

WELLNESS RESET WEEK

JUNE 15 – 21, 2026



SUN SIYAM
IRU FUSHI
LUXURY COLLECTION



REGINA GIMRANOVA

WELLNESS COACH

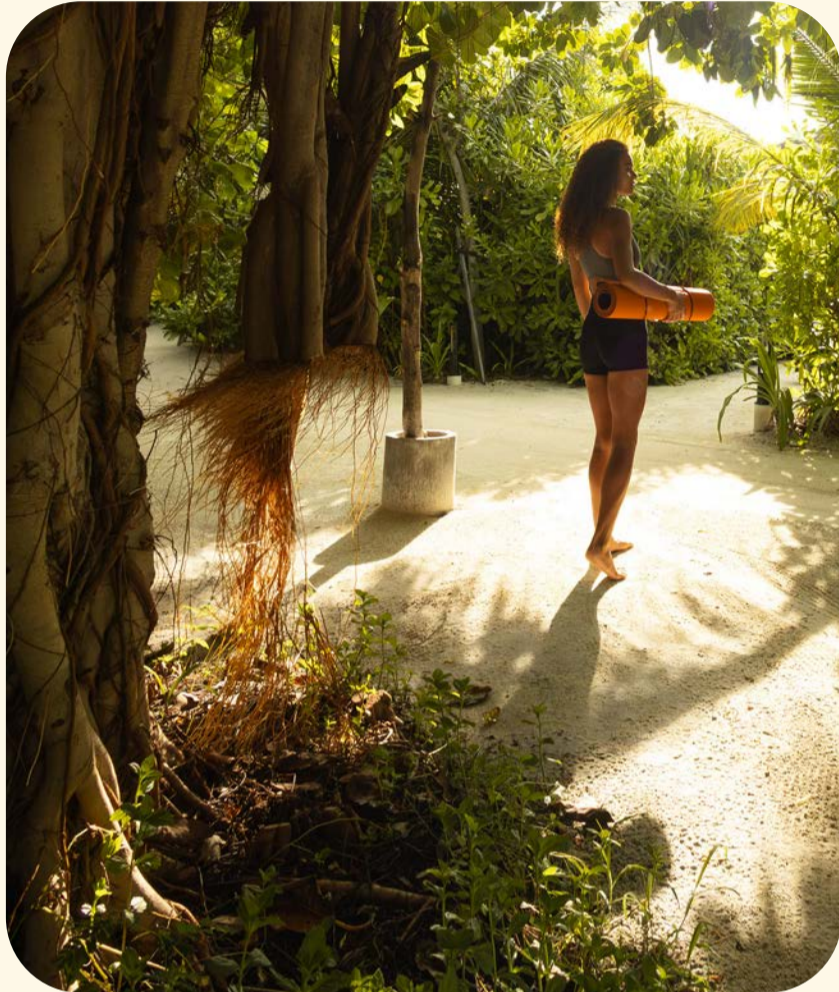
Embrace a transformative seven-day journey guided by wellness expert, health coach, nutritionist and biohacker Regina Gimranova. This curated experience elegantly bridges the gap between modern neuroscience and embodied practice, shifting you from "Exhale to Expansion".

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A Transformative Guided Journey

Each morning offers a different style of yoga, ranging from restorative Yin and Soft Hatha to dynamic Vinyasa and Power flows, carefully tailored to the day's specific physiological theme. Complementing these movements, science-based evening sessions provide practical biological tools to reset your nervous system and master the art of lasting calm. Return home not just restored, but deeply integrated and prepared for a sustainable new beginning.





Day 1 JUNE 15TH

Reset the Nervous System

STRESS TO STILLNESS

The journey begins with a singular focus: the deep exhale. As you transition from the high-velocity "city mode" to the sanctuary of the island, we dedicate our first day to grounding your energy and quieting the mind.

