



IMMERSE IN RESTORATIVE WELLNESS THIS OCTOBER AT TANJONG JARA RESORT'S SUCIMURNI RETREAT

KUALA TERENGGANU, MALAYSIA, 8 MAY 2026— In an era defined by constant connectivity and a relentless pace, the art of true restoration has never been more precious. This October, Tanjong Jara Resort extends an invitation to step fully into stillness with the Sucimurni Retreat, the resort's signature annual event, taking place from 16 to 18 October 2026. This intimate three-day, two-night immersion is designed to restore the body, quiet the mind, and reconnect guests with their deepest sense of self.

Set on the shores of the South China Sea, the resort is styled after a 17th-century Malay palace and cradled by ancient rainforest, an environment where the pace of life slows naturally and the journey inward begins. Rooted in the timeless Malay concept of the Sucimurni Lifestyle, which celebrates the dedicated pursuit of purity, health and inner harmony, this is a holistic return to balance. Guests will enjoy three days of carefully guided Pilates sessions, where meditation and breathwork are woven into each practice, along with all meals crafted with nourishing local wisdom and a must-do treasured food experience, Taste of Terengganu.

Whether new to wellness practices or a dedicated practitioner, each day offers both depth and ease. Mornings may unfold with mindful Pilates as the sun rises over the sea; afternoons offer quiet reflection or a restorative stroll along the shore. The result is not a fleeting sense of calm but a lasting shift, a chance to carry the grace of the retreat back into everyday life.



Guiding this journey with quiet expertise and profound intuition is Joyce Shih, a STOTT-certified Pilates instructor and Integrative Nutrition Health Coach. Based in Kuala Lumpur, Joyce is sought after for her highly personalised approach, drawing clients to her private, referral-only studio for her rare ability to nurture both body and spirit.

Her philosophy elevates movement beyond the purely physical. She frames mindful practice as an essential dialogue with the self, a conversation that builds resilient strength, sharpens mental clarity, and nurtures emotional wellbeing. With extensive experience across all Pilates apparatus and as a pre- and post-natal specialist, she empowers guests to move with confidence and grace, laying the foundation for lasting vitality.

"I believe that true wellness begins the moment we grant ourselves permission to pause and listen," says Joyce Shih. "To guide this practice at Tanjong Jara Resort, surrounded by such elemental beauty, is an honour. This retreat is a chance to step away from noise and distraction, and to immerse fully in the restorative power of now."

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](#)

Nestled on the pristine East Coast of Peninsular Malaysia, Tanjong Jara Resort is a celebrated sanctuary of traditional luxury and timeless well-being. Having been awarded the Aga Khan Award for Architecture, its design emulates a 17th-century Malay palace and overlooks the breathtaking ocean beneath rustling palms. Its authentic architecture and serene environment offer a genuine immersion into the region's spirit and rich natural heritage.

Inspired by Sucimurni, the Malay pursuit of purity, the resort is a warm and welcoming environment where ancient traditions and natural wonders create a profoundly regenerative journey. At the heart of this sanctuary lies the award-winning Spa Village Tanjong Jara, a secluded haven where guests are invited to relax deeply and rediscover themselves. Embodying YTL Hotels' ethos of Treasured Places, Treasured Moments, please visit www.tanjongjaresort.com to explore more personalised moments, of this treasured place.

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About [YTL Hotels](#)

YTL Hotels curates a prestigious portfolio of over 35 award-winning resorts, hotels, and boutique villas and more than 8,000 rooms; across Malaysia, Thailand, Japan, the United Kingdom, Europe, Singapore, Australia, and New Zealand. The group is dedicated to redefining luxury through authentic experiences, bringing its promise of "Treasured Places, Treasured Moments" to life by embracing the culture, character, and tradition of its surroundings; including through its renowned Spa Village, found across select destinations across the globe.

Its collection features some of the world's most acclaimed destinations. The iconic Pangkor Laut Resort—once voted the 'World's Best Resort' by Condé Nast Traveller UK—is now ranked among the Top 15 Resorts in Asia in the 2025 Condé Nast Traveller Readers' Choice Awards. It is joined by The Gainsborough Bath Spa, a member of the Small Luxury Hotels of the World, which was listed among the top 15 Hotels in the UK. Further cementing this prestige, both The Gainsborough Bath Spa and Japan's Higashiyama Niseko Village, a Ritz-Carlton Reserve, have been consecutively awarded the prestigious Michelin Key in 2024 and 2025.

The accolades continue with The Ritz-Carlton, Koh Samui, which was not only placed among the Top 15 Best Resorts in Thailand by Condé Nast Traveller but was also voted the 'Best Resort in Thailand' in the DestinAsian 2025 Readers' Choice Awards. Adding to this impressive record, Monkey Island Estate, Gaya Island Resort, and The Ritz-Carlton, Koh Samui have all been distinguished by their inclusion in the 2025 edition of Fodor's Finest.

YTL Hotels' global footprint is powered by key international partnerships. A long-standing alliance with Marriott International encompasses the ownership and management of distinguished city properties, including The Ritz-Carlton, Kuala Lumpur; JW Marriott Kuala Lumpur; The Majestic Hotel Kuala Lumpur, Autograph Collection; Hotel Stripes Kuala Lumpur, Autograph Collection; Moxy Hotels and AC Hotels. This partnership also extends to marquee luxury resorts such as The Ritz-Carlton Reserve in Niseko Village and The Ritz-Carlton, Koh Samui.

YTL Hotels further solidifies its legacy through a major partnership with Hilton, anchoring its presence in the world-class ski destination of Niseko Village. This alliance is represented by three distinct properties: Hilton Niseko Village, The Greenleaf Niseko Village as part of the Tapestry Collection by Hilton, and Hinode Hills Niseko Village from the Curio Collection by Hilton. The group's collaboration with IHG extends its offering in New Zealand with Hotel Indigo Auckland. In a move that diversifies its urban holdings, YTL Hotels, in partnership with BlackRock Investment, has reimagined Singapore's Oakwood Premier Raffles Place, joining the Ascot Hospitality Group portfolio.

YTL Hotels is the hospitality arm of YTL Corporation Berhad. For more information, visit ytlhotels.com or follow #YTLTravels.

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