



# AMANYARA

Wellness Immersion  
2022

# Individual Wellness Immersion

## Mindfulness & Stress Management

On the secluded west coast of Providenciales, Amanyara invites you to experience a personalised Individual Wellness Immersion. Customised to incorporate fitness, bodywork, stress management and mindfulness practices, this holistic wellness program is designed to promote profound change. The program ensures palpable results, whether you wish to dispel stress, manage your mind, renew focus, or promote overall wellbeing for a longer, healthier life. It also encourages a heightened appreciation of the island's natural beauty, from its coral reefs to its untouched nature reserves.

Amanyara's Stress Management and Mindfulness Immersion pathway begins with an initial transformation program orientation and an in-depth consultation. Based on thorough assessments and the understanding that your goals may well be multiple, our dedicated team aims to support you with a bespoke program of exercise, spa treatments and healing therapies all focused on bringing you back to balance.

Each day of your Immersion is truly personalised and includes specialist therapy and private movement sessions, a spa treatment in the serene Aman Spa, optional guided meditation and group movement sessions.

Our Wellness Managers track your progress and regularly check in on how you are feeling in order to fine-tune your Immersion. A final consultation marks the end of your program, our team aims to send you home empowered and educated, with all the tools to ensure that your journey towards optimum health continues.

## The specialists

Amanyara works with the world's most experienced specialists to ensure the most effective experiences possible.

### **Toby Maguire, Wellness Immersion Manager**

Toby Maguire is a Health & Wellness Consultant who has been featured in the Sunday Times, Forbes Magazine and the Huffington Post for his work on managing stress and contributing to the health and wellness industry. He has been practicing the healing arts of the East for more than twenty years and spent 13 years living in Southeast Asia where he worked and studied Eastern philosophy, Meditation and Chinese Medicine.

### **Erika Bloom, Pilates Specialist**

Wellness pioneer Erika Bloom is known around the world for her transformative method that begins with movement-based healing to restore holistic balance to the body and mind. She believes that through movement-based healing, you begin to cultivate a deeper awareness that allows you to live your life holistically. The method explores how healthy posture and relearning how our bodies move, positively affects our organs, bolsters our energy, and impacts how we age. The Erika Bloom Method encompasses Essential Movement as well as holistic nutrition, meditation, fascia release and complementary medicine. Within these offerings, you will receive full support from certified specialists in a calm, embodied state for any age, body type or condition.



# Mindfulness & Stress Management

To achieve renewed clarity  
and lightness of being

This Wellness Immersion combines therapies and practices that shift focus inward to heighten self-awareness, imbue a deep sense of peace and relaxation, and develop the skills for managing a stressful lifestyle. Meditation, Qigong, yoga and breathwork complement purification and cleansing rituals, while specialist sessions work deeply to transform the body and mind and may include hypnotherapy, traditional bodywork, and/or mindfulness.

Mental and physical tension is released through daily spa treatments including aquatic bodywork and deep relaxation massage. Nutritional advice may also be included to relieve physiological symptoms of stress while boosting immunity and clarity. Aiming to shift focus inward to heighten self-awareness, the Immersion ends with a final consultation providing guidance for future therapies and practices that calm external stimuli.

# Mindfulness & Stress Management Immersions

## Sample Daily Schedule

### 8am

Optional morning wellness class\*

### 9.30am

Breakfast

### 11am

Wellness movement session:

Pilates, Qigong, Meditation, Yoga, Pranayama or Personal Fitness

### 1pm

Lunch

### 3.30pm

Wellness therapy session:

Meditation, Hypnotherapy, Stress Management Coaching or another movement session

### 6.30pm

Spa treatment:

Aquatic Bodywork, Deep tissue massage, Signature grounding massage

### 7pm

Dinner

### Signature Grounding Massage

This full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while energising the meridian system. This treatment incorporates massage along meridian lines, acupuncture, kneading, and deep-tissue techniques. The body massage is followed by a head massage that induces an even deeper level of relaxation.

### Aquatic Bodywork

This is a form of movement therapy performed in warm water. While floating in this relatively gravity-free environment, you are moved into stretches following your body's natural movement patterns.

