



amanpulo

Easter Itinerary 2026



Mabuhay!

Celebrate the spirit of renewal and new beginnings this Easter at Amanpulo. This season, we invite you to immerse yourself in a carefully curated programme of enriching adventures in nature and exceptional dining, designed to delight the senses.

In addition to our special Easter programming, we also offer a collection of experiences and activities outlined in our Experience Guide. As always, these can be tailored to meet your preferences.

Wishing you a peaceful and joyous Easter holiday,
Your Amanpulo Family



DAILY ACTIVITIES

28 MARCH - 05 APRIL

Guided Snorkelling Expedition

DAILY

BEACH CLUB

09:00 | COMPLIMENTARY

Enjoy a snorkelling experience introducing the many prime sites around the island. Seats on the boat are limited; please arrive at least 15 minutes before the advised time. Registration begins one hour before the start time.

Filipino Merienda

DAILY

CLUBHOUSE

15:00 | COMPLIMENTARY

Enjoy a traditional Filipino afternoon tea with a delicious spread of sweet and savoury snacks featuring local festive delicacies.

Aperitive & Pintxos

DAILY

BEACH CLUB

17:30 | SURPLUS CHARGE

As the sun sets on the horizon, enjoy a tranquil moment with a soulful Spanish tradition enveloped in coastal elegance and Mediterranean charm.



REGULAR EVENTS

28 MARCH 2026

Reformer Pilates

WELLNESS

AMAN SPA

07:30 | COMPLIMENTARY

Enjoy a dynamic Pilates class that combines precise movement, core strengthening and mindful flow—designed to promote flexibility and balance. Limited to three guests, reservations are essential.

Freedive Flow

WELLNESS

CLUBHOUSE MAIN POOL

08:00 | COMPLIMENTARY

Freediving reveals an untouched world. In this session, join a visiting specialist to explore a practice that harmonises breath, movement and introduces the exhilarating sport of freediving.

Pizza-Making Class

FAMILY

PICNIC GROVE

10:30 | COMPLIMENTARY

Let the little ones become chefs for the day as they roll dough, spread sauce and sprinkle toppings to create their own delicious pizzas with Amanpulo's chefs.

Mat Pilates

WELLNESS

AMAN SPA

15:30 | COMPLIMENTARY

Embrace the seasonal spirit with a 30-minute mat Pilates session that revitalises your body, uplifts your mood and brings a boost of energy to your day.

Junior Hobie Cat Sailing Workshop

FAMILY

BEACH CLUB

16:00 | COMPLIMENTARY

Set sail into adventure where young sailors learn the ropes, ride the waves and build confidence on the water.

Beach Asado

CULINARY

BEACH CLUB

18:00 | SURPLUS CHARGE

Enjoy an authentic, Argentinian-style beach asado, where premium cuts are expertly grilled over open flames and served against the backdrop of the sea.

28 MARCH 2026

BEACH ASADO MENU

BEACH CLUB

LIGHT BITES

Braised Beef Empanadas
Pickled Vegetables

STARTER

Picada Argentinian
Assorted Cheese, Salami, Olives, Nuts
Fresh Chorizo Sausage
Fried Calamari

MAIN

Slow Roasted Beef Short Rib
Grilled Picanha
Lamb Chop
Grilled Fish

SIDES

Roasted Vegetables, Roasted Potatoes,
Green Salad, Chimichurri

DESSERT

Pancakes con Dulce de Leche
Budin de Pan

Please let us know if you have any allergies or special dietary requirements, or if you require any further information.
Our choice of suppliers and local produce - including fish, meat, dairy, fruits and vegetables - is informed by our
commitment to sustainability.

REGULAR EVENTS

29 MARCH 2026

Mat Pilates

WELLNESS

AMAN SPA

07:30 | COMPLIMENTARY

Embrace the festive spirit with a 30-minute mat Pilates session that revitalises your body, uplifts your mood and brings a boost of energy to your holiday season.

