

# AMANYARA



## Welcome to Amanyara

We are delighted to share the serenity of Providenciales with you as you join us over this season of gratitude.

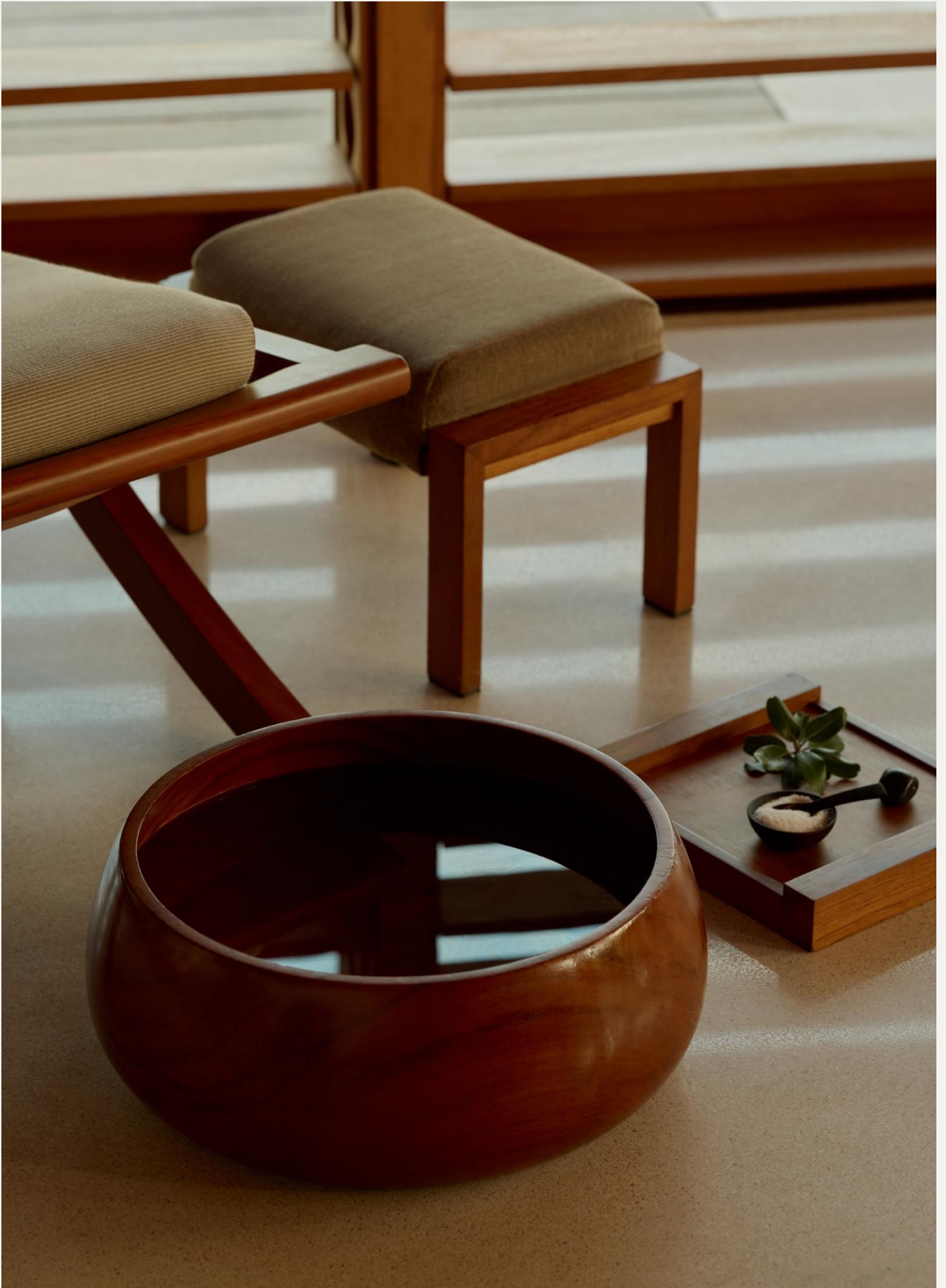
We have curated a calendar of events, including wellness rituals, family activities and culinary adventures to fill each day with a choice of experiences to share with loved ones that will leave your heart full and your mind rested.

