

An aerial photograph of a tropical resort. In the foreground, a white sandy beach curves along a vibrant turquoise ocean. Several lounge chairs with white umbrellas are arranged on the sand. A few small boats are pulled up to the shore. In the background, a cluster of buildings with traditional thatched roofs is nestled among lush green trees. The overall atmosphere is serene and luxurious.

AMANYARA

EASTER & SPRING BREAK

MARCH 2024

Welcome to Amanyara,

We are delighted to share the joy of the spring season with you here on the shores of Providenciales.

Inspired by this season of renewal – as the warmth and radiance of the sun encourages new beginnings and opportunities – we have curated a calendar that includes beloved holiday traditions from the Caribbean and across the globe, all imbued with the warmth and generosity of the Aman spirit.

If you are interested in participating in any of the events across these pages, please contact our Reservations Team, who are dedicated to making the coming days as seamless as possible. The team is also happy to assist with any special requests, to make your stay even more memorable.

Wishing you a relaxed and joyful spring season respite.

Your Amanyara family.



THURSDAY 21 MARCH

Bodyweight Toning

Wellness – The Fitness Centre – 9am
Reservations required

Bodyweight exercises are strength training exercises that use an individual's own weight to provide resistance and enable the enhancement of strength, speed and balance.

Sandcastle Competition

Family – The Beach – 9.30am

Let's get sandy while building the tallest and best sandcastle at the beach.

Pickleball Drills

Wellness – The Clubhouse – 11am

The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Fun for all ages.

Couples Reflexology

Wellness – The Spa – 11am
Reservations required

Learn the art of reflexology, a type of massage that involves applying varying amounts of pressure to certain points on the feet, inducing various health benefits, including pain and stress relief.

Snorkelling

Family – The Beach – 11.30am

Snorkel in the most amazing reef in the Turks and Caicos and see many different types of fish, turtles and more.

Tacos at the Pool

Dining – The Bar – 12.30pm

Enjoy a selection of flavourful tacos served at The Bar and Poolside.

Darts

Wellness – The Clubhouse – 2pm

A classic pastime offered in the clubhouse.

Beach in a Bottle

Family – Nature Discovery Centre – 1pm

Create your own memory of our beautiful beach here in the Turks and Caicos Islands that you can keep as a souvenir.

Hanging Jellyfish

Family – Nature Discovery Centre – 3pm

Craft your own jellyfish as we learn about these mysterious sea creatures.

A Taste of Amanbagh

Social Gatherings – Arrival Pavilion – 5 to 7pm

Join us at the Arrival Pavilion for a welcome gathering with tastings inspired by the regal Rajasthani cuisine of Amanbagh.



FRIDAY 22 MARCH

Meditation Class

Wellness – The Spa – 9am
Reservations required

Meditation is an ancient practice that dates back thousands of years, offering benefits for brain health and overall wellbeing.

Chess Game

Family – Nature Discovery Centre – 9.30am

Learn the importance of each piece in chess and create your own strategies and tactics to check your opponent.

Cornhole

Wellness – The Clubhouse – 11am

Little Scientist

Family – Nature Discovery Centre – 11am

Join other little scientists as we test different scientific theories with exciting experiments.

Tennis Forehand Drills

Wellness – The Clubhouse – 2pm
Reservations required

Trip to Space

Family – Nature Discovery Centre – 2pm

Come and join us on a journey through space.

Yoga Flow

Wellness – The Spa – 4pm
Reservations required

Connect 4 Challenge

Youth & Family – Nature Discovery Centre – 4pm

Connect four matching colour pucks in any direction – vertical, horizontal, oblique – while blocking your opponent.

Ibérico Ham Pop-up

Dining – The Bar – 5pm to 7pm

Explore this Spanish cured ham with its nutty and salty flavours. Infused with the flavours of acorns fed to these specialty pork breeds, it is the perfect sunset treat to accompany a cocktail.

SATURDAY 23 MARCH

Strength and Mobility

Wellness – The Fitness Centre – 9am
Reservations required

Unlike traditional workouts that solely focus on building strength or increasing flexibility, functional mobility training aims to optimise how our bodies move and perform in real-life activities.

Nature Walk

Family – Meet at Nature Discovery Centre – 9.30am

Learn about the island and its species on a walk ending with a scenic view of the rocky shore.

