

# A M A N E R A

Thanksgiving Itinerary 2025



## Welcome to Amanera

Your home for Thanksgiving weekend and our 10th anniversary celebrations: a place to reflect, reconnect and mark a decade on the shores of Playa Grande.

Today, Amanera stands more majestic than ever, deeply rooted in its purpose as a peaceful sanctuary and shaped softly over time. Together, we celebrate the surrounding landscapes that now envelop each Casita, and the knowledge and legacy of our people, the community that gives Amanera its vibrant soul.

As you join with family, friends and loved ones in this singular place, our devoted team remain on hand to craft your perfect Thanksgiving itinerary, combining holiday traditions with enlivening anniversary events. Whether embarking on culinary journeys, exploring the coast or finding a moment to show gratitude, we wish you the most memorable of festive weekends.

Your Amanera Family



## MEMORABLE EXPERIENCES AT AMANERA

### Jungle Breakfast

#### EXPERIENCE

Explore the wonders of the jungle on a morning nature walk followed by a nourishing breakfast in our sea-view cabana, some 150 metres (a 40-minute walk) high.

As you hike amidst the local flora and fauna, be rewarded by mesmerising vistas that stretch across the lush landscape and beyond. To refuel, choose from a selection of curated dishes and drinks that celebrate vibrant Dominica flavours.

### Laguna Gri Gri Boat Excursion

#### EXPERIENCE

The neighboring fishermen village of Rio San Juan is less than 10 minutes from Amanera and offers cultural and recreational diversity. The main attraction is the Laguna Gri Gri, a freshwater lagoon lined with mangroves. Charter one of the village's colorful wooden boats to view up close the lagoon's tangled mangroves, bird sanctuaries, rock formations and pristine beaches, including Playa Caletón. Swim, snorkel, and explore the sea caves and their nesting golondrinas (swallows).

### Horseback Riding

#### EXPERIENCE

Meet the local horsemen at a beautiful, secluded beach or amidst the lush vegetation of a nearby ranch where we will match you with a horse fit for your riding experience. Ride along the picturesque shores or across the countryside, admiring the diversity of flora and fauna along the way. From fields lined with lush vegetation to animals and birds that call our surroundings their home, each journey offers both reconnection with nature and the freeing feeling of travelling on horseback.

## Dominican Massage

### WELLNESS

Rooted in indigenous Taíno, African, and Spanish influences, this massage focuses on restoring balance, releasing tension, and stimulating circulation using a combination of firm pressure and natural elements like warm oils, hot stones and healing herbs.

## Wellness Collection

### WELLNESS

Powered by the vibrant energy of the Playa Grande Beach and the lush jungle behind Amanera, each yoga, Pilates, and meditation session is thoughtfully curated by our Resident Wellness Specialist to align with your inner needs, drawing deeply from the healing power of the surrounding nature.

## Dominican Chef's Table

### CULINARY

Deepen your Dominican culinary experience with a menu that journeys through the island's vibrant flavours, featuring inherited, ancestral recipes handed down over generations, best combined with rum or the local Mamajuana (rum, red wine, honey, herbs and spices).

## Dominican Rum Tasting

### CULINARY

Discover the most popular drink on the island, part of Dominican culture since the 1850s: rum. Our 'Pinnacles of the Island' expert-led tasting session stands as a tribute to high-quality Dominican rums, revealing the richness of local flavours and techniques that have shaped the island's spirit, as well as the long legacy of craftsmanship that has defined Dominican rum makers over the years.

## Cigar Masterclass

### EXPERIENCE

The Dominican Republic is famous for its tobacco and cigars. Learn about the process of cigar making in our private class with Juan Alberto, whose decade-long tenure with the world-famous brand Arturo Fuente precedes him. Discover how to blend, roll, press and distinguish different types of cigars, as well as trying one of our very own Amanera cigars.

## Coffee Discovery

### CULINARY

Our Dominican Coffee Discovery is a journey through the country's most treasured coffee regions, exploring the unique beans born of their rich terroir — each paired with the brewing method that best honors its character. Immerse yourself in this experience of deep local significance, uncovering traditional brewing techniques and the stories behind beans that carry generations of Dominican heritage and craftsmanship.

## Chocolate Tasting

### CULINARY

Indulge your senses in a journey through the rich flavours of Dominican chocolate. Discover the velvety smooth texture and intricate blend of cocoa from the Caribbean's finest beans as our experts guide you through different varieties in this perfectly paired food and drink experience.



WEDNESDAY 26 NOVEMBER 2025

## Hip Openers & Emotional Release Flow

LOUNGE BAR

WELLNESS

07:00

Join this therapeutic yoga session focused on opening the hips to release stored tension and emotions, incorporating breathwork and deep stretches for inner peace.

## Vital Force Workout

FITNESS ROOM

WELLNESS

09:00

Awaken your primal energy through functional movements designed to build strength and stamina.

## Treasure Hunt

BEACH CLUB

CHILDREN

11:00

In this Treasure Hunt, little ones will follow clues and solve challenging riddles to find hidden treasures scattered all around.

## Release & Flow

BEACH

WELLNESS

12:15 - 14:00

Indulge with a short head massage on the golden sands of Playa Grande, aiding your beachside relaxation.

## Sunset Cocktails & Canapés

LOUNGE BAR

FOOD & BEVERAGE

18:00

Join our celebratory sunset cocktail and enjoy the finest sips, accompanied by dramatic clifftop views across Playa Grande.







