choice Awards US. Additionally, both The Gainsborough Bath Spa in the UK and Higashiyama Niseko Village, a Ritz-Carlton Reserve in Japan, have earned the prestigious Michelin Key. The Ritz-Carlton, Koh Samui was recognised in the 2023 Condé Nast Traveler Readers' Choice Awards US as one of the Top 15 Best Resorts in Thailand. Furthermore, Monkey Island Estate, Gaya Island Resort, and The Ritz-Carlton, Koh Samui have been named in the 2025 edition of Fodor's Finest as some of the Most Incredible Hotels in the World.



YTL Hotels' portfolio embodies the brand's promise of "Treasured Places, Treasured Moments" and includes the ownership and management of several Marriott International properties in Malaysia, Japan, Thailand, and Australia. This also encompasses distinctive hotels under the Autograph Collection and AC Hotels banners. Notable properties within the Marriott International partnership include The Majestic Hotel Kuala Lumpur, JW Marriott Kuala Lumpur, and Hotel Stripes Kuala Lumpur. The collaboration further features prominent hotels like The Ritz-Carlton, Koh Samui, and Higashiyama Niseko Village, a Ritz-Carlton Reserve, which was named one of TIME's World's Greatest Places 2021. As Japan's first Ritz-Carlton Reserve, it plays a key role in YTL Hotels' master plan for Niseko Village.

With each new experience that it presents, the company strives to embrace and highlight the natural essence of culture, character and tradition of its surroundings. YTL Hotels is the hospitality arm of YTL Corporation Berhad. Visit ytlhotels.com for more information and follow us on our social media platforms for #YTLTravels.

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