Ladder Golf

Wellness – The Clubhouse – 11am

Rock Painting

Family – Nature Discovery Centre – 11am

Hermit Crab Race

Family – Nature Discovery Centre – 3pm

Let us gather for a fun and unforgettable moment as we watch hermit crabs compete.

Staff vs Guests Soccer Match

Wellness – The Clubhouse – 4pm

Join a friendly competition of soccer between guests and resort staff.

Nature Crowns

Family – Nature Discovery Centre – 4pm

Create your own crown using natural materials we collect around the hotel and its grounds.

Mat Pilates

Wellness – The Spa – 4pm
Reservations required

Described as ‘a thinking way of moving’, Pilates works by developing and integrating our awareness of our bodies, our core strength and our mobility.

Seafood Night

Dining – The Beach Club – 6pm

Delight in a selection of freshly landed seafood, prepared simply to allow natural flavours to flourish. This delicious catch is served overlooking the ocean, accompanied by live music



SUNDAY 24 MARCH

Brisk Morning Walk

Wellness – Meet at The Clubhouse – 7am

Aqua Barre

Wellness – The Spa – 9am

Reservations required

Focusing on postural strength, alignment, flexibility and balance, participants will use the barre for ballet and Pilates-inspired exercises in the pool. Great for those looking to lengthen and tone while avoiding stress on the joints

Family Tie Dye

Youth & Family – Nature Discovery Centre – 9.30am

Join us in showing off your creativeness by designing your own T-shirt using the tie-dye method.

Bocce Ball

Wellness – The Clubhouse – 11am

Similar to British bowls and French pétanque, Bocce Ball is an outdoor, court-based game that is fun for the whole family.

Snow cones and games

Youth & Family – Nature Discovery Centre – 11am

Enjoy our sweet snow cone flavours and play your favourite games with friends

Table Tennis

Wellness – The Clubhouse – 2pm

Dodgeball

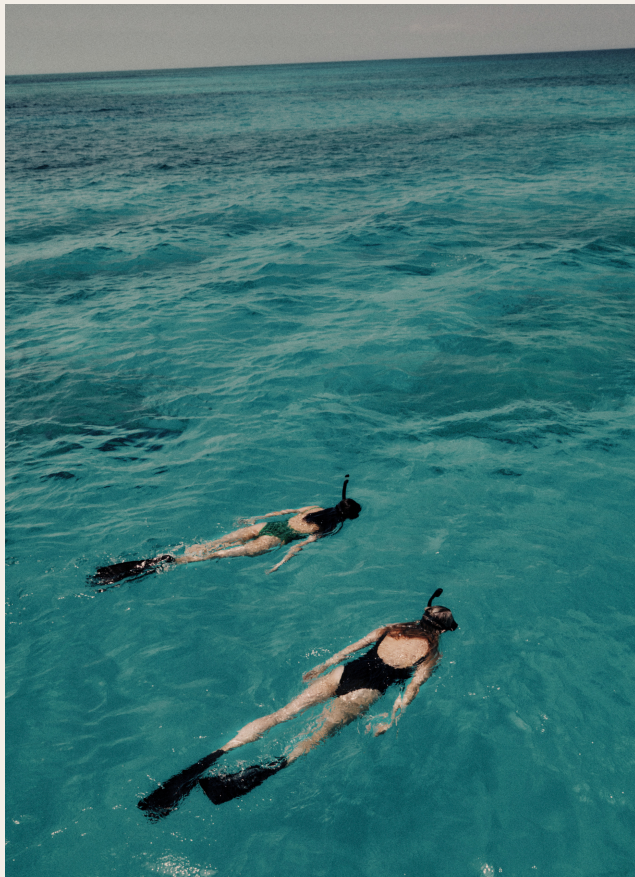
Youth & Family – Nature Discovery Centre – 2pm

Join us in an exciting game of dodgeball with your friends and family. Who will be the champion?

Water Balloon Toss

Youth & Family – Nature Discovery Centre – 3.30pm

Who's going to get soaked the most?





MONDAY 25 MARCH

Bodyweight Toning

Wellness – The Fitness Centre – 9am
Reservations required

Bodyweight exercises are strength training exercises that use an individual's own weight to provide resistance, and enable the enhancement of strength, speed, and balance.