MORNING YOGA

7:00—8:00 am | at Dive Centre Deck

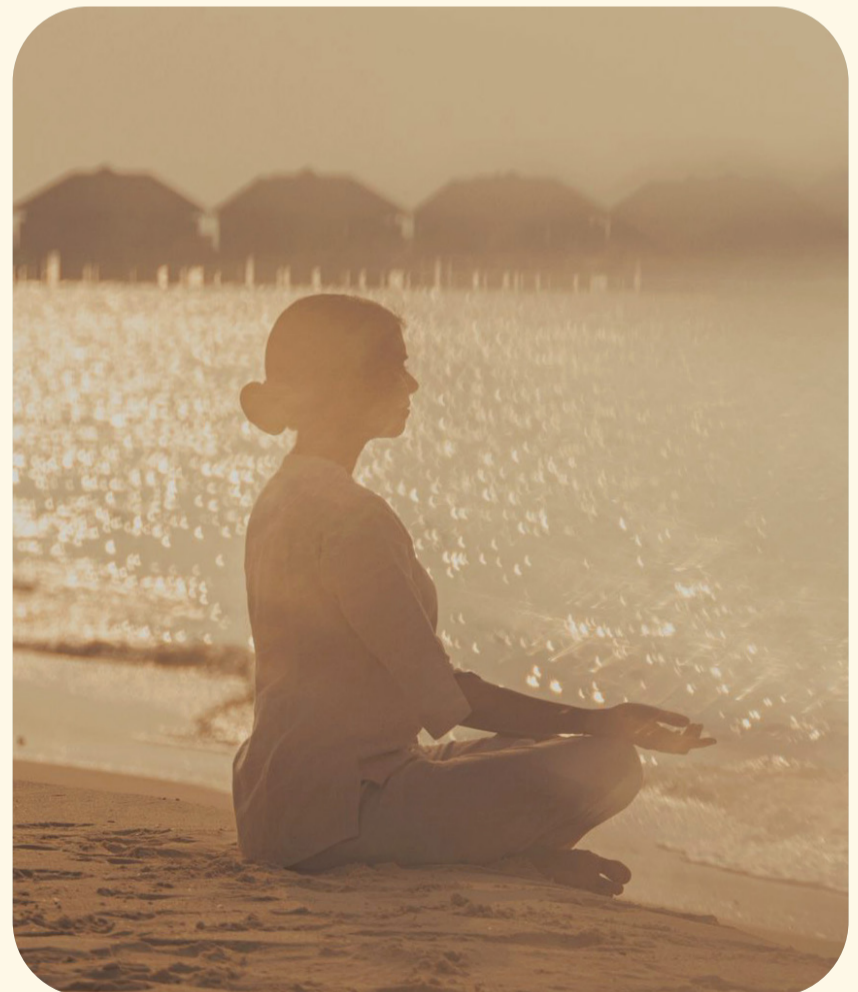
‣ **Soft Hatha & Breathwork** A gentle opening of the chest and extended exhales to release the physical adaptation stress.

EVENING SESSION

5:30—6:30 pm | at Flavours Beach

‣ **How Stress Shapes the Body and Mind** An insightful exploration into the biology of cortisol and the shift from sympathetic to parasympathetic.

‣ **Stress Release Meditation** A guided immersion that takes the nervous system from activation into deep rest.