Sun Catchers

FAMILY

KIDS' CLUB

10:00 | COMPLIMENTARY

Children's imaginations shine as they craft luminous sun catchers, turning beams of sunlight into shimmering rainbows that dance across the room.

Restorative Yoga

WELLNESS

AMAN SPA

15:30 | COMPLIMENTARY

Reset, recharge and realign with guided restorative yoga, blending gentle movement with mindfulness for deeper balance and calm.

Wall Climb

FAMILY

HANGAR

16:00 | COMPLIMENTARY

Children will love discovering the joys of wall climbing on a mini wall made just for them, with a guide ensuring every climb is safe, strength-boosting and fun.

Yakitori Specials

CULINARY

THE LAGOON CLUB

18:00 | SURPLUS CHARGE

Savour a refined yakitori experience, where expertly grilled skewers highlight the richness of hand-selected seasonal ingredients, brought to life through impeccable Japanese culinary technique.

29 MARCH 2026

YAKITORI SPECIALS MENU

LAGOON CLUB

Tebagyzoa

Chicken Wings, Ground Chicken, Sweet Soy Glaze

Wagyu Sirloin

Yuzu Kosho

Salmon Bell

Teriyaki, Ginger, Lemon

Kagoshima Kurobuta

Togarashi

Ebi Sansho

Sweet Soy Glaze, Lemon

Tofu Dengaku

Miso Glaze, Leek

Yakitori Moriawase

Tsukune, Liver, Gizzard, Heart

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REGULAR EVENTS

30 MARCH 2026

Poolside Yoga

WELLNESS

WEST VILLA POOL

07:30 | COMPLIMENTARY

Begin your morning with a revitalising poolside yoga session, elevated by the calming sea breeze and the warm embrace of the early-day air.

Tennis Clinic

SPORTS

MAIN TENNIS COURT

08:00 | COMPLIMENTARY

Level up your tennis performance as professional instructors teach you winning techniques and help you sharpen your skills for your next match.

Acrylic Dot Art

KIDS

KIDS' CLUB

10:00 | COMPLIMENTARY

Children will explore a whimsical world of art, where tiny dots of paint dance across the page and join together to form enchanting characters and vibrant pictures.

Myofascial Release

WELLNESS

AMAN SPA

15:30 | COMPLIMENTARY

Discover the soothing power of myofascial release, a gentle, hands-on technique designed to ease tightness in the fascia, the soft and supportive tissue that surrounds your muscles.

Mini Olympics

FAMILY

MAIN TENNIS COURT

16:00 | COMPLIMENTARY

Little athletes will jump into an afternoon of playful competition, teamwork and big smiles, all in the spirit of sportsmanship and fun!

Filipino Boodle Fight

CULINARY

CLUBHOUSE

18:00 | SURPLUS CHARGE

Join us for a vibrant feast that celebrates camaraderie, culture and the joy of shared meals. Experience the local boodle fight style—where food is laid out on banana leaves and enjoyed together.

30 MARCH 2026

FILIPINO BOODLE FIGHT MENU

CLUBHOUSE

Ensalada

Tomato, Salted Egg, Sea Grapes

Lechon Baka

Roasted Beef Short Rib,
Lemon Grass, Garlic

Liempo

Pinoy-Style Barbecue Pork Belly

Chicken Inasal

Marinated Chicken, Annatto Oil

Pinaputok Na Pusit

Stuffed Squid, Green Mango,
Tomato, Onion

Sugpo

Grilled Sulu Sea Jumbo Prawn

Pancit Guisado

Chicken Liver, Carrot, Cabbage,
Bihon Noodles

Mangga at Bagoong

Shrimp Paste

Grilled Vegetables

Aubergine, Okra

Garlic Rice

Jasmine

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REGULAR EVENTS

31 MARCH 2026

Outdoor Circuit Training

WELLNESS

JUNGLE TRAIL

07:30 | COMPLIMENTARY

Nurture your wellbeing with outdoor circuit training under the calming canopy of trees, blending strength, breath and nature's restorative ambiance.

