

# amanpulo



## Welcome to Amanpulo

We are delighted to share the festive season with you here on our peaceful island, where we know you will create unforgettable memories with those you love in the Philippine sunshine.

Cherishing time spent together, our seasonal calendar invites you to fill your days with activities and experiences encouraging harmonious communion—from adventures exploring the natural beauty of our tropical paradise to cultural immersion and celebratory dining.

If you are interested in participating in any of the events and activities across these pages, please contact our experiences team. Dedicated to making the coming days as seamless as possible, the team is available to assist with any special requests.

Wishing you a joyful holiday season and a happy and healthy 2025.

Your Amanpulo family

## Giving Back

Aman properties around the world are an integral part of the communities in which they are set, providing unique insight into the lives and needs of each community.

### **The Andres Soriano Foundation**

Amanpulo is proud to support The Andres Soriano Foundation, dedicated to sustainably improving quality of life in rural Philippine communities by providing opportunities and resources. 'Teaching minds, touching hearts, transforming lives' is the advocacy of the Foundation, a mission that resonates with Amanpulo's commitment to uplifting local communities.

To find out more about how you can donate or join our fundraising activities, please contact your guest assistant.



## DAILY ACTIVITIES

22 DECEMBER 2024-3 JANUARY 2025

### Pamalican Sunrise Cruise

BEACH CLUB

DAILY | 05:30 | SURPLUS CHARGE

Embark on a morning cruise around the island. Watch as the sun rises from the horizon, painting the sky with hues of gold and crimson. A serene journey, and the perfect way to begin your day. The experience includes select breakfast items.

Advance reservations are required and must be made by noon the previous day.

### Guided Snorkelling Expedition

BEACH CLUB

DAILY | COMPLIMENTARY

MORNING 09:00

AFTERNOON 14:00

Enjoy a snorkelling experience introducing the many prime snorkelling 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

CLUBHOUSE

DAILY (EXCEPT 25 DECEMBER) | 15:00 | COMPLIMENTARY

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

22 DECEMBER 2024

## Jungle Trail Challenge

AMAN SPA

WELLNESS

07:00 | COMPLIMENTARY

This full-body workout sees you powering through, under and over a series of fitness challenges laid out amongst the trees. A great way to improve your fitness while connecting with nature.

## Dance with the Rhythm

CLUBHOUSE  
GARDEN SALA

FAMILY

10:00 | COMPLIMENTARY

With upbeat music and easy dance moves, children can groove, shake and jump their way to improved fitness and coordination while having a whole lot of fun.

## Filipino Street Food Market

CLUBHOUSE

DINING

19:00 | SURPLUS CHARGE

Experience the vibrant flavors of traditional Filipino street food as the grill comes alive, filling the air with enticing aromas. Have a taste of delicacies that capture the heart of Filipino culinary tradition

FESTIVE MENU

## Filipino Street Food

22 December | 19:00 | Clubhouse

### Homemade Tusok-Tusok

*Snapper Fish Ball, Chicken Call, Cuttlefish Ball, Kikiam Egg Waffles*

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### Balut

*14 Days Fertilized Duck Egg, Infused Vinegar, Ginger Soy*

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### Dim Sum

*Truffle Siew Mai, Prawn Har Gaw, Pork Buns*

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### Inihaw Skewers

*Pork Belly, Chicken Thigh, Chicken Liver, Hotdogs*

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### Pares - Mami

*Wagyu Beef Stew, Seasoned Rice, Egg Noodles, Boiled Egg*

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### Pamalican Sorbetes Cart

*Queso, Tsokolate, Ube, Avocado, Cones and Buns*

All our ingredients are regionally sourced, fish and meat are sustainably sourced.



23 DECEMBER 2024

## Cupcake & Cookies Decorating

CLUBHOUSE

FAMILY

12:00 | COMPLIMENTARY

Join us in decorating cupcakes and cookies with all sorts of sweet treats and icing.

## Yoga Core Flow

AMAN SPA

WELLNESS

15:00 | COMPLIMENTARY

This targeted session focuses on the core muscles, challenging the body while centering the mind.

## Wall Climbing: the Tone Relay

HANGAR

FAMILY

16:00 | COMPLIMENTARY

Discover the thrill of climbing while learning musical tones in this children's activity that pairs sport and music.

## Sundowners at the Kawayan Bar

KAWAYAN BAR

EXPERIENCE

16:00 - 18:00 | SURPLUS CHARGE

Savour delightful canapés and a glass of champagne on Amanpulo's famed bamboo raft. Enjoy a glimpse of marine life and a view of the dramatic changing colors of the sky. This experience is shared with up to 8 participants.