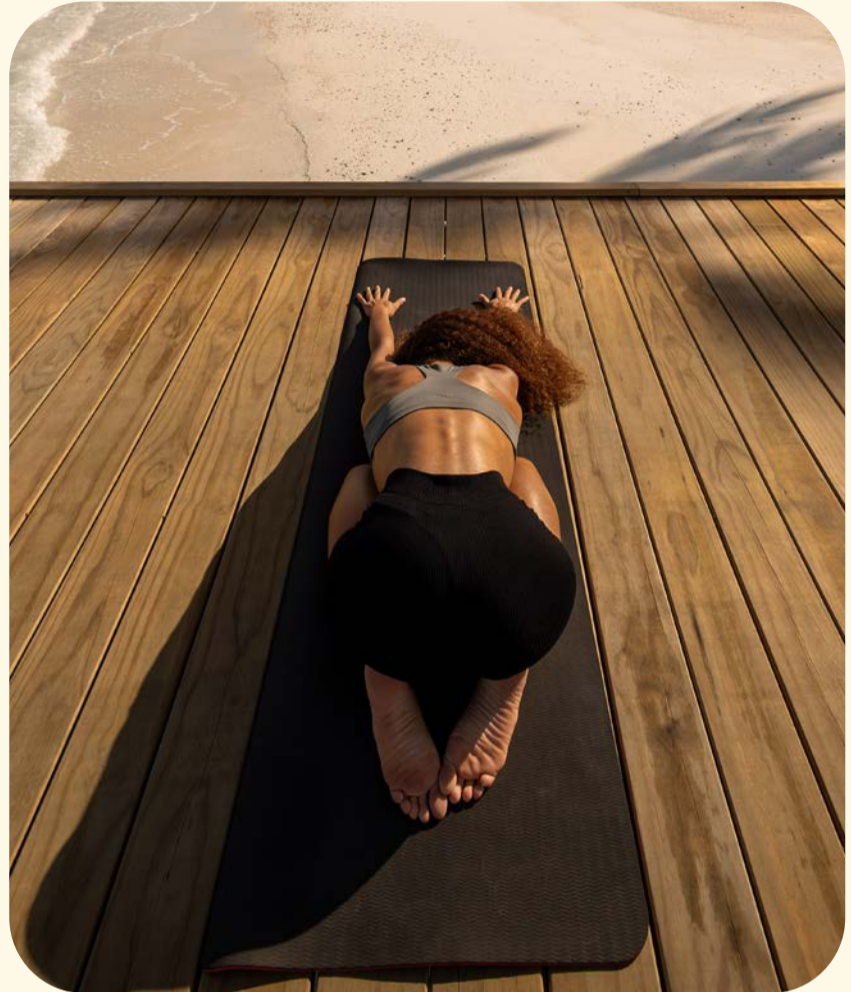


Day 2 JUNE 16TH

Emotional Intelligence

MEETING YOUR EMOTIONS

Once the body is calmer, we begin to listen. We turn toward what we have been carrying, viewing emotion not as a weakness, but as a cycle to be completed.



MORNING YOGA

7:00–8:00 am | at Dive Centre Deck

‣ **Yin Yoga** Long-hold postures targeting the hips and chest, where emotional and connective tissue tension accumulates.

EVENING SESSION

5:30–6:30 pm | at Flavours Beach

‣ **Your Emotions Are Neurochemistry** Understanding how the body stores unfinished reactions and learning how to complete them safely.

‣ **Lying-Down Breathwork** A somatic release practice focused on awareness and safe completion without catharsis

Note: Please wear loose clothing; nothing tight across the chest.

Terms & Conditions

These events are weather-dependent and may be cancelled in case of unfavorable conditions.



Day 3 JUNE 17TH

Inner Child & Inner Adult

INTEGRATION OF THE SELF

The most quietly transformative day of the week. We explore the balance between our emotional reactions (the Inner Child) and our capacity to regulate (the Inner Adult).

MORNING YOGA

7:00—8:00 am | at Dive Centre Deck

▶ **Hatha & Balance** Focusing on the core axis and stability to find your vertical, both physically and metaphorically.

EVENING SESSION

5:30—6:30 pm | at Flavours Beach

▶ **The Two Voices Inside Every Adult** Learning that maturity is the integration of our needs, not their suppression.

▶ **Dual Meditation** A journey from recognition to deep self-compassion: "I Am a Child, I Am an Adult"

Note: One of the most powerful evenings of the week; come ready to be surprised.



Day 4

JUNE
18TH

How the Brain Creates Reality

MASTER YOUR ATTENTION

Our signature day where neuroscience meets direct experience. We examine how your attention acts as a filter and how to consciously choose the reality you live in.

MORNING YOGA

7:00—8:00 am | at Dive Centre Deck

‣ **Vinyasa Flow** Dynamic movement and chest opening to build a felt sense of expansion and upward energy.

EVENING SESSION

5:30—6:30 pm | at Flavours Beach

‣ **Reticular Activating System & Neuroplasticity** A deep dive into the architecture of perception and "switching branches" of possibility.

‣ **Walking Meditation on the Beach** Physically experiencing how a change in your internal state alters your perceived reality

Note: Barefoot preferred.

Day 5

JUNE
19TH

Energy Architecture

THE 7 LEVELS OF CONSCIOUSNESS

After four days of clearing, we begin to build. This day is dedicated to your personal power ensuring it is both grounded and expanded.

MORNING YOGA

7:00—8:00 am | at Dive Centre Deck

‣ **Power Hatha** Focusing on the core and legs to build physical and energetic stability from the ground up.

EVENING SESSION

5:30—6:30 pm | at Flavours Beach

‣ **The Seven Levels of Human Consciousness** Exploring safety, pleasure, power, love, expression, vision, and presence as psychophysiological experiences.

‣ **Energy Centers Activation** A guided journey to activate and expand each of the seven levels of consciousness

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Day 6 JUNE 20TH

Deep Calm & Mental Reset

THE ART OF RETURNING TO STILLNESS

A day of restoration. We master the specific skills required to return to a state of calm in under five minutes, regardless of your environment.