To participate in any of these events, please contact our Reservations team, who are dedicated to making the coming days as enjoyable as possible. The team is also on hand to assist with any special requests to make your stay even more memorable.

Wishing you a relaxed and restful holiday,

Your Amanyara Family





Wellness Experiences

25 NOVEMBER

## Sound Therapy

SPA  
09:00

Using sound to shift physical, mental and emotional wellbeing, this guided meditation immerses participants in an atmosphere of deep relaxation created by the vibration of Tibetan singing bowls and Tuning forks. In turn, the experience enhances cognitive function and awareness, leading to a discovery of the body's perception of pain, stressors, anxiety and ultimately relief.

Reservation required

## Thai Partner Stretch

SPA  
11:00

A partner-based movement session, this experience combines traditional Thai massage techniques with yoga-like stretches. It helps increase flexibility, reduces tension, improves circulation and promotes a deeper connection between body and mind.

Reservation required

## Pickleball Drills

CLUBHOUSE  
11:00

Join Amanyara's Pickleball professionals and learn skill-enhancing drills to improve your game in this increasingly popular, fast-paced racquet sport.

Reservation required

## Bocce Ball

CLUBHOUSE  
14:00

Similar to British bowls and French pétanque, bocce ball is an outdoor, court-based game that is accessible for all ages and abilities.

Reservation required

26 NOVEMBER

E-bike Tour

MEET AT CLUBHOUSE

07:00

Off-road cycling is an excellent way to build endurance and strength while exploring a new destination. The varied terrains, obstacles and inclines around Amanyara require bursts of energy that will improve strength and endurance.

Reservation required

Healing From  
The Core

SPA

09:00

Learn how to relieve abdominal tension, bloating and stress while promoting deep relaxation with this oil-free abdominal massage workshop combining techniques that target the most common core pain points.

Reservation required

Cardio Tennis

CLUBHOUSE

14:00

Combine a warm-up with dynamic movement, catching and tossing skills and light hitting, followed by a variety of games, activities and a much-needed cool down.

Reservation required

Boxing

BOXING STUDIO

16:00

This traditional western boxing session is designed to teach professional boxing skills combined with coordination, endurance and confidence in a full body workout. Expect a variety of bag work, drills and shadow boxing.

Reservation required







27 NOVEMBER

Deep Core Strength & Alignment

SPA  
09:00

Build trust in your body as your compass. This mat Pilates flow activates deep-core muscles, encourages postural alignment and centres the body through energising, breath-led movement.

Reservation required

Massage Discovery

SPA  
11:00

Discover the unique elements of the spa's most popular and effective massage treatments with this sampling of massages. This is the ideal opportunity to explore other therapies before scheduling your bespoke wellness experience.

Reservation required

Shuffleboard

CLUBHOUSE  
11:00

This competitive and interactive game requires the skillful maneuvering of weighted disks down a narrow board to see them land within a marked scoring area.

Reservation required

Cornhole

CLUBHOUSE  
14:00

Cornhole requires precise hand-eye coordination to toss bean bags accurately. By practicing this skill, players can improve their coordination and fine motor skills, in turn helping to improve balance and increase dexterity.

Reservation required





28 NOVEMBER

Calm, Clear and  
Alert Meditation

SPA  
09:00

Controlled breathing and focussed attention will harmonise body and mind in this session designed to promote brain and heart coherence and enhancing cognitive and emotional wellbeing.

Reservation required

Billiards

CLUBHOUSE  
11:00

Moving around the pool table, players showcase physical prowess, finesse and agility, all while igniting the spirit of friendly competition and camaraderie.