24 DECEMBER 2024

## Vinyasa Flow for Balance & Stability

AMAN SPA

WELLNESS

07:00 | COMPLIMENTARY

Move through dynamic yoga sequences that build strength and flexibility and imbue a lasting sense of inner peace. All levels welcome.

## Special Filipino Merienda

CLUBHOUSE

DINING

15:00 | COMPLIMENTARY

Sample *tsokolate de batirol* (hot chocolate) and *bibingka* (baked rice cake) in this afternoon class.

## Tiny Tunes Kidstar Karaoke

KIDS CLUB

FAMILY

16:00 | COMPLIMENTARY

Let your little ones shine on stage, performing their favourite songs in a fun and friendly atmosphere.

## Noche Buena Festive Market

PICNIC GROVE

DINING

18:00 | SURPLUS CHARGE

With your feet in the sand and the waves glimmering in the moonlight, relish a memorable Christmas Eve spread of international flavours. Enjoy complimentary welcome cocktails hosted by the Amanpulo family along with live performances by the resort's choir.

FESTIVE MENU

Noche Buena Festive Market

24 December | 18:00 | Picnic Grove

Bread Station

*Local and International Christmas Bread Selection*

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Soup

*Almondigas, Chestnut Soup*

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Grazing Table

*Queso de Bola, Davao Blue Cheese, Manchego, Camembert, Brie, Spianata Calabrian, Picante, Prosciutto San Danielle, Salsiccia Dolce, Bresola, Capocollo*

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Salad Bar

*Romaine Lettuce, Garden Rocket, Mizuna, Micro Greens, Cucumber, Cherry Tomato, Mushrooms, Bean Sprouts, Asparagus, Picked Vegetables, Capers, Cornichons, Anchovy, Parmigiano Reggiano, Croutons, Olives*

*Pomelo Salad, Chickpea Salad, Palm Heart Salad, Roasted Pumpkin, Asparagus Agro Dolce, Fennel Cannellini Salad*

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Appetizers

*Tuna Nicoise, Roasted Beetroot, Smoked Duck Breast, Smoked Salmon, Herb Cured Salmon, Smoked Mackerel, Tuna Belly Tataki, Ilocos Empanada, Adobo Croquetas*

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Pasta

*Spinach & Ricotta Tortellini, Brown Butter and Sage, Lobster Ravioli & Truffle, Celeriac and Poached Pear, Tagliatelle Beef Ragout*

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Christmas Carving

*Whole Turkey, Roasted Whole Duck, Rib Eye, Lamb Shoulder and Leg*

FESTIVE MENU

## Noche Buena Festive Market

24 December | 18:00 | Picnic Grove

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### Noche Buena

*Roasted Chicken, Beef Morcon, Porchetta, Embutido, Glazed Ham, Arroz Valenciana, Pancit Guisado*

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### Fish Market Grill

*Slipper Lobster, Cuttle Fish, Squid, Tuna, Swordfish*

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### Side Dish

*Grilled Provençal Vegetables, Caramelized Brussel Sprouts, Mushroom Stroganoff*

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### Filipino Delicacy

*Variations of Puto, Kutsinta, Suman, Pitchi - Pitchi, Sapin - Sapin, Puto Bumbong, Bibinka*

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### International Dessert

*Christmas Stollen, Chocolate Buche de Noel, Red Velvet Yule Log, Rum Fruit Cake, Pecan Pie*

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### Verrines

*Leche Flan, Tiramisu, Passion Fruit Panacotta*

All our ingredients are regionally sourced, fish and meat are sustainably sourced.

25 DECEMBER 2024

## Christmas Mass

THE GROTTO

FAMILY

09:00 | COMPLIMENTARY

A traditional Filipino Catholic mass will be celebrated by the sea at The Grotto.

## Santa Claus's Arrival

SURPRISE VENUE

FAMILY

11:00 | COMPLIMENTARY

Santa Claus's much-awaited arrival on Pamalican's shores is a wonderful event. As is tradition at Amanpulo, guests will only discover Santa's travel plans on Christmas Day. Please expect a call from our Guest Assistants during your stay.

## Gingerbread Decorating

CLUBHOUSE

FAMILY

13:00 | COMPLIMENTARY

Children are invited to join our chefs in a delightful festive adventure –decorating the Amanpulo gingerbread house. Gather around the table, where colorful candies await the kid's creative touch.