Mighty Mangroves

Youth & Family – Nature Discovery Centre – 9.30am

Pickleball Drills

Wellness – The Clubhouse – 10am

Couples/Partner Thai Stretch

Wellness – Location – 11am
Reservations required

Partner stretching is one of the most effective ways to develop or increase range of motion. The stretching is performed with different breathing and contract-relax techniques depending on the position.

Darts

Wellness – The Clubhouse – 2pm

The classic game of hand-eye coordination that is simple to learn but will challenge the most season players.

The Easter Egg Puzzle Hunt

Youth & Family – Nature Discovery Centre – 3pm

Place one puzzle piece in each egg and hide them around the discovery centre. Everyone searches for the eggs and puts the puzzle together as they find each piece.

Story Telling Time

Youth & Family – Nature Discovery Centre – 4pm

Join us as we gather to learn about the Turks and Caicos Islands

TUESDAY 26 MARCH

Relax and Stretch Class

Wellness – The Spa – 9am
Reservations required

Relaxing breathwork is combined with stretches to help lengthen and tone muscles in the peaceful surroundings of the Aman Spa.

Discover Tropical Fruit

Youth & Family – Nature Discovery Centre – 9.30am

Join us in taste testing different tropical fruits found in the Caribbean

Foosball

Wellness – The Clubhouse – 11am

Build Your Own Taco Tuesday

Youth & Family – The Beach Club – 11am

Tennis Drills

Wellness – The Clubhouse – 2pm

Easter Cookie & Cupcake Decorations

Youth & Family – Nature Discovery Centre – 3pm

Learn how to create professional buttercream swirls, master the art of making rabbits, little chicks, flowers, carrots, and Easter Egg toppers for your unique easter cookie or cupcake, with the added bonus of enjoying your tasty artwork after.

Restore Your Core

Wellness – The Spa – 4pm
Reservations required

The Oov is an unusual-looking device that works as a biofeedback tool to subconsciously teach your body how to stabilise and function optimally. Join us for a core workout making use of this innovative technology.

Junior Mocktail Mixology

Youth & Family – Beach Club Bar – 4pm

Learn how to become a junior mixologist and create your own flavourful and fun non-alcoholic refreshments.





WEDNESDAY 27 MARCH

Boxing Class

Wellness – The Boxing Studio – 9 am
Reservations required

This boxing class incorporates cardio and strength exercises in addition to learning a variety of boxing techniques and combination manoeuvres.

Youth Yoga

Youth & Family – Nature Discovery Centre – 9.30 am

Join us for our yoga session to stretch so we can be ready for our “Run and Touch swap game.”

Youth Journal Making

Youth & Family – Nature Discovery Centre – 11 am

Be the writer of your own unique story and create your own mini diary

Horseshoe Toss

Wellness – The Clubhouse – 11 am

Couples Reflexology

Wellness – The Spa – 11 am
Reservations required

Learn the art of reflexology, a type of massage that involves applying varying amounts of pressure to certain points on the feet that can induce various health benefits including pain and stress relief.

Shuffleboard

Wellness – The Clubhouse – 2 pm

A classic pastime offered at the clubhouse

Youth Basketball Drills

Youth & Family – The Clubhouse – 2 pm

Innovative and professional basketball drills with coach Theodorus that will help improve your technique and give you great exercise.

Youth Dance Party

Youth & Family – Nature Discovery Centre – 4 pm

Join our fun dance party as we mingle with friends and family.

Staff VS Guests Soccer Match

Wellness – The Clubhouse – 4 pm

Join in on a friendly competition of soccer between guests and resort staff.

Levantine Night

Dining – The Beach Club – 6 pm

Explore the cuisine of the Levant on this transportive culinary journey. Distinguished by its use of aromatics from spices and herbs, to vibrant citrus, and accented by Asian influences, this family-style dinner is lovingly prepared and served in the spirit of gathering.



THURSDAY 28 MARCH

Group E-Biking

Wellness – Meet at The Clubhouse – 7am
Reservations required

Strength and Mobility

Wellness – The Fitness Centre – 9am
Reservations required

Unlike traditional workouts that solely focus on building strength or increasing flexibility, functional mobility training aims to optimize how our bodies move and perform in real-life activities.

Kayak Racing

Youth & Family – The Beach – 9.30am

Team up at the beach and race against your new friends while paddling through the waves at sea.

Cornhole

Wellness – The Clubhouse – 11am

Beach Treasure Hunt

Youth & Family – The Beach – 12pm

Become a treasure hunter and search the sands for a pirate's bounty.