Cupcake Decorating

FAMILY

LIBRARY

10:30 | COMPLIMENTARY

Let kids dive into magical cupcake-decorating where frosting becomes paint, sprinkles become treasures and every cupcake turns into a tiny masterpiece.

Wellness Talk & Demo

WELLNESS

AMAN SPA

13:00 | COMPLIMENTARY

Join our wellness specialist, Anastasia Gluschuk, for an informative session on Rebozo Cloth Massage, a gentle and nurturing bodywork technique rooted in traditional Mexican healing practices.

Gentle Flow Yoga

WELLNESS

AMAN SPA

15:30 | COMPLIMENTARY

Ease into a blissfully relaxing afternoon with a gentle flow yoga session, where slow, soothing movements melt away tension and invite deep, natural calm.

Bunny Pinata

FAMILY

KIDS' CLUB

16:00 | COMPLIMENTARY

Celebrate with a cheerful bunny pinata full of pastel colours, playful charm and sweet surprises waiting to hop out for a burst of festive fun for the kids.

Sea of Stars

FAMILY

RUNWAY

19:00 | COMPLIMENTARY

As night falls over the runway, immerse yourself in a stargazing activity guided by a telescope, taking in the brilliance of a sky glittering with stars and listening to enchanting tales of the constellations above.

REGULAR EVENTS

1 APRIL 2026

Pilates

WELLNESS

AMAN SPA

07:30 | COMPLIMENTARY

Enjoy a dynamic Pilates class that combines precise movement, core strengthening and mindful flow—designed to promote flexibility and balance.

Freedive Flow

WELLNESS

CLUBHOUSE POOL

08:00 | COMPLIMENTARY

Freediving reveals a world untouched, where the ocean welcomes you into its rhythm. In this session, join a visiting specialist to explore a practice that harmonises breath, movement and introduces the exhilarating sport of freediving.

Junior Swim Class

FAMILY

WEST VILLA POOL

10:00 | COMPLIMENTARY

Little swimmers will have a great time splashing, learning and building skills with the guidance of an engaging swim instructor.

Meditation

WELLNESS

AMAN SPA

15:30 | COMPLIMENTARY

Experience the many benefits of island-style meditation, where soothing waves, warm air and tropical serenity make finding calm feel effortless.

Easter Puppet Show

FAMILY

KIDS CLUB

16:00 | COMPLIMENTARY

Step into a world of Easter magic with a lively puppet show bursting with new character friends, silly surprises and fun island-inspired tales.

Wine Talk & Tasting

DINING

CLUBHOUSE

17:30 | COMPLIMENTARY

Hosted by Aman's Director of Wine, Julien Peros, this guided tasting invites guests to explore the character and stories behind some of the world's most exceptional white wines. Limited seats, reservations are essential.



REGULAR EVENTS

2 APRIL 2026

HIIT Training

WELLNESS

AMAN SPA
07:30 | COMPLIMENTARY

Get challenged, get moving and energised. HIIT training offers a fast-paced workout that jump-starts your morning and powers you through the day.

Pizza-Making Class

KIDS

PICNIC GROVE
10:30 | COMPLIMENTARY

Young chefs-in-the-making will have a blast rolling dough, saucing and topping their own pizzas with the help of Amanpulo's talented chefs.

Wellness Talk & Demo

WELLNESS

AMAN SPA
13:00 | COMPLIMENTARY

Join our wellness specialist, Anastasia Gluschuk, for an informative session on Adult Swaddling, a therapeutic practice designed to promote deep relaxation, emotional grounding and nervous system regulation.

Myofascial Release

WELLNESS

AMAN SPA
15:30 | COMPLIMENTARY

Discover the healing benefits of myofascial release with skilled experts and learn simple, hands-on techniques you can continue using long after your stay.

