

# WELLNESS WEEK 2026

A WEEK DEDICATED TO BALANCE, MOVEMENT, AND MINDFUL LIVING. FROM REJUVENATING FITNESS SESSIONS AND CALMING YOGA PRACTICES TO NOURISHING EXPERIENCES AND MOMENTS OF SELF-CARE, WELLNESS WEEK INVITES YOU TO RECONNECT WITH YOUR BODY, MIND, AND SPIRIT IN PARADISE.



# BOOK ANY DAY



## 3 Days Wellness Journey

A curated three-day retreat combining therapeutic treatments, hydrotherapy, body rituals, and marine-based skincare for complete relaxation and renewal.

**All Inclusive Dine-Around Credit Applicable.**  
**Location:** Ocean Spa

USD 490  
PER PERSON



## Together in Balance

A private yoga experience for couples, tailored to your individual needs and guided by our experienced instructor for relaxation, movement, and mindful connection.

**Location:** Spa Beach

USD 75  
PER COUPLE

# BOOK ANY DAY

## Hot Pot Experience

A comforting hot pot experience featuring aromatic broths, fresh vegetables, premium meats or seafood, and homemade sauces, perfect for lunch or dinner.

**Location:** Aqua Orange

USD 85  
VEGETARIAN HOT POT

USD 135  
MEAT & SEAFOOD HOT POT



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Prices are in USD subject to 10% service charge and 17% T-GST.

# CALENDAR OF EVENTS

## 13th June 2026

17:30

### Maldives Wellness Run 2nd Edition

In partnership with iRunners Maldives, join us for an energising community run along the shores of Sun Siyam Iru Veli.

Location: Magoodhoo Beach



## 14th June 2026

17:15

### Sunset Strength & Stillness

A revitalising sunset session combining Power Yoga and Pranayama, designed to build strength, improve focus, and restore balance.

Location: Magoodhoo Beach



19:00

### Sea to Soul BBQ Night

A wellness-inspired seafood barbecue celebrating the natural abundance of the ocean, featuring freshly grilled seafood, vibrant accompaniments, and nourishing flavours enjoyed by the shore.

Price: USD75 per person  
Location: Magoodhoo Beach

# 15th June 2026

06:00

## Sunrise Yoga Session

Begin the day with a gentle yoga practice overlooking the ocean, awakening body and mind for the day ahead.

Location: Spa Beach

10:00

## Pop-Up Juice Bar

Refresh and recharge with a selection of freshly prepared juices crafted from wholesome fruits and natural ingredients.

Location: Chemistry Bar



# 16th June 2026

10:30

## Maldivian Roots Coconut Oil Making

Discover the traditional art of coconut oil making and learn how this natural island treasure has been used for generations in wellness and daily life.

Location: Asurumaage

16:30

## Maldivian Roots Dhivehibeys Stories & Traditions

An exclusive opportunity to explore the wisdom of traditional Maldivian medicine with visiting practitioner Idhrees Aboobakuru, who brings over five decades of experience in the art of Dhivehibeys.

Location: Asurumaage



# 17th June 2026

06:00

## Sunrise Yoga Session

Begin the day with a gentle yoga practice overlooking the ocean, awakening body and mind for the day ahead.

Location: Spa Beach



# 19th June 2026

06:00

## Sunrise Yoga Session

Begin the day with a gentle yoga practice overlooking the ocean, awakening body and mind for the day ahead.

Location: Spa Beach

10:00

## Pop-Up Juice Bar

Refresh and recharge with a selection of freshly prepared juices crafted from wholesome fruits and natural ingredients.

Location: Chemistry Bar

# 18th June 2026

17:00

## Ayurveda for Everyday Wellbeing

Discover the principles of Ayurveda and how simple daily practices can help create greater balance, vitality, and overall wellbeing.

Location: Asurumaage



# 20th June 2026

19:00

## The Keto Table

A specially curated keto dining experience featuring wholesome ingredients, premium seafood, and nutrient-rich dishes designed to nourish and satisfy.

Price: USD55 per person

Location: Spa Beach



# 21st June 2026

19:00

## Sea to Soul BBQ Night

A wellness-inspired seafood barbecue celebrating the natural abundance of the ocean, featuring freshly grilled seafood, vibrant accompaniments, and nourishing flavours enjoyed by the shore.

Price: USD75 per person

Location: Magoodhoo Beach



Drift Into  
Wellbeing.

[sunsiyam.com](https://sunsiyam.com)