Reservation required

Guest vs. Staff Football  
(Soccer) Match

CLUBHOUSE  
16:00

Following a football drills session, stay and play in a friendly match against our Amanyara in-house team.

Reservation required



## WELLNESS EXPERIENCES

29 NOVEMBER

### Pickleball Tournament (Mixed Doubles)

CLUBHOUSE

09:00-11:30

A fast-paced game for experienced players, pickleball has simple rules and is easy for beginners to learn. Join us for a fun-filled morning of friendly competition.

Reservation required

### Darts Tournament

CLUBHOUSE

14:00

Join us for a classic game of darts that is simple to learn but will challenge even the most seasoned of players.

Reservation required

### Therapeutic Movement & Self Care

CLUBHOUSE STUDIO

16:00

Allow your inner light to move through you. Explore guided breathwork and restorative movement including therapeutic Pilates and yoga principles designed to release tension, ease stress, nourish the joints and support a healthy spine.

Reservation required





30 NOVEMBER

Brisk Walk

MEET AT CLUBHOUSE

07:00

This energetic walk or jog takes you along approximately 4.6 miles of trails beside Malcolm's Beach, just off property. The walk can be completed in approximately one hour at a moderate pace.

Reservation required

Full Body Strength  
& Integration

SPA

09:00

Embrace expansion as you rise toward your most aligned self. Challenge body and mind with a full-body mat Pilates flow using props for added resistance. Experience connectivity between different muscle groups to build strength, concentration and control.

Reservation required

Purifying Smoke  
Cleansing Ritual

SPA

11:00

The smoke of Palo Santo wood is said to offer purifying effects for the mind, body and spirit. Be immersed in this intimately-sized mindfulness experience that cultivates harmony and a sense of relief.

Reservation required

Foosball & Smoothies

CLUBHOUSE

14:00

If football outdoors isn't your thing, join us for a game of classic foosball indoors. Afterwards enjoy a selection of fresh and healthy smoothies for a natural afternoon energy boost.

Reservation required



Culinary Experiences



## Sunset Cocktail

BAR

24 - 30 NOVEMBER

17:00 - 19:00

From the Bar and poolside loungers, sip on a selection of traditional cocktails as the sun disappears into the horizon. Opt for a classic Old Fashioned, Manhattan or another favourite expertly prepared as the skies shift from golden hues to pastel shades.

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## Mexican Feast

BEACH CLUB

26 NOVEMBER

18:00 - 21:30

Come together for a set menu featuring beloved Mexican dishes, ranging from tostadas to guacamole prepared tableside and traditional mole chicken. Enjoy a festive feast with live music to enhance the evening.

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## American Football & Tailgate Pop Up

CINEMA

27 NOVEMBER

13:00 - 16:00

The American Football season brings energy and atmosphere around the humble yet jovial tailgate, with classic American grill and barbecue favourites served alongside the excitement of the game in Amanyara's Cinema.

Triple-header schedule:

13:00 - Green Bay Packers vs. Detroit Lions

16:30 - Kansas City Chiefs vs. Dallas Cowboys

20:20 - Cincinnati Bengals vs. Baltimore Ravens

## Thanksgiving Dinner

RESTAURANT

27 NOVEMBER

18:00 - 21:30

Gather with friends and family for a comforting feast of Thanksgiving favourites. Between the tranquil pond, the rhythm of the ocean waves mingled with live music, the Restaurant serves as an ideal base for sharing a meal inspired by the season of gratitude.

Obligatory Culinary Experience



## Live Barbecue Lunch

BEACH CLUB

28 NOVEMBER

12:00 – 15:30

Savour the aroma of a fire-grilled barbecue lunch, with selections ranging from slow-roasted meats such as jerk chicken, to fresh seafood cooked to perfection over flaming-hot coals.

## Caviar & Tapas

BAR

28 NOVEMBER

17:00 – 19:00

Gather with loved ones, indulging in delicious tapas dishes and the finest caviar, paired with Champagne or cocktails prepared by our master mixologists.