Egg-citing Dot Art

KIDS

KIDS CLUB
16:00 | COMPLIMENTARY

Hop into Easter fun with dot art for children. By painting with tiny dots, little ones bring magical Easter scenes to life in their own magical creations.

Yakitori Specials

CULINARY

LAGOON CLUB
18:00 | SURPLUS CHARGE

The Lagoon Club unveils a special yakitori menu filled with beautifully grilled skewers, rich flavours and an authentic taste of Japanese artistry.

2 APRIL 2026

YAKITORI SPECIALS MENU

LAGOON CLUB

Tebagyzoa

Chicken Wings, Ground Chicken, Sweet Soy Glaze

Wagyu Sirloin

Yuzu Kosho

Salmon Bell

Teriyaki, Ginger, Lemon

Kagoshima Kurobuta

Togarashi

Ebi Sansho

Sweet Soy Glaze, Lemon

Tofu Dengaku

Miso Glaze, Leek

Yakitori Moriawase

Tsukune, Liver, Gizzard, Heart

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REGULAR EVENTS

3 APRIL 2026

Vinyasa Yoga

WELLNESS

AMAN SPA
07:30 | COMPLIMENTARY

Start the day with the flowing practice of Vinyasa yoga, boosting energy, improving flexibility and awakening both body and mind.

Tennis Clinic

FAMILY

MAIN TENNIS COURT
10:00 | COMPLIMENTARY

Improve your tennis game with pro-level coaching that focuses on refining technique, building confidence and getting you ready to compete at your best.

Easter Egg Painting

FAMILY

KIDS CLUB
10:00 | COMPLIMENTARY

Hop into the festive spirit as kids transform simple eggs into dazzling Easter masterpieces, inspired by the vibrant colours and playful magic of island life.

Mat Pilates

WELLNESS

AMAN SPA
15:30 | COMPLIMENTARY

Enrich your overall wellness with guided mat Pilates, a gentle yet powerful practice that sculpts the core and supports a balanced, centred body.

Bunny Ear Headband

FAMILY

KIDS CLUB
16:00 | COMPLIMENTARY

Little ones are invited to craft their own adorable bunny headbands, bringing extra hoppity-hop fun to the island's Easter celebration.

Palawan Seafood Barbecue

CULINARY

BEACH CLUB
18:00 | SURPLUS CHARGE

Delight in the island's finest flavours with a seafood barbecue showcasing the freshest catch from local fishermen, masterfully grilled by Amanpulo's chefs.

3 APRIL 2026

PALAWAN SEAFOOD BARBECUE

BEACH CLUB

LIGHT BITES

Chopped Vegetable Empanada
Pickled Vegetables

STARTERS

Seafood Kebobs
Beet & Burrata Salad
Fried Baby Calamari

MAINS

Smoked Octopus
Grilled Swordfish
Local Tiger Shrimp
Sulu Sea Grouper
Manamoc Kilbao Clams

SIDES

Green Salad
Roasted Vegetables
Roasted Potatoes
Calamansi & Thai Seafood Sauce

DESSERT

Carrot Cake
Lemon Meringue Tart

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REGULAR EVENTS

4 APRIL 2026

Obstacle Run

WELLNESS

JUNGLE TRAIL

07:30 | COMPLIMENTARY

Turn your workout into an adventure as you weave through lush jungle trails and tackle forest-blended obstacles that make every movement feel fresh, fun and energising.

Wellness Talk & Demo

WELLNESS

AMAN SPA

13:00 | COMPLIMENTARY

Join our wellness specialist, Anastasia Gluschuk, for an informative session on Facial Brush and Pulsing, a gentle therapeutic technique designed to stimulate circulation, promote lymphatic flow and encourage deep relaxation.

Meditation

WELLNESS

AMAN SPA

15:30 | COMPLIMENTARY

Embrace the tranquil rhythm of the island with a meditation session that sharpens focus, nurtures a peaceful state of mind and gently reconnects you with nature.