### Yoga

This physical, mental and spiritual discipline originated in ancient India. Through the practice of asana (poses), pranayama (breathwork) and meditation, the flow of vital energy, body flexibility and mind control are increased, changing patterns of awareness and bringing the entire being into a healthier and more balanced state.

### Meditation

Used across many cultures to focus the mind, meditation helps to relieve stress, calm the emotions and heal the body, while also enlightening those who practice. There are many different techniques and traditions.

\*Morning and evening classes vary weekly, depending on visiting practitioners and the way in which the Immersion program is tailored to each individual. Classes may focus on movement, from Tai Chi to Pilates, meditation or educational talks based on the design of the weekly wellness schedule.



### **Wellness Immersions include:**

Transfers to and from the property. Dietary recommendations from our Wellness Menu and healthy in-room minibar.

#### Arrival day:

- Aman Immersion program consultation and AcuGraph test
- One Aman Signature Spa Treatment

#### Full days:

- One daily spa treatment
- One daily wellness treatment
- One daily private movement session

#### Departure day:

- Departure consultation
- One spa treatment or private movement session

# Mindfulness & Stress Management One-day Journey

Accommodating guests intrigued by the Immersion concept and interested in boosting wellbeing, this program provides the opportunity to experience Amanara's wellness offerings over the course of one day. Ideal for those travelling with friends or a significant other and keen to add a wellness aspect to their holiday without committing to a multi-day Immersion.

## **One-day program includes:**

- Aman consultation and AcuGraph assessment
- One private wellness therapy session
- One private fitness, movement or mindfulness session
- One spa treatment