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## Live Barbecue Lunch

BEACH CLUB

29 NOVEMBER

12:00 – 15:30

Savour the aroma of a fire-grilled barbecue lunch, with selections ranging from slow-roasted meats such as jerk chicken, to fresh seafood cooked to perfection over flaming-hot coals.

## Seafood Feast

BEACH CLUB

29 NOVEMBER

17:00 – 19:00

Delight in a selection of seafood, simply prepared to highlight the natural flavours of these delicate fresh ingredients. Choose from a variety of fish grilled over open flame in casual Caribbean style, chilled citrus-cured ceviches evoking the coastal cuisine of South America, or pristine rolls of sushi inspired by the fish markets of Japan. Live music mixes with the rhythm of the ocean waves to make for a truly memorable dinner experience.



## Taco Pop Up

BAR

30 NOVEMBER

12:00 – 15:30

Join us for a curated taco lunch, perfect for refuelling with the ocean in view. Fresh guacamole will be offered and prepared tableside for an interactive lunchtime treat.

## Bluefin Tuna Pop Up

BAR

30 NOVEMBER

17:00 – 19:00

Explore the complexity of this prized delicacy. A freshly landed example of Bluefin tuna will be prepared by Amanyara's culinary team to be savoured at the Bar. Choose from cuts of silky and tender Chutoro, or the buttery and rich Otoro.



## Culinary Adventures

In this mesmerising setting, dining is never limited to the tables within our restaurants. Ideal for a romantic dinner for two or a special gathering, bespoke gastronomic experiences can be enjoyed in some of the most secluded spots on the resort's dramatic coastline.

Enjoy an evening overlooking the sea, as a pastel pink sky turns to a starry night. Our team will be on hand to create an unforgettable backdrop, warmly lit by the soft glow of torchlight and bonfires as you dine on expertly prepared cuisine, tailored to suit your preferences.

