

PURE
AT TANJONG JARA RESORT



PURE

Please contact Concierge for advance reservations

SUCIMURNI EXERCISE

Start the day with our gentle, signature stretching exercises inspired by the seven main animal chakras. Based on the Malay concept of Sucimurni, which emphasises the purity of spirit, health and well-being, these exercises aim to balance your mind and body for a fresh start to the morning.

VENUE Next to lobby | TIME 8.30am | FREQUENCY Daily | DURATION 30 minutes

JARA HILL WALK & MALAY HERBAL GARDEN VISIT

Discover interesting facts about the local flora and fauna still used by many of the nearby villagers in their daily lives. Led by the resort's resident naturalist, this gentle walk includes a tour of the Malay herbal garden and a gentle climb up the steps of Jara Hill, for a panoramic view of the coastline and a sighting of the sea eagles' nesting ground. Do wear suitable, covered walking shoes and bring along mosquito repellent.

TIME Depart from lobby at 3.30pm | FREQUENCY Daily except Sunday | DURATION 1 hour | Subject to weather conditions

TRADITIONAL HANDICRAFT CLASSES

Learn a new skill and bring home a unique souvenir to remember your stay. Classes include lessons on paper flower decorations and making *ketupat*, a diamond-shaped pouch of woven palm leaf locally used during festive occasions to contain and cook rice.

VENUE Garden | TIME 2.30pm | FREQUENCY Monday and Wednesday | DURATION 1 hour

OUTDOOR GAMES: GASING, VOLLEYBALL, SEPAK TAKRAW AND PÉTANQUE

Try your hand at *gasing*, a traditional top-spinning game popular among the locals, play a round of volleyball or a traditional woven rattan ball game called *sepak takraw*. Guests can also enjoy a game of boules, known as pétanque in France where it originated. All games are available daily. For groups, friendly tournaments can be organised.

VENUE Designated areas around resort grounds | FREQUENCY Daily | Volleyball and *sepak takraw* requires a minimum of 4 players | Pétanque requires a minimum of 2 players