

WELLNESS WEEK

JUNE 14—20, 2026



SUN SIYAM
OLHUVELI
LIFESTYLE COLLECTION



MARINA PAVLENKO

YOGA & PILATES INSTRUCTOR

Marina Pavlenko is a Yoga and Pilates instructor and integrative health coach passionate about helping women build stronger bodies, improve their health, and feel deeply connected to themselves.

With over a decade of experience in the fitness and wellness industry in the UAE, she blends Yoga, Pilates, strength training, and nervous system work to create a holistic and sustainable approach to movement and wellbeing.



NOUR MONTASSER

CERTIFIED SOUND HEALER

Nour Montasser is a certified sound healer, space holder, and transformational life coach who has spent years creating intentional spaces for individuals to rise into their truth. At the heart of her work is the core concept safety. Creating spaces that feel intimate and welcome individuals to explore what is alive on the inside.



Rejuvenating Wellness Week

Wellness Week kicks off at Sun Siyam Olhuveli from 14 to 20 June 2026, inviting guests into a vibrant celebration of movement, mindfulness, and island energy led by wellness practitioners Marina Pavlenko and Nour Montasser.

The immersive residency transforms Sun Siyam Olhuveli, the Lifestyle Collection under the House of Siyam, into a vibrant space where sunrise workouts, oceanfront rituals, and restorative experiences unfold naturally across days shaped by wellness, movement, and meaningful connection.



Day 1

JUNE
14TH

MORNING YOGA / PILATES

with **MARINA**

7:30am | at BLUEfit Pavilion

OCEAN SOUND JOURNEY

with **NOUR**

5:30pm | at BLUEfit Pavilion

Day 2

JUNE
16TH

MORNING YOGA / PILATES

with **MARINA**

7:30am | at Milano Beach

GRATITUDE GATHERING: MEDITATION, JOURNAL, SHARING

with **NOUR**

5:30pm | at BLUEfit Pavilion



TERMS & CONDITIONS

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

Day 3

JUNE
17TH

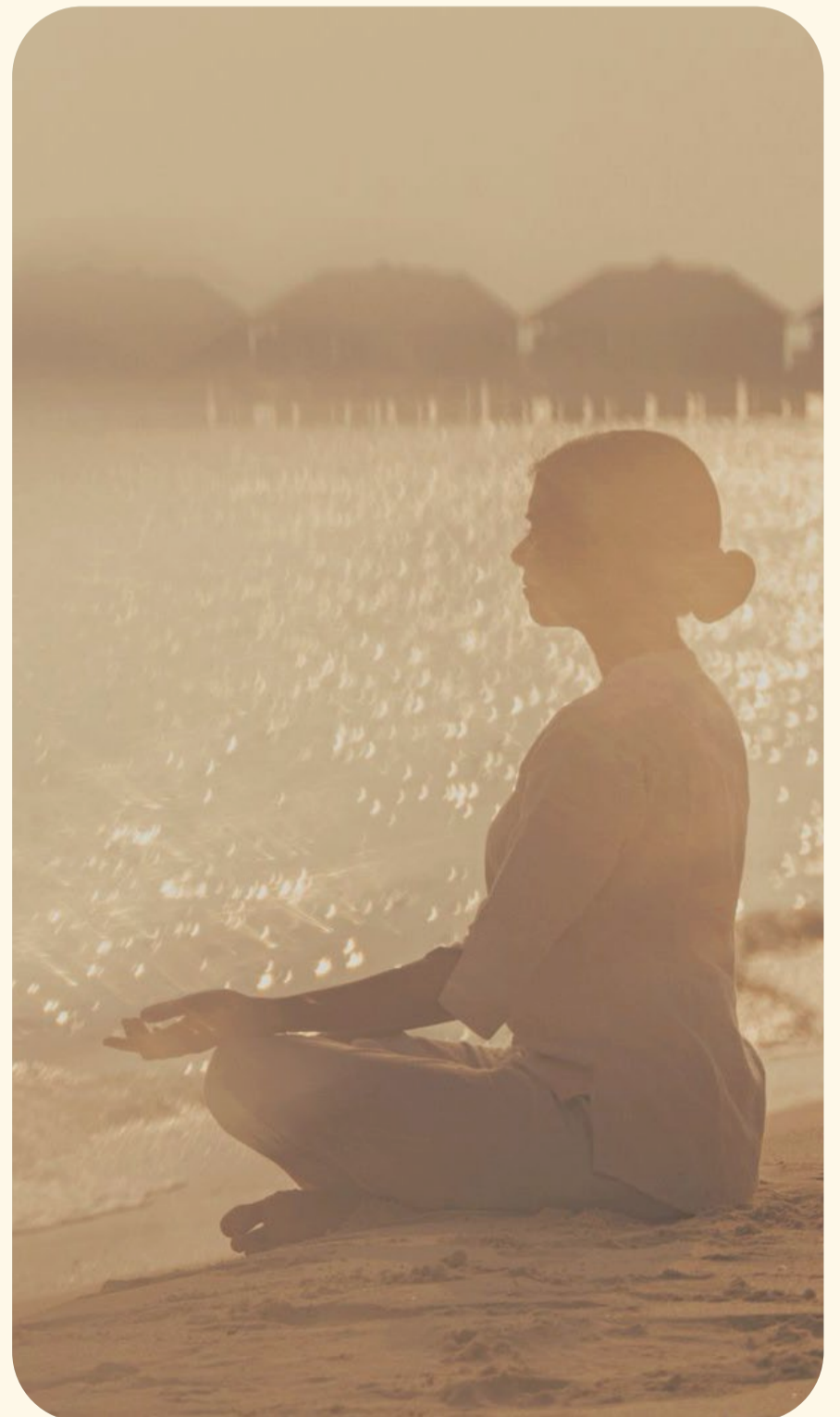
**GENTLE STRETCH &
CRYSTAL BOWLS**
with **NOUR & MARINA**
7:30am | at BLUEfit Pavilion



Day 4

JUNE
18TH

**SUNSET RELEASE RITUAL
WITH MEDITATION &
MOVEMENT**
with **NOUR & MARINA**
5:30pm | at BLUEfit Pavilion



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Day 5

JUNE
19TH

MORNING YOGA / PILATES
with **MARINA**

7:30am | at BLUEfit Pavilion

**YOGA NIDRA & SOUND
BATH UNDER THE STARS**
with **NOUR**

5:30pm | at BLUEfit Pavilion



Day 6

JUNE
20TH

**VISION CREATION
WORKSHOP**

with **NOUR & MARINA**

7:30am | at BLUEfit Pavilion

TERMS & CONDITIONS

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Drift Into
Wellbeing.

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