THURSDAY 27 NOVEMBER 2025

## Functional Stretch & Mobility

LOUNGE BAR

WELLNESS

07:00

Join this morning mobility session, which combines several stretching techniques and myofascial release to restore flexibility and ease of movement.

## Handstand Lab

BEACH

WELLNESS

09:00

In this strength and balance session combining yoga, calisthenics and mobility drills, work to improve your shoulder stability, wrist strength and core control – the ingredients for a perfect handstand.

## Tree Planting Day

AMANERA GROUNDS

CHILDREN

11:00

Join us for a hands-on adventure where little ones become eco-heroes, planting their very own trees and learning about the importance of nature for clean air, healthy animals and a happy planet.

## Foot Release

BEACH

WELLNESS

12:15 – 14:00

Treat your feet to the care they deserve with this deeply soothing Foot Release Massage, designed to ease tension, improve circulation and restore balance from the ground up.

## Dominican Coffee Masterclass

LOUNGE BAR

CULINARY

15:30

Embark on a journey through the country's most treasured coffee regions, exploring the unique beans born of their rich terroir—each paired with the brewing method that best honours its character. Uncover traditional brewing techniques and the stories behind beans that carry generations of Dominican heritage and craftsmanship.

Maximum six guests

## Thanksgiving Dinner

BEACH CLUB

CULINARY

18:30

Join our family-style Thanksgiving feast with feet planted in the sand as laughter echoes around the bonfire. Menus honour American traditions while a local live band completes the scene by laidback local rhythms.



FRIDAY 28 NOVEMBER 2025

## Walk into Presence

LOUNGE BAR

WELLNESS

07:00

This dynamic walking practice is designed to energise the body and quiet the mind, inviting you to move with intention, breathe with purpose and return to a place of presence.

## Deep Core & Flow

FITNESS ROOM

WELLNESS

09:00

A Pilates and Vinyasa yoga combination flow, targeting the deep core muscles.

## Thanksgiving Arts & Crafts

LIBRARY

CHILDREN

11:00

Get creative and celebrate the spirit of gratitude with this fun-filled Thanksgiving arts and crafts activity. Little ones will enjoy making colourful handprint turkeys, gratitude trees and other festive decorations.

## Seafood Market

BEACH CLUB

CULINARY

12:00 - 16:00

Celebrate a weekend filled with the joys of sun, sand and sea at our pop-up Seafood Market. Indulge with succulent grilled prawns, zesty Peruvian ceviche and decadent seafood delicacies- all locally and sustainably sourced and perfectly paired with refreshing cocktails.



## Pinda Crafting

LOUNGE BAR

WELLNESS

12:15 – 14:00

Discover the ancient art of pinda crafting—a soothing and sensory hands-on activity where participants create their own herbal compresses using aromatic herbs, natural fabrics and mindful intention.

## Rum Tasting

LIBRARY

CULINARY

15:30

Deep dive into the most popular spirit on the island. Part of the Dominican culture since the 1850s, our ‘Pinnacles of the Island’ collection stands tribute to the Dominican rums of highest level. Our ‘rummelier’ will help you uncover the richness of flavours and techniques that have shaped this art, where each sip is a testament to the craftsmanship and dedication of Dominican rum makers over the years.

Maximum six guests

## 10th Anniversary Cocktails

LOUNGE BAR

CULINARY

18:30

Honouring the most iconic cocktails that have defined Amanera’s timeless heritage from day one, this special celebration features live music and a curated selection of local and international delicacies.



SATURDAY 29 NOVEMBER 2025

Footwork Awakening

LOUNGE BAR

WELLNESS

07:00

A morning session focusing on foot activation, ankle mobility and improving body awareness. Fascia stretching and foot core fundamentals are also included.

Floor-Barré

FITNESS ROOM

WELLNESS

09:00

Tone glutes and legs through ballet-inspired movements, isometric holds and mindful muscle activation.

Mandala Painting

LIBRARY

CHILDREN

11:00

Get ready to unleash your creativity in this vibrant, hands-on stone painting activity. Little ones will pick their stones and turn them into mini masterpieces using bright paints, fun designs and their imaginations.

Chef's Signature  
Burger Menu

BEACH CLUB

CULINARY

12:00 - 16:00

Dine on a curated selection of gourmet burgers crafted with premium ingredients, unique flavour combinations and the chef's own personal touch—elevating this family favourite to a whole new level.

Back Restoration

BEACH

WELLNESS

12:15 - 14:00

Unwind and restore with our Back Release Massage, a treatment designed to ease muscle tension, improve circulation and melt away stress held in the back, shoulders and neck.

## Chocolate Tasting

LIBRARY

CULINARY

15:30

Indulge the senses on a journey through the rich flavours of Dominican chocolate. Discover the velvety smooth texture and intricate blend of cocoa from the Caribbean's finest beans as our experts guide you through different varieties in this perfectly paired food and drink experience.

Maximum six guests

## Beachside Anniversary Gala

BEACH CLUB

CULINARY

18:30

Come together for this special dinner to celebrate Amanera's 10<sup>th</sup> anniversary. In homage to our Dominican roots, live music, a cigar demonstration, rum tasting and a firework display add to the occasion in an evening designed to uncover the vibrant spirit of Dominican culture.





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