## Kid's Parol Making

SANDY'S KIDS CLUB

FAMILY

16:00 | COMPLIMENTARY

A parol is a Filipino Christmas lantern traditionally made with colorful paper. Children are invited to make their own parol that celebrate the joy of the season and make the perfect moment for them to bring home along with memories of a meaningful holiday.

## Sundowners

BEACH CLUB

DINING

16:00 | SURPLUS CHARGE

Come sunset, enjoy a special selection of mulled wine and canapes at the Beach Club.

## Family Style Christmas Dinner

BEACH CLUB

DINING

19:00 | SURPLUS CHARGE

Round off this special day of Christmas festivities with a family-style Christmas dinner.

FESTIVE MENU

## Christmas Dinner

25 December | 19:00 | Beach Club

### Starters

*Cheese & Charcuterie, Foie Gras Terrine With Brioche Toast, Salad Of Chicory, Blue Cheese & Apples, Butternut Squash Soup*

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### Mains

*Creekstone CAB Slow Roasted Prime Rib, Slow Roasted Pork Leg, Roasted Turkey with Gravy  
Mashed Potatoes, Roasted Brussel Sprouts, Roasted Sweet Potato, Brioche Stuffing*

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### Dessert

*Berry Trifle, Flourless Chocolate, Cake, Peppermint Ice Cream*

All our ingredients are regionally sourced, fish and meat are sustainably sourced.

26 DECEMBER 2024

## Bootcamp at the Pier Beachfront

BEACH

WELLNESS

07:00 | COMPLIMENTARY

Join an exhilarating beach bootcamp right by the shore! Feel the invigorating sea breeze as you embrace the rhythm of the waves, turning your workout into a dynamic seaside adventure

## Beach Scavenger Hunt

BEACH CLUB

FAMILY

10:00 | COMPLIMENTARY

Search for hidden treasures, solve fun clues and explore the sandy shores of our beautiful island. A morning of sun, sea and discovery for all ages.

## Kids Pizza-making Class

PICNIC GROVE

FAMILY

14:30 | SURPLUS CHARGE

Little chefs can enjoy crafting their very own artisanal pizzas.

## Breathwork & Meditation

YOGA STUDIO

WELLNESS

15:00 | COMPLIMENTARY

A soothing session of guided breathwork and mindful meditation aiming to offer clarity, and a deep sense of calm and general wellbeing.

## Little Chime Makers

KIDS CLUB

FAMILY

16:00 | COMPLIMENTARY

Kids will love creating their own beautiful wind chimes and exploring the world of sound in this hands-on experience.

26 DECEMBER 2024

## Yakitori Hibachi Grill

LAGOON CLUB

DINING

19:00 | SURPLUS CHARGE

Steps from the murmuring waves, tonight's special menu, served at the Lagoon Club, features delicious meat, vegetables and seafood yakitori skewers prepared to perfection over a traditional hibachi grill.

## Movie Under the Stars

PICNIC GROVE

FAMILY

19:00 | COMPLIMENTARY

Cosy up for a memorable cinematic experience under the night sky as we screen a classic film backdropped by twinkling stars.



FESTIVE MENU

## Yakitori

26 December | 19:00 | Lagoon Club

Tebagyzoa  
*Chicken Wings, Ground Chicken, Sweet Soy Glaze*

Wagyu Sirloin  
*Yuzu Kosho*

Sake No Hara  
*Salmon, Teriyaki, Ginger, Lemon*

Ebi Sansho  
*Shrimp, Sweet Soy Glaze, Lemon*

Tofu Dengaku  
*Miso, Leek*

Yakitori Moriwase  
*Tsukune, Liver, Gizzard, Heart, Green Asparagus, Peppers, Baby Corn, Sweet Potato*

All our ingredients are regionally sourced, fish and meat are sustainably sourced.  
All prices are in Philippine Peso and are subject to 10% service charge and 12% government tax where applicable.

27 DECEMBER 2024

## Tennis Tournament

TENNIS COURTS

SPORTING

10:00 | COMPLIMENTARY

Enjoy some friendly competition with skill and sportsmanship taking centre stage. Whether you're a seasoned player or a beginner, it's all about having fun.

## The Power of Breath

MAIN CLUBHOUSE  
POOL

WELLNESS

10:00 | COMPLIMENTARY

Discover the power of your breath and calm your mind in an introductory session with our freediving specialist.

## Little Mix Masters

ORGANIC GARDEN

FAMILY

12:00 | COMPLIMENTARY

A serene and nature-inspired experience where kids craft their own refreshing and beautiful drinks, embracing creativity and calm.