# Amanyara

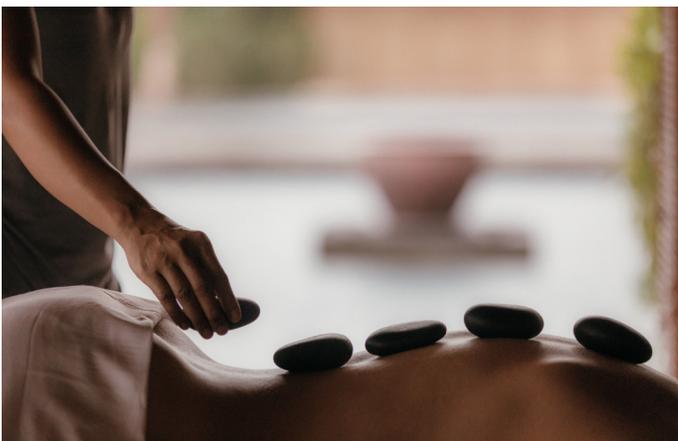
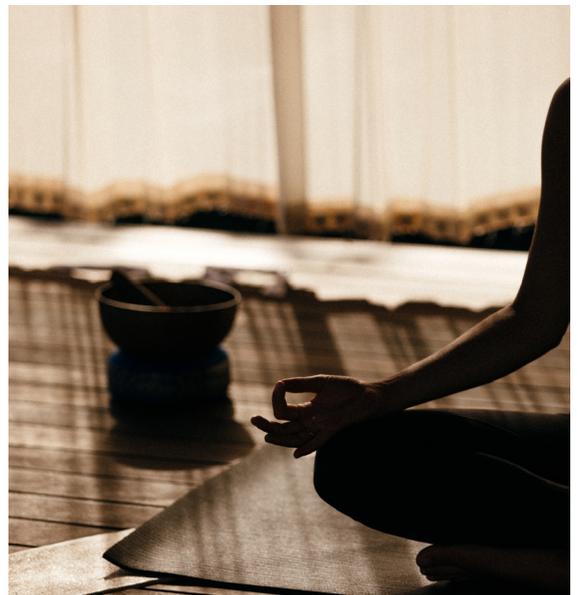
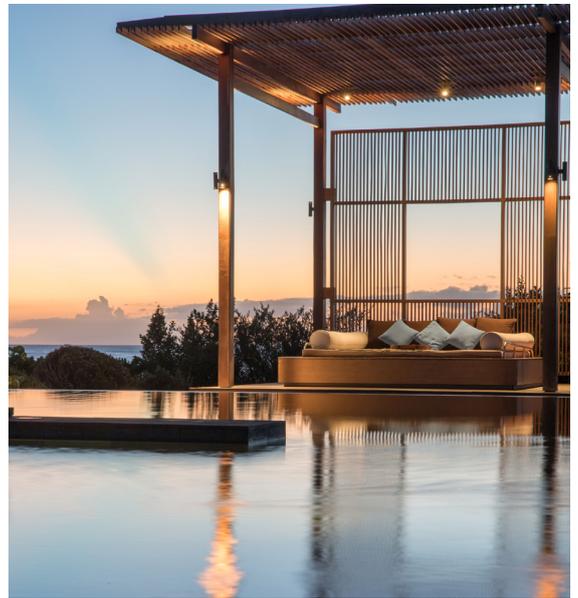
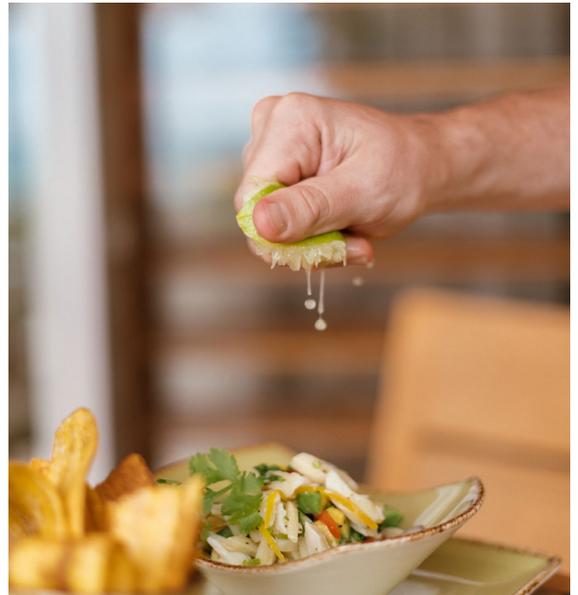
Basking in unprecedented seclusion on the shores of a 7,000-hectare nature reserve, this peaceful place overlooks a pristine 1,000m beach and the crystal clear waters of Northwest Point Marine National Park. Home to hawksbill and green turtles, the vividly hued coral reefs offshore are acclaimed for some of the world's best scuba diving. Epitomising every aspect of the Caribbean idyll, Amanyara is a sanctuary for personalised wellbeing. As well as a serene Aman Spa and extensive fitness facilities, the property offers an expansive Beach Club, a Nature Discovery Centre, a central 50m swimming pool and multiple dining venues, all spun through with the light-filled essence of blissful tropical living.

## Spa & Wellness

Set on a promontory with panoramic sea views, Amanyara's Aman Spa claims over half a hectare all to itself. Reflection pools and wild gardens create secret spaces in which to pause, while the yoga pavilion is perched overlooking the spa ponds. Sun loungers line the Spa's terrace around its 10m<sup>2</sup> aqua-therapy pool, beyond which lie four double treatment pavilions, a relaxation pavilion, spa boutique and Pilates Studio. The Fitness Centre features a range of Technogym equipment, and the Clubhouse overlooks four tennis courts. Other facilities include a boxing studio, soccer pitch, basket and volleyball courts and a juice bar. Sandy trails lead through indigenous vegetation into the nature reserve, ideal for meditative walks or mind-clearing hikes. The beach itself acts as an extension of the Spa, providing a spectacular setting for bootcamp sessions and watersports.

## Nutrition & Dining

Freshly-caught seafood from the clear blue waters of the Caribbean, ripe and vibrant tropical fruits, and organic produce from the resort's aquaponic vegetable garden all feature in the healthy menus curated for Amanyara's Wellness Immersion program. A healthy body contributes to a healthy state of mind and our healthy food menu consisting of clean, seasonal and nutritious food aims to stabilise blood sugar levels, reduce inflammation, harmonise gut flora, support the digestive system, and maximise overall health.



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