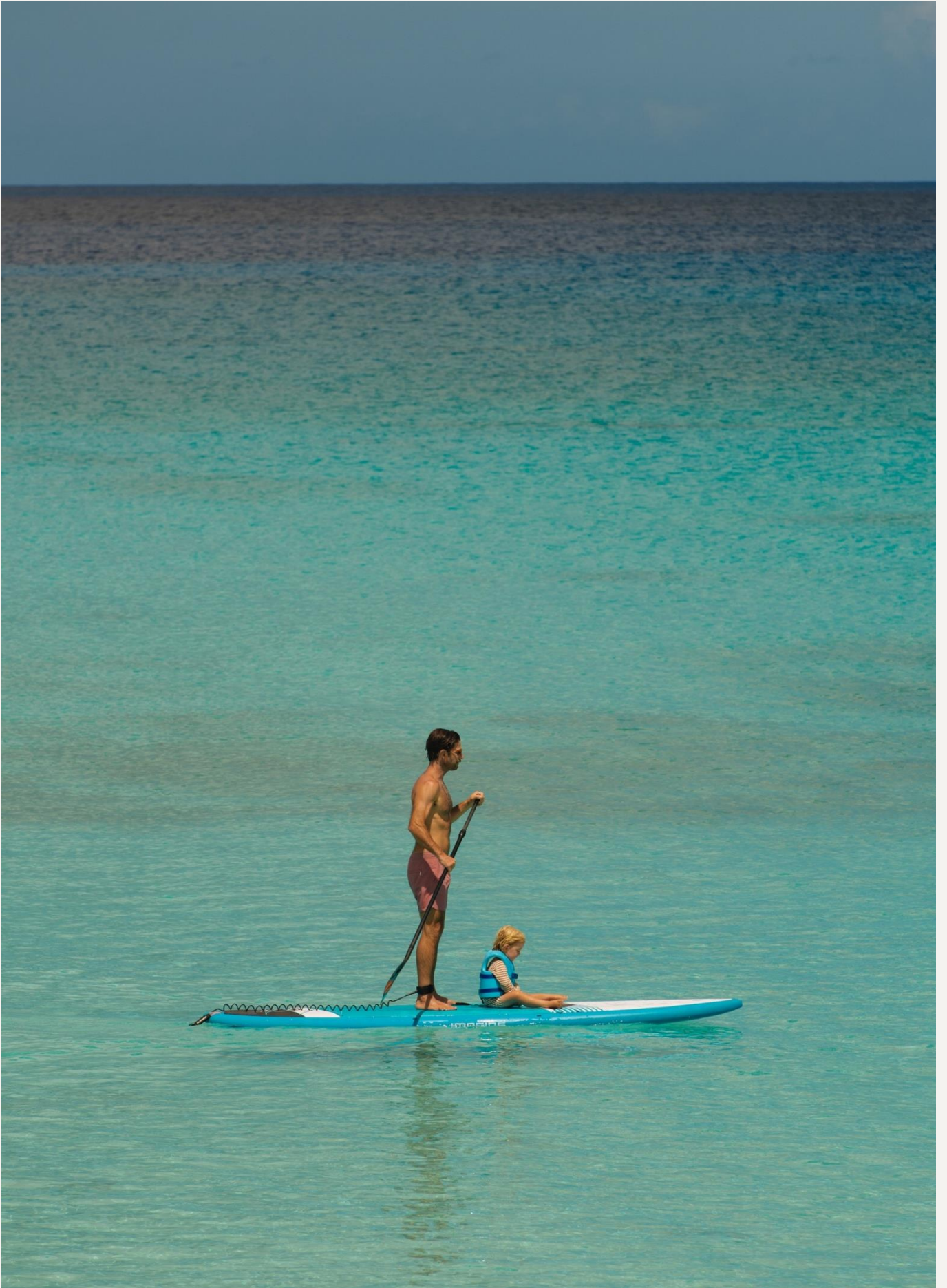
Culinary Adventures can be arranged in unique oceanfront locations including the Ocean Edge, Ocean Cove or along the beach. A private dinner can also be served in your Pavilion or Villa.

Contact our team to design your own culinary adventure.  
Advanced reservations are required.

Please contact:

[Amanyara.guestrelations@aman.com](mailto:Amanyara.guestrelations@aman.com)





Family Experiences

## FAMILY EXPERIENCES

25 NOVEMBER

### Adventure to Split Rock

MEET AT NATURE DISCOVERY CENTRE

09:45 – 13:00

Also known as Pirate's Cove, Split Rock offers a scenic vantage at the southwest point of Providenciales. This easy guided hike will explore the peninsula with its sea cliffs, a small open-faced cave and roughly one mile of secluded beach.

### Ultimate Frisbee and Beyond

NATURE DISCOVERY CENTRE

14:00 – 15:00

Join us for some ultimate frisbee fun! Two teams will compete in this fun-for-all territorial game using everyone's favorite flying disc. Expect frisbee surprises throughout the game.

### Family Tie-Dye

NATURE DISCOVERY CENTRE

15:30 – 16:30

Show off your creativity and customise your own holiday T-shirt to take home, with vibrant colours and fun tie-dye patterns.

## FAMILY EXPERIENCES

26 NOVEMBER

### Guess The Veggie Drink

NATURE DISCOVERY CENTRE

10:00 – 11:00

Trust your tastebuds to identify the fruits and veggies used to make these mystery drinks.

### Happy Taco Hour

NATURE DISCOVERY CENTRE

12:30 – 13:30

Junior guests can create their own gourmet tacos with all their favourite ingredients.

### Extreme Keepy Uppy

NATURE DISCOVERY CENTRE

14:00 – 15:00

Don't let the balloon hit the floor. Sounds simple right? But in this challenging game, strategic moves, athletic ability, and situational awareness will float you to the top.

### DIY Pie-Making Class

NATURE DISCOVERY CENTRE

15:00 – 17:00

Tis the season for delicious pies. Join this pie-making class and prepare your favourite pie with flaky crusts, and your choice of sweet filling.