## Children's Cultural Dance Fiesta

KIDS CLUB

FAMILY

16:00 | COMPLIMENTARY

Children can immerse themselves in the vibrant heritage of the Philippines by learning its traditional dances. During an exciting afternoon of music and dance, the Amanpulo family will share cultural music and movement passed down through generations. These dances not only offer a fun and interactive way to engage with Filipino history but also help foster a deeper connection to the country's diverse traditions.

## Paella Night

BEACH CLUB DECK

DINING

19:00 | SURPLUS CHARGE

Delight in a flavourful evening punctuated with a special menu focused on paella.

FESTIVE MENU

## Paella Specials

27 December | 19:00 | Beach Club

Valenciana  
*Chicken, Chorizo*

Marisco  
*Manamoc Lobster, Squid, Prawns*

Mixta  
*Chicken, Chorizo, Prawns, Mussels*

Catalana Fideua  
*Shrimp, Mussels, Squid*

Arroz Negro  
*Squid, Prawn, Cuttle Fish*

All our ingredients are regionally sourced, fish and meat are sustainably sourced.

28 DECEMBER 2024

## Handcrafted Harmony

KIDS CLUB

FAMILY

10:00 | COMPLIMENTARY

Craft your own traditional Filipino musical instruments in a delightful morning of rhythm, harmony and creativity.

## Foot Massage Workshop

YOGA STUDIO

WELLNESS

15:00 | COMPLIMENTARY

Our wellness specialists will demonstrate foot massage therapies that are simple and easy for guests to do at home.

## Heritage in Motion

SANDY'S KIDS  
CLUB OUTDOOR  
AREA

FAMILY

16:00 | COMPLIMENTARY

Join us in playing traditional local games that are a cherished part of growing up in the Philippines.

## Sundowners at the Kawayan Bar

KAWAYAN BAR

EXPERIENCE

16:00 - 18:00 | SURPLUS CHARGE

Savour delightful canapés and a glass of champagne while floating on Amanpulo's famed bamboo raft. This shared experience offers a glimpse of marine life as you enjoy the view of the dramatic changing colors of the sky.

## Runway Dinner

RUNWAY

FAMILY

19:30 | SURPLUS CHARGE

Beneath a canopy of twinkling stars, indulge in a magical dining experience on the Runway. With only a few exclusive seats available, this intimate gathering promises to be a truly unforgettable evening.

FESTIVE MENU

## Five Elements Dinner

28 December | 19:00 | Runway

Earth

*Flowers, Micro-Herbs, Mulberry, Passionfruit*

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Air

*Pigeon, Quince, Port, Lavender*

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Water

*Hamachi, Uni, Sea Grapes, Caviar*

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Fire

*A5 Wagyu, Bone Marrow, Sweet Potato, Truffle*

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Aether

*Calamansi, Shiso, Coconut*

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All our ingredients are regionally sourced, fish and meat are sustainably sourced.

29 DECEMBER 2024

## Rise & Shine Yoga

YOGA STUDIO

WELLNESS

07:00 | COMPLIMENTARY

Greet the morning with energy and clarity. Awaken your body and mind with invigorating stretches and peaceful breathing exercises.

## Musical Yoga & Meditation

YOGA STUDIO

FAMILY

10:00 | COMPLIMENTARY

This fun and engaging children's session combines playful yoga poses with soothing music and guided meditation. Perfect for helping children build focus, flexibility and inner calm.

## Birdwatching Expedition

CLUBHOUSE

EXPERIENCE

16:00 | COMPLIMENTARY

Join our local expert for some guided birdwatching, discovering the winged treasures of Pamalican Island.

## Cocktail-making Class

LOBBY BAR

EXPERIENCE

17:30 | COMPLIMENTARY

Discover the secrets of crafting classic cocktails and attempt creating an original or two with expert guidance.

## Fisherman's Market

BEACH CLUB

DINING

19:00 | SURPLUS CHARGE

Tonight, the Beach Club transforms into a fresh seafood market where guests select their favourite catch to be prepared by the chef.

## Moonlight Paddling

BEACH CLUB

SPORTING

19:00 | SURPLUS CHARGE

Experience a one-of-a-kind adventure kayaking and paddleboarding across the mirror-like surface of the sea, reflecting the stars above.

