



AMANYARA

FOURTH OF JULY WEEKEND

2024

Welcome to Amanyara

We are delighted to share the joy of the summer season with you over Fourth of July on the shores of Providenciales.

Inspired by this season of energy and activity, we have curated a weekend calendar that incorporates wellness, relaxation, culinary experiences, live entertainment and holiday traditions, as well as activities for children.

To participate in any of these events, 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 restful summer season.

Your Amanyara family.





Wednesday 3 July

Awakening Yoga Flow

Wellness, The Spa – 9-9.45am
Reservations required

A morning yoga session designed to awaken the body and encourage the flow of energy vital for a balanced and engaging day in paradise.

Youth Yoga

Family, Nature Discovery Centre – 10-11am

A stretch-based youth yoga session followed by fun games to get children moving in the morning.

Pickleball

Wellness, The Clubhouse – 10-11am

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

Table Tennis Drills

Wellness, The Clubhouse – 2-3pm
Reservations required

A workshop to improve your skills in this favourite table-sized racket sport.

Youth Soccer Drills

Family, The Clubhouse – 2-3pm

Join our resident coach for a series of soccer drills designed to improve your technique and coordination.

Youth Sunset Sip & Paint

Family, Nature Discovery Centre – 5.30-6.30pm

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

Levantine Night and Live Music

Dining, The Beach Club – 6-9pm

Explore the cuisine of the Middle East on this transportive culinary journey. Distinguished by its use of aromatics – from spices and herbs to vibrant citrus – this family-style dinner will be lovingly served alongside live music on the beach.



Thursday 4 July

Myofascial Roll & Release

Wellness, The Fitness Centre – 9-9.45am
Reservations required

Myofascial body rolling allows the body to unwind, ground and re-pattern. Especially good for those with chronic tightness or holding patterns.

Pickleball Round-Robin Tournament

Wellness, The Clubhouse – 9-11am

Compete for the top spot as pickleball champion. Taking the world by storm, this racquet sport is fun and energetic, as the unpredictable wiffle ball makes it a challenge for any player.

Fourth of July Carnival

Family, Nature Discovery Centre – 10am-12pm

In celebration of the iconic summer holiday, join us during the Fourth of July carnival for fun-filled activities from family, including youth games, crafts, refreshing snacks and more.

Cornhole

Wellness, The Clubhouse – 11am-12pm

Cornhole requires precise hand-eye coordination to toss bean bags accurately, a simple skill that can challenge any player.

Ultimate Water-Balloon Showdown

Family, The Clubhouse – 2-3pm

Engage in an energising battle for summertime supremacy. A fun showdown that is both entertaining and an ideal way to stay cool in the Caribbean sun.

Mindfulness Meditation

Wellness, The Spa – 3-3.45pm
Reservations required

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

Staff vs Guests Soccer Match

Wellness, The Clubhouse – 4.30pm

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

Youth Pyjama Party and Movie Night

Family, The Cinema – 5.30-6.30pm

Younger guests are invited to wear their PJs and join us for a fabulous pyjama party with popcorn, other snacks, movies and more.

Fourth of July Barbecue Dinner with Music

Dining, The Beach Club – 6-9pm

Join us for a Fourth of July barbecue dinner along the white sands of the beach. A menu of slow-cooked meats, grilled seafood and classic summertime treats will be served. A very special chocolate dessert will be curated by pastry chef, Gabriella Cugno, famous for her confectionary work in the recent film *Wonka*. Live local Caribbean music and fireworks are sure to create a summer celebration to remember.

Fourth of July Fireworks

The Beach Club – 8.30pm

The Fourth of July festivities would not be complete without fireworks to ignite the evening sky. Visit the Beach Club to see the display and join in the celebrations.



Friday 5 July

Movement and Stillness with KYN

Wellness, Meet at The Spa - 9-11am
Reservations required

This two-hour workshop combines a movement session designed to release tension and tightness throughout the body, followed by a moment of stillness and alignment through meditation.

Shuffleboard

Wellness, The Clubhouse - 10-11am

A classic pastime offered at the Clubhouse. Though this game can be played at a leisurely pace, it enables players to practice hand-eye coordination.

Adventure to Split Rock

Family, Nature Discover Centre - 10am-1pm

Also known as 'Pirate's Cove', this easy guided hike explores the surrounding sea cliffs, a small open-faced cave and a secluded mile-long beach.

Billiards

Wellness, The Clubhouse - 2-3pm

Practice this favourite pastime of hand-eye coordination, angles and strategy.

Little Scientists

Family, Nature Discovery Centre - 2-3pm

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

Hermit Crab Race

Family, Nature Discovery Centre - 4-5pm

Gather for a fun and unforgettable moment as we watch hermit crabs compete.

Tapas & Caviar

Dining, The Main Bar - 5-7pm

Come together with loved ones, sharing delicious tapas and the finest caviar as the sun sets over the coast of Providenciales.

Saturday 6 July

Movement and Stillness with KYN

Wellness, Meet at The Spa – 9-11am
Reservations required

This two-hour workshop combines a movement session designed to awaken and energise the body, followed by a moment of stillness through guided meditation to bring attention to the five senses.