27 NOVEMBER

Turkey Trot

MEET AT NATURE DISCOVERY CENTRE

09:30 – 10:00

Join us for a quick blood flowing movement jog! We'll meet at the NDC for a quick stretch before enjoying a light kids-based workout to get the blood flowing for Turkey Day!

Thanksgiving Carnival

NATURE DISCOVERY CENTRE

10:00 – 12:00

Join this festival of activities with games, crafts, snacks and more all inspired by the Thanksgiving Holiday.

Thanksgiving Crafts

NATURE DISCOVERY CENTRE

15:00 – 16:00

Gather at the Nature Discovery Centre and craft your own Thanksgiving keepsakes to remember the moments you are most thankful for.

Pyjama Party & Movie Night

CINEMA

17:30 – 19:30

Our younger guests are invited to wear their pyjamas and join us for a family-favourite film at the cinema. Popcorn, snow cones and other treats will be available.

28 NOVEMBER

Thanksgiving Family  
Olympics

CLUBHOUSE SPORTS FIELD  
10:30 – 12:30

Round up the family and partake in fun and competitive family Olympic games.

Wild Tag

CLUBHOUSE SPORTS FIELD  
10:30 – 11:30

Tag. You're in! How could something so simple be so fun? Join in on some tag variations that will have all ages darting around in the ultimate game of avoidance!

Hermit Crab Race

NATURE DISCOVERY CENTRE  
14:30 – 15:30

Gather for a fun and unforgettable moment and cheer for your favourite hermit crab to win the competition.

Extreme Capture the  
Flag

CLUBHOUSE SPORTS FIELD  
15:30 – 16:30

Two teams are each in possession of three socks, with the ultimate objective to be the holder of all six socks. If you are tagged by the other team while stealing their socks, they must be returned to their original hoop. Get excited to slip into this fun and strategic game.





29 NOVEMBER

Pinguard Dodgeball

CLUBHOUSE PICKLEBALL COURT

09:30 – 10:30

Two teams face off with one common goal: to protect their pins while targeting the opponent's. Each team strategically positions their pins at the backline, forming a fortress-like defense. But watch out! The opposing team is armed and ready to launch their attacks.

Shells & Sticks Crafts

NATURE DISCOVERY CENTRE

10:30 – 11:30

Craft a keepsake from natural materials found around our island.

The Ultimate Water  
Balloon Showdown

NATURE DISCOVERY CENTRE

13:30 – 14:30

A fun showdown that is both entertaining and an ideal way to stay cool in the Caribbean sun.

Water Tag

CLUBHOUSE SPORTS FIELD

15:00 – 16:00

Laser tag meets super-soakers in this new classic playground game. Fill the targets vest with water to win this battle! This game is going to heat up the fun, but don't forget your bathing suit!

Beach In A Bottle

NATURE DISCOVERY CENTRE

16:00 – 17:00

Create your own souvenir of our beautiful beach here in Providenciales.

## FAMILY EXPERIENCES

30 NOVEMBER

### Guided Nature Walk

MEET AT NATURE DISCOVERY CENTRE

09:30 – 10:15

Learn about the island and its vibrant flora and fauna on a walk with beautiful ocean and coastal views.

### Youth Gardening

NATURE DISCOVERY CENTRE

14:30 – 15:30

Appreciate the great outdoors by getting your hands dirty as you learn how to plant and care for your own garden.

### Journal Making

NATURE DISCOVERY CENTRE

16:00 – 17:00

Create and customise your own journal in which to include photos and jot down notes, memories and sketches of your favourite moments throughout your stay.





A M A N Y A R A

Northwest Point, Providenciales, TKCA 1ZZ,  
Turks & Caicos Islands, British West Indies

Tel: +1 649 941 8133  
Email: [amanyara@aman.com](mailto:amanyara@aman.com)

[aman.com](http://aman.com)