

WELLNESS WEEK

JUNE 15—22, 2026



SUN SIYAM
VILU REEF
PRIVE COLLECTION



ILARIIA
AUVITU
FITNESS EXPERT

International creative and fitness expert Ilariia Auvitu, offers a sophisticated perspective on modern well-being, shaped by her life across seven countries and four languages. As an actor, model, and mother, her "high-performance lifestyle" provides a unique intersection of professional discipline and authenticity.

Rejuvenating Wellness Week

A central pillar of the week is the Tech-Free Sunrise Yoga and Breathwork Ritual. In an era of digital saturation, this hour of stillness is designed to help guests regulate the nervous system and improve mental health. The curated schedule includes Morning Yoga with Flow, specifically designed to cultivate sustainable energy flow for the day ahead. For those seeking more dynamic activity, Pool Fitness offers engaging water aerobics sessions held at the Pool Bar for a refreshing take on physical movement. Selected days will be concluded with Sunset Pilates and Stretching, featuring low-impact

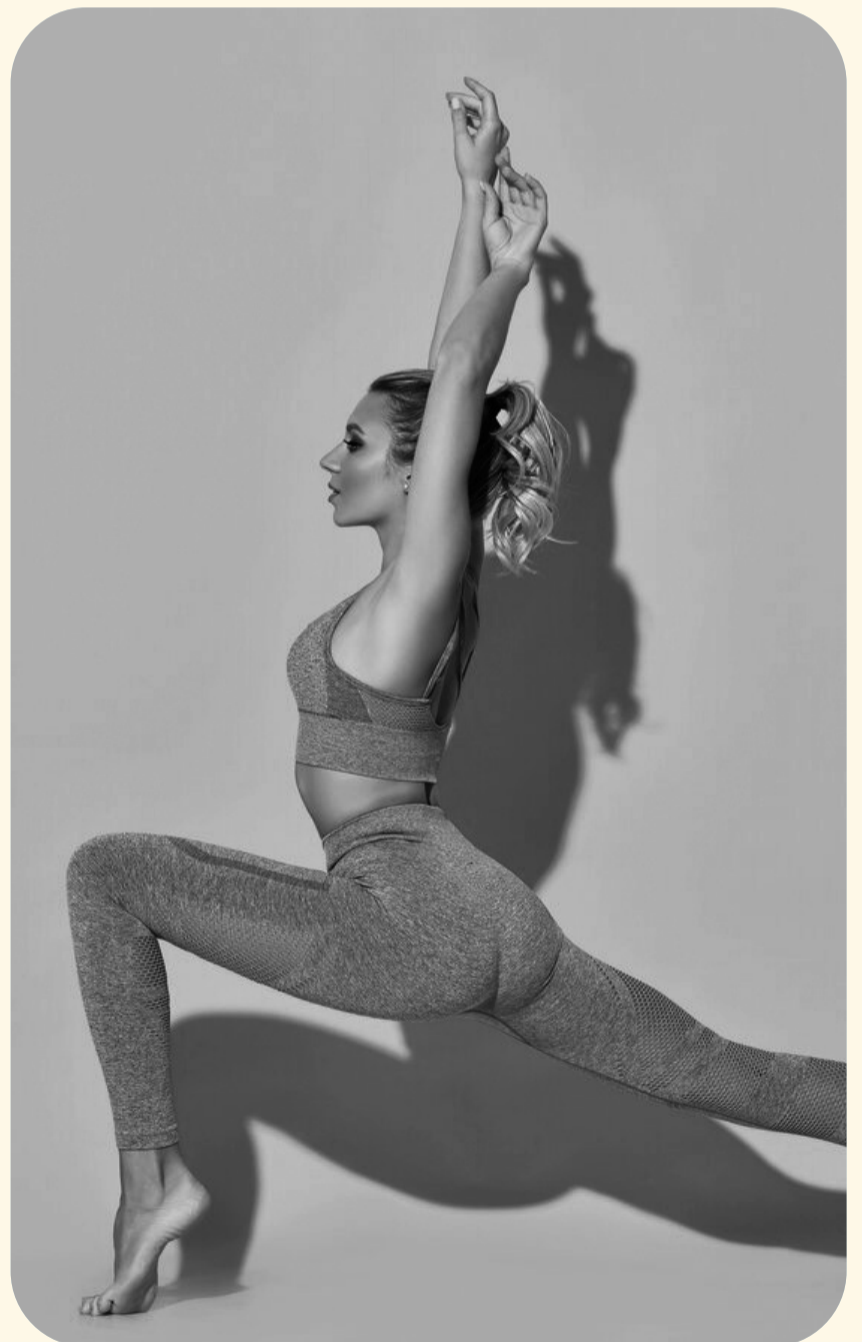


Day 1 JUNE 17TH

Yoga

MORNING YOGA
6:30—7:30 am

▶ Energy flow
during the day



Day 2 JUNE 19TH

Pool Fitness

Water Aerobics
5:30—6:45 pm

▶ Fun fitness routine in the water



Day 3 JUNE 20TH

Pilates

SUNSET PILATIES + STRETCHING
5:30—6:45 pm

▶ Low impact strength and tone exercises finishing by 15 min quality stretch to release the muscles



Terms & Conditions

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



Drift Into Wellbeing.

Please contact reservations.vilureef@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.

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