## SIRRU FEN FUSHI

PRIVATE LAGOON RESORT

## SIRRU ICON SERIES



## Pilates Escape By Anastasia Yatsenko

3-Day Mind & Body Retreat, 19 - 21 September 2025

An Honored Artist of Russia, former Bolshoi Theatre ballerina, curator of contemporary dance programs, and certified pilates instructor Anastasia Yatsenko brings refined body awareness, grace, and precision to her Pilates practice - qualities honed through years on the world's most prestigious stages. Blending her deep artistic background with modern training methods, Anastasia designs sessions that go beyond physical exercise. Her approach to Pilates is a form of movement artistry that strengthens the body, restores balance, and nurtures the harmony between body, breath, and mind.



# PILATES ESCAPE BY ANASTASIA



#### "AWAKENING FLOW"

7am – 8am Spa Deck

A gentle yet effective start to your retreat.

- Light full-body stretch
- · Mindful breathing and joint mobility
- · Leave the mat refreshed and energized

#### "ROYAL POSTURE"

6pm - 7pm

KATA Rooftop

A sunset practice designed to lengthen and align.

- Deep active stretching
- · Spine and shoulder opening
- · Postural alignment and awareness





#### "GRACEFUL LEGS & GLUTES"

7am – 8am

Onu Onu Beach

Toning and sculpting with grace.

Emphasis on lower body strength

Gentle activation of glutes, hamstrings, inner thighs

#### "SPINAL FREEDOM"

6pm - 7pm MADI Point

Unwind and decompress after a sunny day.

· Focus on flexibility and spinal length

· Mobilization of hips and spine

- · Twisting sequences and side body release
- · Improves mobility and restores posture



#### "LIGHT BODY, LIGHT MIND"

7am - 8am

Spa Deck

Morning movement for energy and clarity.

- · Gentle stretch and toning
- · Focus on breath, balance, and leg work
- · Improves circulation and sets tone for the day

#### "OPEN HIPS, OPEN HEART"

6pm - 7pm

KATA Rooftop

A heart-opening flow at sunset.

- Active stretches for hips and chest
- · Pelvis alignment and lower back relief
- · Posture release + meditative finish

## SIRRU ICON SERIES presents...

# THE MICHELIN SERIES





#### CHEF TRISTAN BRANDT

Tristan Brandt, Holder Of Two Michelin Stars For Schlossparkrestaurant By Tristan Brandt In Weinheim, Germany, And Artis By Tristan Brandt At Hotel Prätschli In Arosa...



Two Chefs, One Table (A Four-Hand Dinner with Chef Tristan x Sirru's Executive Chef Girish Sharma)

#### 30 OCT 2025

Chef Tristan's Signature Experience (An Exclusive Four-Course Dinner)



— 8 AND 10 DECEMBER 2025

#### CHEF VALENTINO CASSANELLI

Executive Chef Of The Michelin-Starred Lux Lucis At Hotel Principe Forte Dei Marmi, For An Exclusive Three-Night Culinary Engagement.

#### ₩ 8 DEC 2025

Two Chefs, One Table (A Four-Hand Dinner with Chef Valentino x Sirru's Executive Chef Girish Sharma)

#### 10 DEC 2025

Chef Valentino's Signature Experience (An Exclusive Four-Course Dinner)



— 3 JANUARY 2026

#### JEAN-PHILIPPE BLONDET

Chef Patron Of The Three-Michelin-Starred Alain Ducasse At The Dorchester In London, England.

#### 3 JAN 2026

An Evening with Jean-Philippe Blondet

## 28 and 30 October 2025

# CHEF TRISTAN BRANDT

Tristan Brandt, holder of two Michelin stars for Schlosspark restaurant by Tristan Brandt in Weinheim, Germany, and Artis by Tristan Brandt at Hotel Prätschli in Arosa, Switzerland, as well as one Michelin star for Tambourine Room by Tristan Brandt at Carillon Miami Wellness Resort in Miami, USA.