MORNING YOGA

7:00—8:00 am | at Dive Centre Deck

‣ **Pranayama & Slow Flow** Breath-led movement and extended exhales to practice the art of returning to the "now".

EVENING SESSION

5:30—6:30 pm | at Flavours Beach

‣ **Returning to Calm Anywhere** Practical tools like 4-6 breathing and attention switching for use in boardrooms or airports.

‣ **Ocean of Calm Meditation** A deep guided immersion in stillness; often cited as the most restorative session of the week.



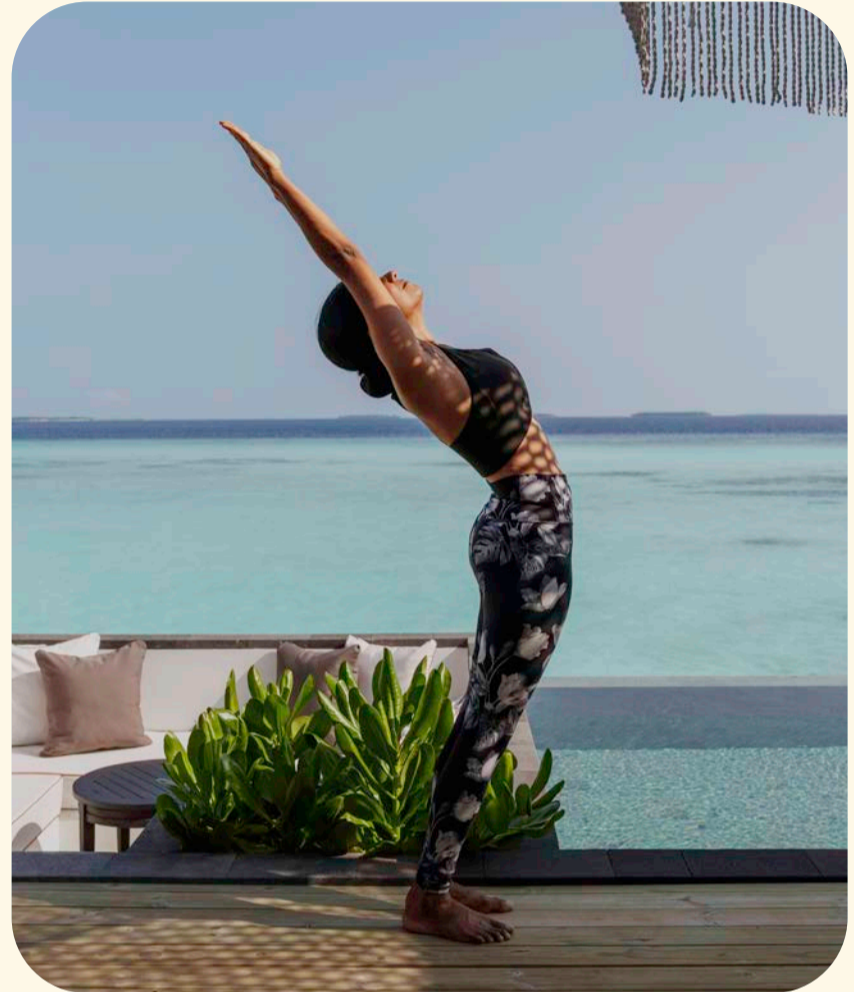
Day 7

JUNE
21ST

A New Beginning

INTERNATIONAL DAY OF YOGA

Today is a special milestone as we celebrate International Day of Yoga! This final session is designed to invite new energy and fresh perspectives, leaving you with a rejuvenated mind to go out and enjoy the world.



MORNING YOGA

7:00—8:00 am | at Dive Centre Deck

▶ **Integration Flow** A moving gratitude practice that weaves together the balance and breath of the entire journey.

EVENING SESSION

5:30—6:30 pm | at Flavours Beach

▶ **How to Take the Maldives Home** — Mastering the 5-minute morning reset and state-switching techniques that travel in your carry-on luggage.

▶ **Closing Ritual & Intentions** A final "Beloved Child of the Universe" meditation followed by the creation of personal intention cards.

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Drift Into Wellbeing.

Please contact reservations.irufushi@sunsiyam.com to make a reservation. If you are already staying with us, your butler is available to assist, or you are welcome to visit the spa in person.

SUNSIYAM.COM