

# AMANERA



Thanksgiving 2024

## Thanksgiving Celebrations

This Thanksgiving, embrace American traditions infused with the vibrance of Dominican life at Amanera. With every detail taken care of, spend quality time with family and friends enjoying daily outdoor adventures, fireside evenings and the finest local cuisine. Activities for all ages – from Taíno pottery-making sessions to turkey-egg hunts along the shore – ensure everyone is included.

Read on to discover Amanera's exclusive Thanksgiving programme of events and experiences and know that our dedicated team is always on hand for any special requests.

# Wednesday 27 November

## WELLNESS ACTIVITIES

Sunrise Stretching 7am  
*Open-air Yoga Platform*

Salute the sun with a gentle 60-minute stretching session in the early morning. As light floods the landscape and gentle waves crash against the shore, notice the calming effect your surrounds have on your mind and spirit.

Morning Jungle Hike 10.30am  
*From the Porte Cochère*

Take in Amanera's endless ocean views on this back-to-nature adventure that reaches a maximum elevation of 150 metres and takes approximately 90 minutes to complete. The soundtrack to your hike will be the morning chorus of tropical birds, the rustling leaves and the distant chatter of wildlife echoing through the trees.

## KIDS' ADVENTURE

Chocolate-Bar Making 2pm  
*Beach Club*

Let the budding chefs in your family prepare homemade chocolate bars, meeting at the Beach Club. Guided by our expert chefs, the 45-minute session will reveal how to create these sweet treats using kids' favourite ingredients. Sampling their freshly-made creations is sure to be the highlight of this hands-on activity.

## SUNSET CELEBRATION

Aman Champagne & Sweet Bar 6.30 pm  
*Lounge Bar*

Settle into the Lounge Bar at sunset, taking in the stunning views of Playa Grande Beach lapped by the turquoise ocean. Raise a glass to the day's blessings before sampling a selection of sweet local delicacies showcasing Dominican flavours and ingredients.

# Thursday 28 November

## WELLNESS ACTIVITIES

Functional Training 9am  
*Fitness Room*

This 60-minute training session focuses on exercises that mimic movements performed in daily life, improving strength, stability and mobility for better functional performance.

Aromatherapy Shoulder Massage 2pm  
*Beach*

Harness the transformative power of oils derived from plants, herbs and flowers to decrease stress and elevate your mental wellbeing. With sand underfoot and trees overhead, this soothing, five-minute shoulder massage with essential oils is designed to promote relaxation.

## KIDS' ADVENTURES

Turkey-Egg Hunt 11am  
*Beach Club*

Encourage little explorers to embrace the festive Thanksgiving spirit by taking part in our outdoor turkey-egg hunt. As they search the sandy shores for clues, they'll foster friendships with fellow participants and have a lot of fun.

Pickleball Tournament 4pm  
*Pickleball Courts*

Set against a backdrop of swaying tropical trees, this tournament for pickleball enthusiasts will balance a fun sporting activity for all ages, with an atmosphere of competitive spirit and camaraderie.

## EVENING CELEBRATION

Thanksgiving Dinner 7pm  
*Beach Club*

Join us for a family style Thanksgiving feast, feet planted in the soft sand as laughter echoes around the bonfire. A local band completes the scene with laidback Dominican rhythms.

# Friday 29 November

## WELLNESS ACTIVITIES

Beach Jogging 8am  
*Along Playa Grande*

Let the rhythm of the waves energise your every stride as you jog on the beach in the cool of the early morning. A guide, fellow runners and the beautiful setting will provide all the motivation you need.

Hand-Tension Release 2pm  
*Beach*

Tune into the soothing cadence of the sea as you surrender your hands to a synchronised, massage session that aims to release pressure points and enhance circulation, mobility and flexibility.

## KIDS' ADVENTURES

Taíno Pottery Making 11am  
*Library*

Let little ones master a new skill as they get hands-on with clay in this tactile, 60-minute activity. While shaping their own creations, they'll learn about the island's ancient culture and its indigenous art.

Tropical Smoothie Class 2pm  
*Lounge Bar*

Children will learn all about the region's tropical fruits (and their health benefits!) while mixing up refreshing smoothies.

## SUNSET DRINKS

Crafted Cocktails & Caribbean Bites 6.30pm  
*Lounge Bar*

Embrace laidback coastal living in the early evening with mesmerising ocean views. Sample a selection of local bites paired with refreshing cocktails, crafted using locally sourced herbs and tropical fruits.

# Saturday 29 November

## WELLNESS ACTIVITY

**Bootcamp**  
*Fitness Room*

9am

Gather in Amanera's Fitness Room for an hour-long group session focusing on high-energy exercises that will get your heart pumping and your muscles working.

## KIDS' ADVENTURES

**Cookie Decoration**  
*Library*

11am

Little ones will love decorating their own cookies with a choice of frosting and all sorts of colourful decorative treats supplied in this hands-on workshop.

**Sand Sculpting**  
*Beach*

2pm

This creative sand sculpting session is an ideal family activity. Learn how to use your surroundings to create a mermaid, sea creatures or a castle – really anything your heart desires! Sunblock will be available.

## AFTERNOON & EVENING CELEBRATIONS

**Seafood Market**  
*Beach Club*

12pm – 4.30pm

Join us for a memorable shoreside meal of fresh, local dishes. This seafood feast includes succulent grilled prawns, fresh ceviches and lobster tails, best enjoyed under the Caribbean sun with a refreshing cocktail in hand.

**Cuatro Fuegos**  
*Club de Playa*

From 7pm

Discover the fiery spirit of the Dominican Republic and its gastronomy at Amanera's La Noche de Cuatro Fuegos (Night of the Four Fires). Inspired by the island's indigenous heritage, the Beach Club will serve a curated menu of Taíno-inspired dishes, cooked by chefs over four fires, all served alongside a selection of Amanera's finest drinks and cigars.





AMANERA

Río San Juan  
Dominican Republic

Tel: +1 809 589 2888

For reservations: [amanera.res@aman.com](mailto:amanera.res@aman.com)