Tacos at the Pool

Dining – The Bar – 12.30pm

Enjoy a selection of flavourful tacos served at The Bar and Poolside

Sand and Seashell Craft

Youth & Family – The Beach – 3pm

Create your own art piece using shells and sticks collected in our beach treasure hunt

Yoga Flow

Wellness – The Spa – 4pm
Reservations required

FRIDAY 29 MARCH

Easter Breakfast Buffet

Dining – The Restaurant – 7am

Begin your day with a delightful and decadent arrangement of breakfast and brunch favourites.

Meditation Class

Wellness – The Spa – 9am

Reservations required

Meditation is an ancient practice that dates back thousands of years, offering benefits for brain health and overall well-being

Jewellery Making

Youth & Family – Nature Discovery Centre – 9.30am

Make a bracelet or two for your friends to take home as a memory from your stay at Amanyara.

Make your own Easter Basket

Youth & Family – Nature Discovery Centre – 11am

Create your own basket with organic materials and turn Easter into an even more special occasion.

Coconut and Rum Bar

Dining – The Beach – 12pm to 3pm

The quintessential tropical beach treat with freshly cut coconuts and delicious rum

Cardio Tennis

Wellness – The Clubhouse – 2pm

Reservations required

A tennis session with a focus on cardiovascular training.

Design Your Own Shirt

Youth & Family – Nature Discovery Centre – 2pm

Join us in showing off your creativity by designing your own T-shirt using the tie-dye method.

Shuffleboard and Smoothies

Wellness – The Clubhouse – 3pm

Restore Your Core

Wellness – The Spa – 4pm

Reservations required

The Oov is an unusual-looking device that works as a biofeedback tool to subconsciously teach your body how to stabilise and function optimally. Join us for a core workout making use of this innovative technology.

Easter Crafts & Egg Decorating

Youth & Family – Nature Discovery Centre – 4pm

Easy and fun crafts for all ages from toddlers to teens. Bring your creativity!

Tapas and Caviar

Dining – The Bar – 5pm to 7pm

Come together with loved ones, sharing delicious tapas and the finest caviar.





SATURDAY 30 MARCH

Easter Breakfast Buffet

Dining – The Restaurant – 7am to 11am

Begin your day with a delightful and decadent arrangement of breakfast and brunch favourites.

Bodyweight Toning

Wellness – The Fitness Centre – 9am
Reservations required

Bodyweight exercises are strength training exercises that use an individual's own weight to provide resistance, and enable the enhancement of strength, speed, and balance.

Adventure to Split Rock

Youth & Family – Meet at Nature Discovery Centre – 10am

Join us for this exciting adventure off property.

Couples/Partner Thai Stretch

Wellness – The Spa – 11am
Reservations required

Partner stretching is one of the most effective ways to develop or increase range of motion. The stretching is performed with different breathing and contract-relax techniques depending on the position.

Table Tennis

Wellness – The Clubhouse – 11am

Youth Nature Walk

Youth & Family – Meet at Nature Discovery Centre – 3pm

Learn about the Island and its species on a walk with a rewarding view of the rocky shoreline.

Beach Volleyball

Wellness – The Clubhouse – 4pm

Easter Sunset Sip & Paint

Youth & Family – Nature Discovery Centre – 5.15pm

Sip on your favourite mocktail while painting a lovely sunset scene.

Seafood Night

Dining – The Beach Club – 6pm

Delight in a selection of freshly landed seafood prepared simply to allow their natural flavours to come alive. This delicious catch is served overlooking the ocean and accompanied by live music

SUNDAY 31 MARCH

Easter Brunch

Dining – The Restaurant – 7am to 12pm

Easter Brunch specialties served with views over the ocean.

Mat Pilates

Wellness – The Spa – 9am

Reservations required

Described as ‘a thinking way of moving’, Pilates works by developing and integrating our awareness of our bodies, our core strength and our mobility.

Easter Pickleball Tournament

Wellness – The Clubhouse – 9am

Resort Easter Egg Hunt

Youth & Family – Meet at Nature Discovery Centre – 10am

Join us for one of the most loved family Easter traditions. This year we’ve added a little twist to our hunt so be ready for a serious challenge to become a champion

Darts

Wellness – The Clubhouse – 2pm

Family Feud

Youth & Family – Nature Discovery Centre – 2pm

Let us gather for a friendly competitive game of family feud. You won’t want to miss this exciting experience.