An Evening of Champagne Discovery

DINING

BEACH CLUB

17:30 | SURPLUS CHARGE

Enjoy a curated tasting of five exceptional Champagnes, each reflecting the terroir and artistry of this celebrated region. Guided by Aman's Director of Wine, Julien Peros, guests discover the traditions and craftsmanship behind one of the world's most iconic sparkling wines. Limited seats, reservations are essential.

Easter Pyjama Party & Movie Night

FAMILY

KIDS CLUB

18:00 | COMPLIMENTARY

Join us for a one-of-a-kind evening where comfy pyjamas, a movie screen and all the festive island fun you can imagine blend into a night of laughter, snacks and holiday cheer.

Filipino Boodle-fight

CULINARY

CLUBHOUSE

18:00 | SURPLUS CHARGE

Celebrate the spirit of Filipino culture with a lively boodle-fight feast, where dishes are laid out on banana leaves and shared family-style, bringing everyone together in a joyful island tradition.

4 APRIL 2026

FILIPINO BOODLE FIGHT MENU

CLUBHOUSE

Ensalada

Tomato, Salted Egg, Sea Grapes

Lechon Baka

Roasted Beef Short Rib,
Lemon Grass, Garlic

Liempo

Pinoy-style Barbecue Pork Belly

Chicken Inasal

Marinated Chicken, Annatto Oil

Pinaputok Na Pusit

Stuffed Squid, Green Mango,
Tomato, Onion

Sugpo

Grilled Sulu Sea Jumbo Prawn

Pancit Guisado

Chicken Liver, Carrot, Cabbage,
Bihon Noodles

Mangga at Bagoong

Shrimp Paste

Grilled Vegetables

Aubergine, Okra

Garlic Rice

Jasmine

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REGULAR EVENTS

5 APRIL 2026

Reformer Pilates

WELLNESS

AMAN SPA

07:30 | COMPLIMENTARY

Move through an invigorating Pilates routine designed to strengthen the core, refine mobility, and build balance through deliberate, mindful movement. Limited to three persons, reservations are essential.

Easter Sunday Mass

CULTURAL

ISLAND GROTTO

10:00 | COMPLIMENTARY

Amidst the island landscape, in a venue by the sea, a traditional Catholic mass will be celebrated on Easter Sunday.

Gentle Flow Yoga

WELLNESS

AMAN SPA

10:00 | COMPLIMENTARY

Ease into a gentle flow yoga practice that offers soft, steady movement. This is perfect for those wanting an easy workout that is deeply soothing and restorative.

Easter Egg Hunt

FAMILY

CLUBHOUSE

15:00 | COMPLIMENTARY

Experience an Easter egg hunt like no other—an outdoor treasure adventure for the kids set beneath a peaceful canopy of trees, where each egg adds to the excitement of the island's festive magic.

Easter Greeting Card

FAMILY

KIDS' CLUB

16:00 | COMPLIMENTARY

Let children bring their Easter imagination to life by designing greeting cards they can keep or share—sweet reminders of a joyful holiday spent in island paradise.



RESIDENT &
VISITING SPECIALISTS



JULIEN PEROS

AMAN'S DIRECTOR OF WINE

Originally from the Southeast of France, Julien Peros began his career in prestigious restaurants across Provence and Paris before transitioning into the world of wineries.

His experience later expanded across Asia, where he took on regional leadership roles overseeing wine programmes throughout the Asia Pacific, contributed to pre-opening and opening projects at luxury hotels in Japan, and managed one of Hong Kong's most extensive and highly regarded wine collections.

29 MARCH 2026 TO 7 APRIL 2026

Wine Journey

Julien Peros, Aman's Director of Wine, brings a wealth of experience to every guest interaction, creating a truly immersive journey into the world of wine. Whether guiding a curated tasting, arranging wine pairings for bespoke meals, or leading intimate conversations, his passion for the artistry, history and terroir behind each bottle is clear.