FESTIVE MENU

Fisherman's Seafood Market

29 December | 19:00 | Beach Club

Starters

*Snapper Ceviche, Seafood Bisque, Pamalican Salad*

Mains

Red Grouper  
*Golden Pomfret - Davao*

Yellow Fin Tuna  
*Mindoro*

Manamoc Lobster  
*Bamboo Spiny Lobster*

Tiger Prawns  
*Giant Prawns From Ilo-Ilo*

Capiz Scallops  
*Half Shell*

Kiabao Clams  
*Saltwater From Cuyo*

Snapper

Cuttlefish

Blue Swimmer Crab

Squid

King Mackerel

Mantis Shrimp

Dessert

*Chef's Dessert Board, Ice Cream Selection, Seasonal Fruit*

All our ingredients are regionally sourced, fish and meat are sustainably sourced.

All prices are in Philippine Peso and are subject to 10% service charge and 12% government tax where applicable.

30 DECEMBER 2024

## Healthy Soda Class

ORGANIC FARM

FAMILY

12:00 | SURPLUS CHARGE

Our bartender reveals the secret to Amanpulo's healthy homemade sodas, crafted from citrus peels and other organic ingredients sourced on the island.

## Kids Pizza-making Class

PICNIC GROVE

FAMILY

14:30 | SURPLUS CHARGE

Little chefs can enjoy crafting their very own artisanal pizzas.

## Chakra Sound Meditation

AMAN SPA

WELLNESS

15:00 | COMPLIMENTARY

Experience the transformative power of sound as harmonious vibrations help align and rebalance your energy centres.

## Little Gardener

ORGANIC FARM

FAMILY

16:00 | COMPLIMENTARY

Kids are invited to experience the joy of gardening, from planting to cultivating herbs and vegetable.

## Sundowners at the Kawayan Bar

KAWAYAN BAR

EXPERIENCE

16:00 - 18:00 | SURPLUS CHARGE

Savour delightful canapés and a glass of champagne while floating on Amanpulo's famed bamboo raft. This shared experience offers a glimpse of marine life as you enjoy the view of the dramatic changing colors of the sky.



31 DECEMBER 2024

## Core Training

AMAN SPA

WELLNESS

07:00 | COMPLIMENTARY

This challenging and effective workout focuses on dynamic exercises that build core strength, improve posture and enhance overall fitness.

## Party Hats & Whistle Making

KIDS CLUB

FAMILY

10:00 | COMPLIMENTARY

Spend the morning preparing for tonight's celebration, making your own fabulous party hat and whistle.

## Cocktails with Amanpulo's General Manager

BEACH CLUB

EXPERIENCE

17:30 | COMPLIMENTARY

Witness the last sunset of 2024 together with fellow guests and your Amanpulo family at this pre-dinner cocktail event hosted by General Manager, Heinrich Morio. A sparkling start to a memorable evening.

## New Year's Eve Dinner & Countdown

CLUBHOUSE

DINING

19:00

Celebrate the final moments of 2024 with a bountiful feast of the finest flavours from around the world and a plethora of live entertainment acts. The evening's spectacular show will lead to the countdown and a midnight toast to the New Year. Dance the night away at the after-party in the Beach Club.

FESTIVE MENU

New Year's Eve Gala Dinner

31 December | 19:00 | Clubhouse

Bread Station

*Baguette, Fougasse, Sour Dough, Zopf, Soft Roll, Multi Grain Roll, Tomato Herbs Focaccia, Grassini, Lavosh*

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Mezze

*Tabouleh, Baba Ghanoush, Hummus, Labneh Dairy, Fattoush Gluten, Pickled Vegetable, Kibeeh, Pita Bread*

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Salad Bar

*Garden Rocket Leaves, Romaine Lettuce, Mizuna, Micro Greens, Cucumber, Cherry Tomato, Mushrooms, Bean Sprouts, Asparagus, Pickled Vegetables, Capers, Cornichons, Anchovy, Parmigiano Reggiano, Croutons, Olives, Dressings*

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Appetizers

*Panzanella, Detox Salad, Palm Heart Salad, Artichoke Salad, Greek Salad, Thai Style Pomelo Salad Crab & Octopus Salad, Salad Niçoise Fish, Vitello Tonnato Dairy, Classic Beef Tartar*

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Dim Sum

*Shrimp, Pork, Chives, Truffle, Crab Roe*

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Balut

*Infused Vinegar, Chili Salt Egg*

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Caviar Bar

*Ossetra, Beiri, Keta, Ikura, Blini, Classic Condiments*

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Seafood Bar

*Manamoc Clams, Capiz Scallops, Tiger Prawns, Mussels, Blue Crabs, Lato, Tambalang*