Iberico Ham Pop-Up

Dining – The Bar – 5pm to 7pm

Explore this Spanish cured ham with its nutty and salty flavours inspired by the acorns fed to these specialty pork breeds, it is the perfect sunset treat to accompany a cocktail at the bar.

Outdoor Easter movies with s’mores

Youth & Family – Nature Discovery Centre – 5.30pm

Enjoy our family Easter movie under the open sky at our Nature Discovery Centre. S’mores and popcorn will be available during the movie.



MONDAY 1 APRIL

Easter Breakfast Buffet

Dining – The Restaurant – 7am to 11am

Begin your day with a delightful and decadent arrangement of breakfast and brunch favourites

Group E-Biking

Wellness – Meet at The Clubhouse – 7am

Reservations required

Boxing Class

Wellness – Boxing Studio – 9am

Reservations required

This boxing class incorporates cardio and strength exercises in addition to learning a variety of boxing techniques and combination manoeuvres.

Easter Carnival & Olympics

Youth & Family – Nature Discovery Centre – 10am

Embrace the holiday season and beautiful warm weather and join us for Easter Carnival & Olympics – a day filled with fun, joy, and laughter. Be ready to show your fine skills in Bunny Hop Sack, Egg Spoon racing, Pin the tail on the bunny and many more fun easter activities.

Youth Easter Tea Party

Youth & Family – Nature Discovery Centre – 4pm

Easter is a time for celebrating hope, joy and rebirth, and what better way to do that than with your friends and a cup of tea? Tea parties are the perfect way to gather and toast to spring.

Beach Tennis

Wellness – The Beach – 4pm

Aqua Barre

Wellness – The Spa – 4pm

Reservations required

Focusing on postural strength, alignment, flexibility and balance, participants will use the barre for ballet and Pilates-inspired exercises in the pool. Great for those looking to lengthen and tone while avoiding stress on the joints.



TUESDAY 2 APRIL

Easter Cookie & Cupcake Decoration

Youth & Family – Nature Discovery Centre– 9am

Learn how to create professional buttercream swirls, master the art of making rabbits, little chicks, flowers, carrots, and Easter Egg toppers for your unique easter cookie or cupcake, with the added bonus of enjoying your tasty artwork after.

Discover Tropical Fruit

Youth & Family – Nature Discovery Centre – 11am

Join us in taste testing different tropical fruits found in the Caribbean

Guess the Veggie / Drink

Youth & Family – Nature Discovery Centre – 3pm

Put your tastebuds to the test!

Junior Chef Challenge

Youth & Family – The Beach Club – 3pm

Learn to prepare a classic Italian Pizza with our expert chef. A variety of toppings will be on offer and children can enjoy the fruits of their labour as an early dinner.



VISITING PRACTITIONERS

Throughout the year, Amanyara welcomes the world's most accomplished experts for a series of specialised wellness programmes.

Visiting specialists include revered practitioners in health, fitness and holistic wellbeing traditions, ranging from masters of therapeutic bodywork to world leading sports therapists, stress management coaches and professors of mindfulness and meditation.

Amanyara's extensive facilities and training programmes can help guests looking to improve both general fitness and individual sporting performance, with personal trainers, tennis instruction for all ages and boxercise sessions in the dedicated studio. Private sessions covering a range of disciplines are available, including Pilates in the fully equipped studio, restorative yoga and guided breathing and meditation.

During the Easter & Spring Break season, Greg Beale will be our visiting practitioner:



Greg Beale is an Orthopedic Manual Therapist and Corrective Exercise Specialist educated and trained in the United States. He uses a multi-modality approach to pain management through assessment, massage/bodywork, personal training and structural correction.

In addition to working in gyms, spas and Chiropractic Centers in Vietnam and Thailand for the last 15 years, Greg has also worked at the Boston Marathon, the United States Masters Indoor track meet and a host of triathlons and running events across Southeast Asia.

Guests staying at Amanyara will have the opportunity to benefit from Greg's healing expertise, choosing from the following options:

Reservations and inquiries
Advanced reservations are recommended
Contact the Amanyara Spa
Email: amanyaraspa@aman.com
Or Dial "5" from your Pavilion

Treatments Available:

- Therapeutic Massage
- Orthopedic Manual Therapy
- Trigger Point Therapy
- Sports Massage
- Personal Training

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