Ensuring that every gastronomic journey at Aman feels personal, memorable and elevated, Julien's thoughtfully guided tastings and curated pairings engage the senses.



VALERIE FAYE BAUTISTA

VISITING FREEDIVING SPECIALIST

Valerie Bautista is a certified RAID (Rebreather Association of International Divers) Freediving Instructor, an internationally recognised credential that qualifies her to teach freediving through structured, safety-focused training programmes. Her certification reflects advanced expertise in breath-hold techniques, rescue skills and depth progression, ensuring students learn in a controlled and supportive environment that prioritises safety and confidence.

She is also the founder of Azul Freediving, where she conducts workshops and certification courses across the Philippines. Through her work, Valerie helps grow the local freediving community by promoting mindful diving, ocean respect and skill development for both beginners and experienced divers alike.

23 MARCH 2026 TO 18 APRIL 2026

Freediving

Freediving is a unique sport where your ability to explore the underwater world is entirely dependent on the air you carry in your lungs. Unlike scuba diving, where tanks supply oxygen, freediving challenges you to master your body's natural breath-hold capacity. This creates an unparalleled sense of immersion and personal achievement—pushing yourself to your limits while moving silently and gracefully through the water is both exhilarating and meditative.

Because breath is the core of freediving, the most critical aspect of training is learning how to breathe efficiently and safely. Proper techniques help increase lung capacity, manage oxygen consumption and maintain mental calm under pressure. Valerie Bautista, with her extensive experience as a RAID Freediving Instructor, will prepare and guide you through every stage of the excursion. She supports you both physically and mentally, teaching relaxation strategies, proper breathing and safety protocol, so you can confidently enjoy the freedom of the underwater world while minimising risk.



ANASTASIA GLUSCHUK

VISITING WELLNESS SPECIALIST

Drawing on extensive experience in holistic healing, Anastasia offers an intuitive fusion of therapeutic practices created to cultivate profound relaxation and restore emotional harmony.

At the core of her practice is Rebalancing, a fascia-focused, integrative therapy. She also offers Facial Brush Massage & Pulsing to relieve stress and boost circulation, Rebozo Massage to support pregnancy and postpartum recovery, and Sacral or Postpartum Swaddling for deep, nurturing restoration. With her compassionate, holistic approach, Anastasia creates a truly transformative experience.

25 MARCH 2026 TO 10 APRIL 2026

Rebalancing

An approach, working with fascial and energetic structures to create a powerful, effective and transformative experience. A deep body-based practice rooted in somatic fascial work, designed to restore the natural balance of body and energy.

Rebozo Massage

This features a traditional Mexican technique using a woven cloth to provide gentle, nurturing touch. It helps relax the body, soothe the mind and support physical and emotional wellbeing a recommended treatment during pregnancy and postpartum.

Facial Brush Massage + Pulsing

The treatments combines gentle brush stimulation with pulsing techniques, working on microcirculation and energetic pathways to deliver a unique, rejuvenating experience. A gentle facial massage using brushes combined with body pulsing techniques, designed for deep relaxation, release of tension and stimulation of the body's energy channels.

Sacred Adult Swaddling & Postnatal Swaddling

This is a Latin American healing ritual for postpartum mothers or anyone undergoing major life transitions. It combines massage, aromatherapy, energy work, and traditional Rebozo wrapping to restore physical alignment, emotional balance and inner calm. Five-seven-hour session including cacao ceremony, herbal mandala, Rebozo massage, herbal bath or Temazcal, deep oil massage, and the Closing the Bones ritual. In-casita session only, bath is an essential part of the process.

Rebirthing Breathwork

A conscious breathing practice that helps the body and mind release stored tension and unresolved emotions. Through connected, mindful breathing, it promotes deep relaxation, emotional clarity, and self-awareness.



