

Sunset Serenity At Sentosa Starts 28 June With Yoga And Sound Bathing

Description

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Sunset Serenity starts on 28 June 2026 as Sentosaâ??s new last-Sunday wellness session. Sentosaâ??s June guide describes it as a restorative blend of gentle yoga and immersive sound bathing timed with the islandâ??s golden hour.

The format is built for people who want a quieter Sentosa visit. Instead of another high-energy attraction, the session leans into slow movement, sunset light, sea breeze and soundscapes designed for winding down.

What Happens At The Session

The guide says guests are invited to unwind through gentle yoga followed by sound bathing as the sun sets. The description focuses on tension release, soothing soundscapes and the sensory setting of sand, sea breeze and twilight.

Sentosa also notes that Islander members enjoy S$5 off. That makes the session worth checking for regular visitors who already use Islander benefits for island activities.

- First listed date: 28 June 2026.
- Repeat pattern: every last Sunday of the month.
- Format: gentle yoga plus immersive sound bathing.
- Setting: Sentosaâ??s shoreline during sunset.
- Member perk: Islander members enjoy S$5 off.

Who Should Consider It

The session is likely to appeal to people who want a lower-impact weekend reset, couples planning a slower date evening, or friends who prefer wellness activities to another dinner reservation.

It may also work for visitors who find regular yoga classes too studio-bound. The outdoor setting is part of the draw, so arrive with realistic expectations around weather, sand and ambient island sound.

Practical Planning Notes

Wear clothes that can handle outdoor movement and bring water. A small towel or mat may be helpful depending on the event setup, but check the booking page before packing bulky gear.

Because the session is sunset-timed, plan transport before the class ends. Ride-hailing and beach-area movement can be slower after evening events, especially if another Sentosa programme is running the same weekend.

Location Notes

- Sentosa

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Author
jadeyeo