Whole Mindoro Tuna

*Sushi, Sashimi, Nigiri, Gunkan, Temaki, Maki, Onigiri*

FESTIVE MENU

New Year's Eve Gala Dinner

31 December | 19:00 | Clubhouse

Delicatessen

*Chevre, La Maria, La Regina, Davao Blue, Rustica, Peppato*

*Manchego, Camembert, Brie, Parmesan*

*Jamon Iberico Pata Negra, Prosciutto San Daniele, Bresaola*

*Chorizo, Lomo, Soppresata*

*Olives, Cornichons, Gherkins, Grapes, Nuts, Crispy Bread*

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Southeast Asian

*Fresh Spring Rolls, Fried Vegetables, Shrimp and Pork*

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Satay

*Lamb, Beef, Chicken, Krupuk, Acar, Panut Sauce*

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Gourmet

*Lobster Bisque, Lobster, Confit Tomato, Fennel*

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Pasta

*Amatriciana, Cacio E Pepe, Carbonara*

FESTIVE MENU

New Year's Eve Gala Dinner

31 December | 19:00 | Clubhouse

Paella

*Valenciana Chicken, Chorizo & Vegetable, Seafood*

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Tacos

*Wagyu Beef, Chicken, Vegetables, Tomato Salsa, Guacamole, Chilis*

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Tempura

*Asparagus, Lotus Root, Shitake, Prawns, Salmon, Squid, Kisu, Karaage, Kaki-Age*

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Grill

*Wagyu Beef Ribeye, Pork Tomahawk, Chorizo Infierno, Tandoori Chicken, Tandoori Gobi 'Cauliflower', Wagyu Shawarma*

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Pamalican Surf and Turf

*Lechon & Manamoc Grilled Seafood*

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Wok

*Stir-fried Rice*

*Yeung Zhou, Salted Fish, Salmon*

*Stir-fried Noodles*

*Kwey Teow, Biang-Biang, Pad Thai*

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**Dessert**

*Apple Cinnamon Crumble Tart, Salted Caramel Tart, Jivara & Hazelnut Torte, Lemon Tart, Mini Éclair, Mango & Passion Velvet, Forest Berries Pavlova, Orizava, Mince Pie, Tropical Fruit Pavlova*

FESTIVE MENU

## New Year's Eve Gala Dinner

31 December | 19:00 | Clubhouse

### Bilao Desserts

*Salted Egg Puto, Coconut Kutsinta, Suman Malagkit, Pitchi Pitchi, Sapin Sapin, Palitaw, Bibingka, Brazo De Mercedes, Ube Macapuno Swiss Roll*

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### Whole Cakes

*Tiramisu Yule Log, Berries Cheesecake, Strawberry Short Cake, Chocolate Fudge, Black Forest, Opera, Carrot, Apple Tarte Tatin, Red Velvet Frosted*

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### Verrines

*Sesame Panna Cotta, Orange Confit Gelee, Crème Brulee, Strawberry & Hibiscus Panna Cotta, Cherry Bavarois, Mousse De Myrtille, Chocolate Namaleka, Mango Eton Mess*

All our ingredients are regionally sourced, fish and meat are sustainably sourced.

1 JANUARY 2025

## Meditation for New Beginnings

AMAN SPA

WELLNESS

10:00 | COMPLIMENTARY

Begin the year with a meaningful session of inward reflection aiming to bring all the positivity and energy you desire into your life going forward.

## Rhythmic Tales

KIDS CLUB

FAMILY

16:00 | COMPLIMENTARY

Captivating tales and traditional folklore come to life through engaging narratives and interactive fun, sparking creativity and fostering a love of stories in young minds.

## Sundowners at the Kawayan Bar

KAWAYAN BAR

EXPERIENCE

16:00 - 18:00 | SURPLUS CHARGE

Savour delightful canapés and a glass of champagne while floating on Amanpulo's famed bamboo raft. This shared experience offers a glimpse of marine life as you enjoy the view of the dramatic changing colors of the sky.

2 JANUARY 2025

## HIIT Workout

AMAN SPA

WELLNESS

07:00 | COMPLIMENTARY

Push your limits with high-intensity interval training, a challenging and energising workout that boosts endurance, strength and overall fitness.

## The Power of Breath

MAIN  
CLUBHOUSE  
POOL

WELLNESS

10:00 | COMPLIMENTARY

Discover the power of your breath and calm your mind in an introductory session with our free diving specialist.

## Wall Climbing: the Tone Relay

HANGAR

FAMILY

16:00 | COMPLIMENTARY

Discover the thrill of climbing while learning musical tones in this children's activity that pairs sport and music.