Bocce Ball

Wellness, The Clubhouse – 10-11am

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

Guess The Drink

Family, Nature Discovery Centre – 10-11am

Put your tastebuds to the test by taking a fun blindfolded tasting of vegetable bites, smoothies and juice shots.

Create Your Own Taco

Family, Nature Discovery Centre – 1-2pm

Create your own tasty treat with all the ingredients for this iconic Mexican dish.

Beach Volleyball

Wellness, The Clubhouse – 4-5pm

Join us at the Clubhouse for an exciting volleyball competition on the sand.

Pizza-Making Class

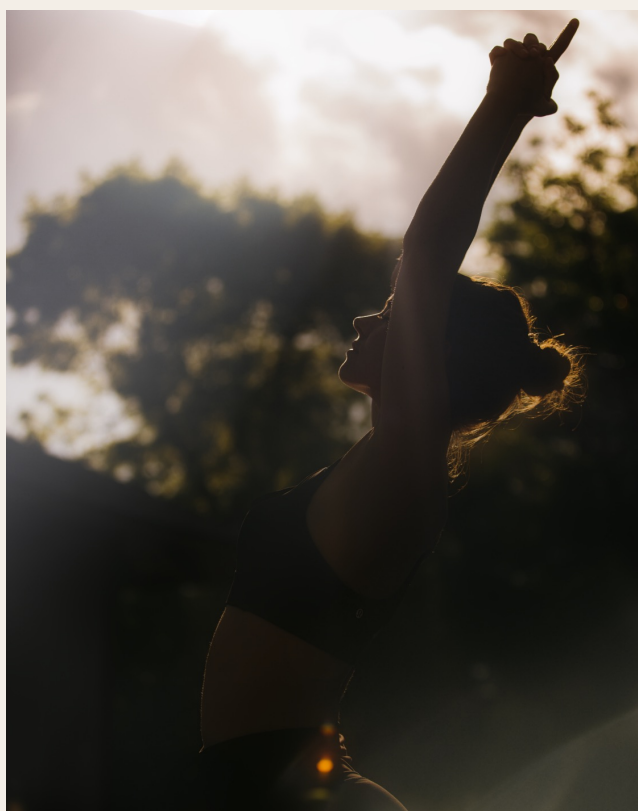
Family, The Beach Club – 5-6pm

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.

Seafood Night with Live Music

Dining, The Beach Club – 6-9pm

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 7 July

Early Morning E-Biking

Wellness, Meet at The Clubhouse – 7-8am

Join us on this electric-powered, off-road outing, covering varying terrains and obstacles.

Multiple routes are available. Northwest Point is the most popular and spans 13 miles, taking roughly 1.5 to 2 hours.

Mat Pilates – Erika Bloom Method

Wellness, The Spa – 9-9.45am

Reservations required

Described as 'a thinking way of moving', Pilates works by developing our awareness of our bodies, and enhancing our core strength and mobility. This combination enables us to achieve 'functional fitness': to know and be able to use our own true strength and flexibility effectively.

Jewellery-Making Class

Family, Nature Discovery Centre – 10-11am

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

Journal-Making Class

Family, Nature Discovery Centre – 11am-12pm

Be the writer of your own unique story and create your own mini diary to remember your favourite moments at Amanyara.

Tennis Drills

Wellness, The Clubhouse – 2-3pm

Sharpen your skills on the tennis court with our professional instructor-led drill series.

Trash to Treasure

Family, Nature Discovery Centre – 2-3pm

Create your own piece of art while keeping trash away from the ecosystem by upcycling litter into fun crafts.

Release and Unwind

Wellness, Meet at the Spa – 4-4.45pm

Join this afternoon movement flow to alleviate any tension and unwind into a relaxed state for the evening.

Youth Tie Die

Family, Nature Discovery Centre – 4-5pm

Show off your creativity by designing your own T-shirt using the traditional tie-dye method.



Visiting Practitioners

During the Fourth of July weekend, Lindsay Mensen of KYN, a holistic lifestyle company based in the Turks and Caicos, will be our visiting practitioner offering two workshops. Lindsay is passionate about teaching yoga and working with the body from the inside out. She teaches in a way that brings attention into the present moment, moving beyond daily auto-pilot actions and thoughts, into the felt experience of being present. Lindsay's classes balance effort and ease, strength and surrender, to create balance in the body system, whether simply breathing or standing on one foot. Yoga, Qi Gong, guided meditation, breath techniques, nervous-system down regulation and the body's energy systems are tools Lindsay shares to clear the clutter and connect people to the deeper parts of themselves.



Friday 5 July 9-11am

Yin and Movement – This class is designed to release tension and tightness throughout the body to promote mobility.

Mindfulness – A meditative session bringing the mind and body in alignment to achieve peace of mind.

Saturday 6 July 9-11am

Wake-Up Flow – Designed to wake up and energise the body with focused mobility, flows and active stretches.

Five Senses Guided Meditation – A grounding meditation sessions, this workshop brings attention to each of the five senses.

Two-Hour Workshop: \$550 per person per day
Prices subject to 28% government tax and service fees.

Reservations and enquiries

Advance reservations are recommended. Please contact the Amanyara Spa:
Email: amanyaraspa@aman.com
Or Dial “5” from your Pavilion

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