Acclaimed for his innovative take on contemporary French cuisine infused with global influences, Chef Tristan Brandt brings an elegant fusion of precision and artistry. Guests will be treated to both a collaborative four-hands dinner with Chef Girish and a standalone four-course experience highlighting Brandt's signature dishes.

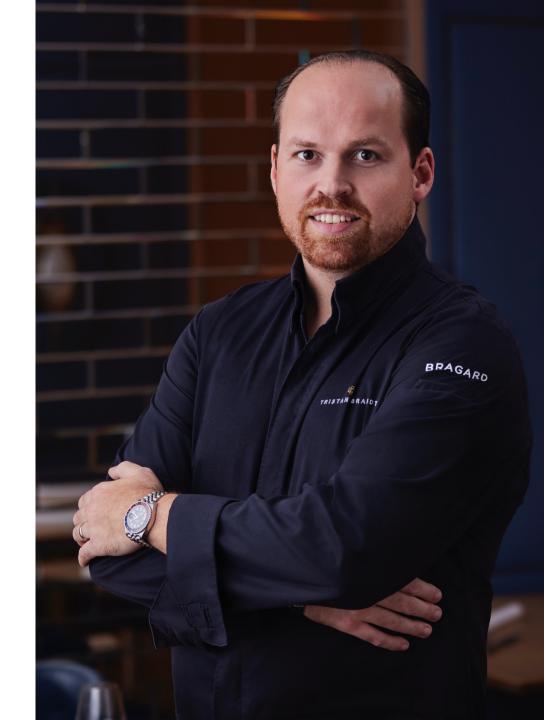
#### 28 October 2025

Two Chefs, One Table: A Four-Hand Dinner with Chef Tristan x Sirru's Executive Chef Girish Sharma

#### 30 October 2025

Chef Tristan's Signature Experience: An Exclusive Four-Course Dinner

US\$ 220 per head, per event Price is subject to a 10% service charge and 17% government taxes.



### 8 and 10 December 2025

# CHEF VALENTINO CASSANELLI

Executive Chef of the Michelin-starred Lux Lucis at Hotel Principe Forte dei Marmi, for an exclusive three-night culinary engagement.

One of Italy's most exciting culinary voices, Chef Cassanelli is celebrated for his bold, modern interpretation of Tuscan gastronomy. His residency promises an exquisite journey through authentic flavours elevated with creative flair, told through a four-hands dinner and the chef's signature dining experience.

#### 8 December 2025

Two Chefs, One Table: A Four-Hand Dinner with Chef Valentino x Sirru's Executive Chef Girish Sharma

#### 10 December 2025

Chef Valentino's Signature Experience: An Exclusive Four-Course Dinner

US\$ 220 per head, per event Price is subject to a 10% service charge and 17% government taxes.



8 and 10 December 2025

# CHEF JEAN-PHILIPPE BLONDET

Chef Patron of the three-Michelin-starred Alain Ducasse at The Dorchester in London, England.

Step into a world of haute cuisine with Jean-Philippe Blondet, Chef Patron of the esteemed three-Michelin-starred Alain Ducasse at The Dorchester, London. This exclusive evening promises an unparalleled gastronomic journey, where French elegance, precision, and innovation converge in a once-in-alifetime dining experience curated by one of the world's most distinguished culinary master.

3 January 2026

An Evening with Jean-Philippe Blondet



US\$ 220 per head, Price is subject to a 10% service charge and 17% government taxes.

## SIRRU ICON SERIES presents...

## BEHIND THE BAR

Sirru Icon Series presents Behind the Bar, an exclusive two-night takeover celebrating three of Asia's 50 Best Bars. On 18 and 19 November 2025, Sirru Fen Fushi welcomes renowned mixologists from The Nutmeg & Clove (Singapore), Bar High Five (Tokyo, Japan), and Bar Mood (Taipei, Taiwan) for back-to-back evenings of artistry, innovation, and world-class cocktails.

18-19 November 2025













## STAY TUNED FOR MORE!