## Yakitori Hibachi Grill

LAGOON CLUB

DINING

19:00 | SURPLUS CHARGE

Steps from the murmuring waves, tonight's special menu, served at the Lagoon Club, features delicious meat, vegetables and seafood yakitori skewers prepared to perfection over a traditional hibachi grill.

## A Night of Folklore

THE PICNIC GROVE

FAMILY

19:00 | COMPLIMENTARY

A unique storytelling experience by the sea. Delight in captivating tales and timeless legends as skilled storytellers bring ancient myths and folklore to life.

FESTIVE MENU

Yakitori

2 January | 19:00 | Lagoon Club

Tebagyzoa  
*Chicken Wings, Ground Chicken, Sweet Soy Glaze*

Wagyu Sirloin  
*Yuzu Kosho*

Sake No Hara  
*Salmon, Teriyaki, Ginger, Lemon*

Ebi Sansho  
*Shrimp, Sweet Soy Glaze, Lemon*

Tofu Dengaku  
*Miso, Leek*

Yakitori Moriawase  
*Tsukune, Liver, Gizzard, Heart, Green Asparagus, Peppers, Baby Corn, Sweet Potato*

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All prices are in Philippine Peso and are subject to 10% service charge and 12% government tax where applicable.



3 JANUARY 2025

## Kids Jungle Trail

JUNGLE TRAIL

FAMILY

10:00 | COMPLIMENTARY

Children are invited to release their energy in the multi-obstacle trail enveloped by the forest.

## Gentle Flow Yoga

AMAN SPA

WELLNESS

15:00 | COMPLIMENTARY

Move through soothing poses and mindful stretches designed to promote relaxation, flexibility and balance. Suitable for all levels.

## Paella Night

BEACH CLUB

DINING

19:00 | SURPLUS CHARGE

Delight in a flavourful evening punctuated with a special menu focused on paella.

## Tennis Tournament

TENNIS COURTS

SPORTING

19:00 | COMPLIMENTARY

Show off your serves, volleys, dropshots, lobs and smashes in this friendly competition, open to all levels and ages.

FESTIVE MENU

## Paella Specials

3 January | 19:00 | Beach Club

Valenciana  
*Chicken, Chorizo*

Marisco  
*Manamoc Lobster, Squid, Prawns*

Mixta  
*Chicken, Chorizo, Prawns, Mussels*

Catalana Fideua  
*Shrimp, Mussels, Squid*

Arroz Negro  
*Squid, Prawn, Cuttle Fish*

All our ingredients are regionally sourced, fish and meat are sustainably sourced.



Resident and Visiting Specialists



Valerie Bautista is a RAID Freediving Instructor, an internationally recognised certification for professionals who are able to teach freediving in a safe and concise way. She is also the founder of Azul Freediving, conducting workshops all over the Philippines.

Nico Rodriguez is a certified personal trainer and group fitness instructor with nine years of experience in exclusive clubs in Singapore and the United Kingdom. He is an assistant freediving instructor of Azul Freediving, handling workshops and tours all over the Philippines.

**VALERIE BAUTISTA VISITING SPECIALIST**  
18 December 2024 to 16 January 2025

**NICO RODRIGUEZ VISITING SPECIALIST**  
16 December 2024 to 16 January 2025

**Freediving - Valerie**

Valerie will guide you to dive freely into the depths of Pamalican to immerse yourself in the ocean light and find a sense of gratitude for nature's treasures.

With freediving, you can only travel as far as the air in your lungs can take you. The incredible feeling of pushing yourself to your limits helps explain the appeal of this sport. Therefore, the most important part of your training is learning how to breathe safely and efficiently. Valerie will prepare and guide you for the duration of the excursion—both physically and mentally.

**Freediving - Nico**

With strong background in body weights exercise, boxing, power plate and bootcamp, Nico guides guests in achieving their fitness goals.

As a hatha yoga instructor, he incorporates his knowledge in challenging strength and flexibility combined with relaxation and mindfulness in guiding guests in their freediving journey. He can customizre programs to meet specific wellness goals, incorporating boxing, weight lifting, calisthenics, TRX, bosu, battle rope, Tabata, kettle bell, circuit training



Paula is a professional kite boarder, IKO Levall-around all around sports enthusiast who bagged the Asian and Philippine Championship in 2015. At the height of her competitive career, she was the only Asian rider invited to the Triple A Invitational in North Carolina, USA, the most prestigious wakeboarding event in the world.