CITADEL BERNARDO

VISITING WELLNESS SPECIALIST

Citadel is a premier movement specialist. With nearly a decade of experience in the pharmaceutical industry, she combines a deep understanding of anatomy and physiology with a refined, holistic approach to movement.

She has cultivated a distinguished career in therapeutic movement. She brings a rare blend of clinical expertise and luxury wellness experience, integrating advanced modalities including Lymphatic Therapy Levels 1-3, ISBT Bowen Therapy Levels 1-3, Yoga Rehab Levels 1-2, Dual Zone Myofascial Rehab, Pelvic Rehabilitation, Scoliosis and Spinal Conditioning, Medical and Kinesiology Taping, Theragun Therapy and Cupping.

27 MARCH 2026 TO 4 APRIL 2026

Yoga

A curated experience of poise and presence, where every movement cultivates strength and serenity in harmonising the body and mind, offering refined wellness, inner clarity and graceful vitality.

Mat Pilates

A refined journey of strength and grace: sculpt your body, align with balance and embrace a sophisticated practice designed to refine your form, awaken your energy and elevate your mind through mindful, elegant movement.

Pilates

Indulge in the ultimate Pilates experience – Cadillac, Chair and Barrel – where each movement is designed to strengthen and lengthen with precision and elegance. Through tailored resistance and flawless alignment, the art of Pilates is showcased.

Manual Lymphatic Therapy

This is a gentle technique that stimulates natural lymph flow, reduces fluid retention and supports detoxification. With precise, rhythmic movements, it enhances circulation, calms the nervous system and promotes clarity and balance – ideal for wellness, recovery and aesthetic care.

Advanced Manual Lymphatic Therapy – Head and Neck

Using gentle, precise techniques to support fluid drainage, reduce congestion and restore tissue balance. Ideal for puffiness, sinus tension, post-aesthetic swelling or stagnation, it enhances circulation, boosts immune function and promotes a lifted, refreshed appearance with profound clarity and rejuvenation

Bowen Therapy

A gentle bodywork method using subtle rolling movements to release tension, restore alignment and promote relaxation – supporting pain relief, stress reduction and overall balance for all ages.



RACQUEL ELEN

VISITING YOGA
& PILATES SPECIALIST

Racquel Elen is a visiting Pilates and Yoga instructor that specialises in teaching Hatha, Vinyasa, Gentle flow, Dynamic Flow, Core Flow and Hot Flow Yoga, all Anusara inspired. She also teaches Aerial and Floating Yoga and is also certified to teach Yoga for breast cancer survivors.

She can lead you to practice the Art of Smart Movement using classical mat and Reformer Pilates machine as well as Cadillac, chair and the ladder barrel. She had her training for Dual Zone Myofascial Release DZMR and Swiss Ball Metabolic Training SBMT at the Functional Training Institute of Singapore.

Racquel is a dedicated teacher that is committed to guide you and inspire you to be the best version of yourself and to create awareness with mind and body promoting a system of smart movement.

27 MARCH 2026 TO 4 APRIL 2026

Reformer Pilates

First known as the Art of Contrology, this form of exercise concentrates on strengthening the body with an emphasis on core strength. This helps improve general fitness and overall wellbeing, promotes rehabilitation from injury and pain management.

Mat Pilates

Mat Pilates increases body awareness, improves posture and enhances flexibility. It is a strengthening and lengthening form of exercise that focuses on the core muscles while training the entire body.