Warner is a certified instructor by the International Kitesurfing Organization and is currently a member of the Philippine Kite Surfing Team. He is a 6-time champion titleholder and is the Top 6 kite surfer in Asia. With 11 years experience in this extreme sport, he brings a wealth of knowledge and skills to share with his students.

Jing is a dedicated kitesurfing instructor with 14 years of experience in water sports. He is proficient in swimming, water safety, open water diving, windsurfing, kite surfing, and foil surfing. He is a certified instructor by the International Kitesurfing Organization (IKO). He is also a certified open water diver by Professional Technical and Recreational Diving (ProTech).

**PAULA ROSALES VISITING SPECIALIST**

22 December 2024 to 12 January 2024

**WARNER JANOYA VISITING SPECIALIST**

05 December 2024 to 15 January 2024

**JING TABANGAY VISITING SPECIALIST**

10 December 2024 to 20 January 2025

**Amanpulo Kite and Surf Centre**

Endowed with a crystal-clear shallow lagoon offering strong, consistent winds, Amanpulo is a sailor's paradise and a kite and wind surfer's dream. The Amanpulo Kite and Surf Centre (AKSC) welcomes riders of all abilities, from complete beginners to seasoned pros, and is equipped with high quality professional gear and staffed by certified instructors and experts. The AKSC is open seasonally during the Amihan monsoon season.



Rio Nellas is our Visiting Fitness expert, specialising in sports-specific training, combined with functional training and multi-joint exercises through the Pilates method to improve core stability, flexibility and strength, and promote structural integration.

A former multi-faceted athlete with national experience in Taekwondo, track and field and baseball, Rio is an International Fitness Association accredited personal trainer and Stott Pilates (beginner to advanced) trainer.

Rio is committed to taking you to the top of your game. With her guidance and inspiration, a better, fitter you is no longer a wish but a reality. All training with Rio is also suitable for children.

## RIO NELLAS VISITING SPECIALIST

21 December 2024 to 05 January 2025

### **Therapeutic Stott Pilates**

Utilising a wide range of Pilates equipment, this training will integrate functional movement through the Pilates method in various exercises towards reaching personal objectives, such as improving posture, rehabilitation from injury, pain management, or simply to have a greater understanding of alignment.

### **Kickboxing**

This combat training teaches self-defense moves and attack punches and kicks, using pads and gloves for safety. An effective cardio workout for both the upper and lower body, it also increases muscle strength and stamina.

### **Personal Training**

Rio offers a holistic approach to personal training that involves effective training, coordination, body functionality, flexibility and mental well-being. It is basically not just lifting weights and dieting, but it is programming your body to a whole new level of training. Every session is tailored to the individual and Rio will guide you through appropriate exercises, motivate and inspire you to make lasting changes to your diet and lifestyle and help you manage stress.

### **Stretch Therapy**

Gain your flexibility and mobility with this therapy, which aims to improve your range of motion and release body tension using different stretching techniques such as PNF (Proprioceptive Neuromuscular Facilitation) stretching, assisted stretching, passive stretch, and myofascial release stretch. Rio will intuitively personalise your experience to enhance your over-all wellbeing, guiding you within the movements with constant mindfulness of a person's physical limitations.

### **Dry Needling**

Discover the benefits of this technique tailored to enhance physical health using fine needles to target trigger points, alleviate muscle tension and promote overall wellbeing.



Our resident Fitness Manager, Elmer Munar, is a certified Personal Trainer and Group Fitness Instructor incorporating different modalities. He specializes 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.

## ELMER MUNAR      RESIDENT FITNESS SPECIALIST

### **Inner Balance**

Fusing Neuromuscular, Deep Tissue, and Myofascial therapy, this specialised approach assists in returning balance within the body and mind as well as to improve nervous system. Easing tension and discomfort, this session is customised to work on specific areas of concern to stimulate the clearing of trauma held in the muscles and connective tissues, as well as the emotional body.

### **Holistic Thai Massage Stretch**

Elmer will guide your body using different Thai Massage techniques to support joint function by releasing facial restrictions, leaving your body vitalized and pain-free.

### **Blading and Cupping Mobility Therapy**

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

### **Yoga and Meditation**

Yoga is a practice that harmonizes the body, mind and soul through the means of various breathing techniques, postures and movements, relaxation and concentration, self-inquiry and meditation. Benefits include improvement in posture, balance, flexibility, muscle strength, breathing, circulation, increased energy and deeper sleep.

### **Personal and Group Training Programs**

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



AMANPULO

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