Yoga and Meditation

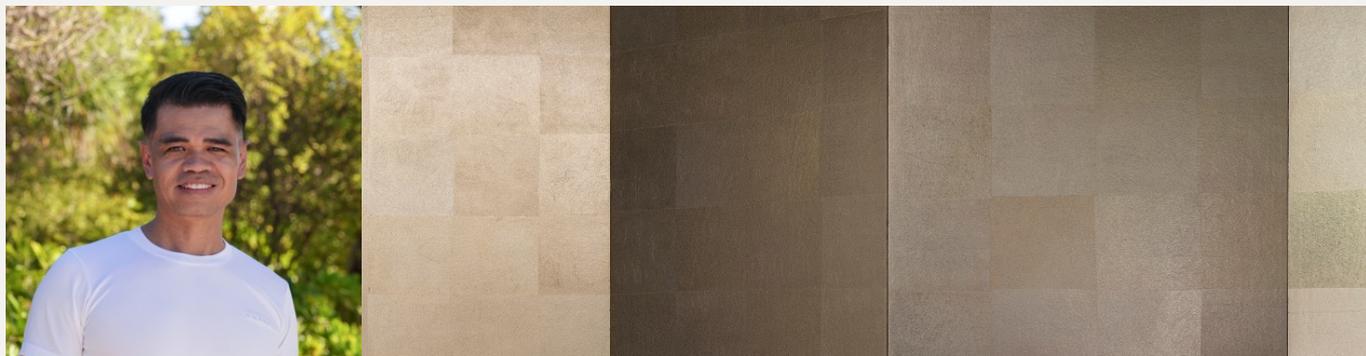
Yoga is a holistic and mindful practice that includes physical movements (Asana), Breathing (Pranayama) and relaxation (Svasana).

Swiss Metabolic Training - SBMT

A fun and effective way to rehabilitate quickly from an injury, improve cognitive skills or achieve a more robust and efficient body for daily function and sports using the Swiss ball.

Dual Zone Myofascial Release - DZMR

DZMR methodologies restore joint mobility and muscles function through the active release of the superficial and deep muscles simultaneously at two different spots.



ELMER MUNAR

RESIDENT FITNESS SPECIALIST

Our resident Fitness Manager, Elmer Munar, is a certified Personal Trainer and Group Fitness Instructor incorporating different modalities. He specialises in fat loss, toning, strength and endurance training, body conditioning Yoga, Mat Pilates and mobility training.

Elmer is also an experienced holistic Thai Massage stretch therapist, incorporating elements of Thai massage and yoga. Holistic manual stretching can be included in a fitness session or as a stand-alone treatment to alleviate muscle tightness or body pain.

Ultimate Wellness

This four-hour training session emphasises long-term wellness by integrating physical, mental and emotional wellbeing into a balanced lifestyle. Inspired by military-style fitness, it builds discipline, resilience and sustainable habits that go beyond short-term fixes.

Water Meditation with Sound Healing

Through both hearing and the sensation of physical frequencies set on a breathtaking island venue, sound becomes a gateway into deeper states of consciousness, encouraging relaxation, heightened awareness and a deeper connection to the natural surroundings.

Deep Myotherapy

This specialised therapy uses more intense pressure than a typical massage to release chronic muscle tension, deep knots and rigid connective tissue. Blending neuromuscular, deep tissue and myofascial techniques, it restores balance in body and mind while easing discomfort.

Blading and Cupping Mobility Therapy

Blade and Mobility pods are used to treat soft tissues, myofascial and muscles by various direct compressive stroke and techniques while increasing mobility around the joints. Massage and stretch are also incorporated to relax the muscle tissues and restore movement patterns.

Cold Immersion Therapy

Discover the invigorating benefits of cold plunging through a carefully guided process at the spa's private suite. The therapy aims to enhance recovery, boost immunity and heighten mental clarity. It starts with yoga and breathwork, then cold plunge at 4-15°C per your comfort, followed by steam room cycles. (30 minutes)

Yoga and Meditation

Yoga is a practice that harmonises the body, mind and soul through various breathing techniques, postures and movements, relaxation, meditation and concentration.

Personal and Group Training Programs

Personalised one-to-one and group fitness programmes designed to meet your specific wellness goals incorporating mat Pilates, Bosu, battle rope, Tabata boot camo, kettle ball and circuit training.



AMANPULO

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