

THE PALMS

Holiday Season

EVENTS
CALENDAR
2025

*Holiday fun for everyone –
partake of as much or as little as you like.*

We are excited to have you here for the holiday season at The Palms. We hope you have had a great year. The holiday season at The Palms is a time for welcoming old friends and a chance to meet new ones as we create timeless memories together. We will work hard to keep you entertained throughout your time with us. We want you to thoroughly enjoy every moment of your holiday stay with us. Please don't hesitate to contact us with any special requests.

Wishing you and your family an amazing vacation,

Jeff Morgan

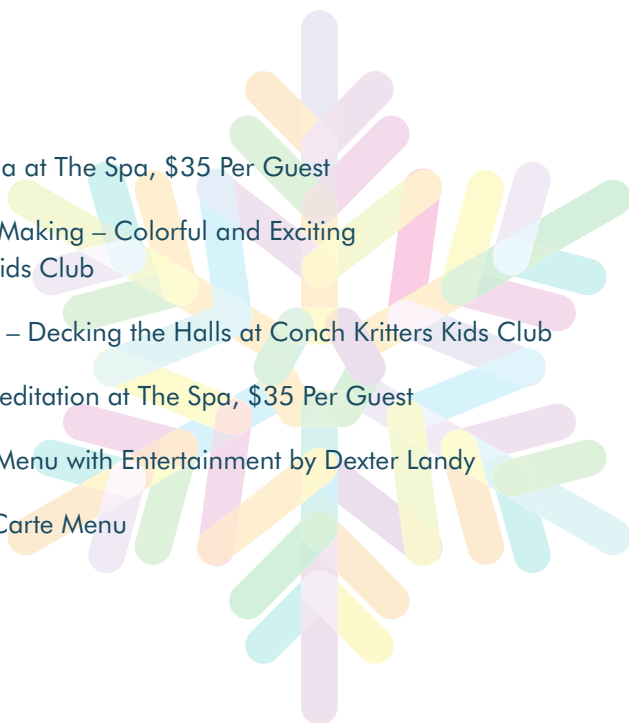
General Manager

TUESDAY, 23

- 3:00-4:00pm Festive Slime Time at Conch Kritters Kids Club
- 4:00pm Gingerbread House Unveiling in the Lobby
- 5:30-9:30pm Sí Sí – A La Carte Menu with Entertainment by Kate Knowles
- 6:00-10:00pm Parallel23 – A La Carte Menu

WEDNESDAY, 24

- 7:30am Sun Salutation Yoga at The Spa, \$35 Per Guest
- 10:30am-11:30am Festive Ornament Making – Colorful and Exciting at Conch Kritters Kids Club
- 3:00-4:00pm Holiday Workshop – Decking the Halls at Conch Kritters Kids Club
- 4:00am Breathwork and Meditation at The Spa, \$35 Per Guest
- 5:30-9:30pm Sí Sí – A La Carte Menu with Entertainment by Dexter Landy
- 6:00-10:00pm Parallel23 – A La Carte Menu



THURSDAY, 25 *Christmas Day*

- 7:30am Mat Pilates at The Spa, \$35 Per Guest
- 3:30-4:00pm A Merry Visit from the North Pole – Santa Lands on the Beach
- 4:00-5:00pm Milk and Cookies with Santa at The Manor House Lobby
Santa's Gifts at The Manor House Lobby
- 4:00pm Restorative Yoga at The Spa, \$35 Per Guest
- 5:30-9:30pm Sí Sí – A La Carte Menu and Special Set Menu
- 6:00-10:00pm Parallel23 – A La Carte Menu, Special Set Menu and
Palms Eggnog Cocktail with Entertainment by Phillippa Mayhem

FRIDAY, 26 *Boxing Day*

- 7:30am Vinyasa Flow at The Spa, \$35 Per Guest
- 10:30am-11:30am Little Artist – Mask Making for Maskanoo at Conch Kritters Kids Club
- 1:30-2:30pm Colourful Creations – Sand Art at Conch Kritters Kids Club
- 3:00pm-12:00am Maskanoo Festival at Salt Mills in Grace Bay (12 minute walk)
- 3:30-4:30pm Picture Perfect – Holiday Frame Making at Conch Kritters Kids Club
- 4:00pm Gong Meditation at The Spa, \$35 Per Guest
- 5:30-9:30pm Sí Sí – A La Carte Menu
- 6:00-10:00pm Parallel23 – A La Carte Menu with Entertainment by Tess Charles

SATURDAY, 27

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| 7:30am | Yogalates at The Spa, \$35 Per Guest |
| 11:00am-12:00pm | Necklace and Bracelet Making with Mrs Winnie at Conch Kritters Kids Club |
| 3:00-4:00pm | Frost and Sparkle – Cupcake Decorating at Conch Kritters Kids Club |
| 4:00pm | Yoga Nidra at The Spa, \$35 Per Guest |
| 4:45-6:00pm | Starry Skies Movie Night – Cinema Under the Stars at Conch Kritters Kids Club |
| 5:30-9:30pm | Sí Sí – A La Carte Menu |
| 6:00-10:00pm | Parallel23 – A La Carte Menu with Entertainment by Elroy Simmons |

SUNDAY, 28

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| 7:00am | Spa Boot Camp on The Croquet Lawn, \$45 Per Guest |
| 7:30am | Traditional Hatha Yoga at The Spa, \$35 Per Guest |
| 10:00am-11:00am | Little Designers – Tie-Dye Shirt Making at Conch Kritters Kids Club |
| 2:00-3:00pm | Conch Kritters Kids Smoothie Class with Bartenders at L'Attitude Bar |
| 3:30-4:30pm | Little Architects Workshop – Gingerbread House Construction at Conch Kritters Kids Club |
| 4:00pm | Sound Healing at The Spa, \$35 Per Guest |
| 5:30-9:30pm | Sí Sí – A La Carte Menu with Entertainment by Correy Forbes |
| 6:00-10:00pm | Parallel23 – A La Carte Menu |

MONDAY, 29

- 7:00am Spa Boot Camp on The Croquet Lawn, \$45 Per Guest
- 7:30am Stretching and Mobility at The Spa, \$35 Per Guest
- 10:00am-12:00pm Little Islanders Pirate Voyage – Treasure Hunt at Conch Kritters Kids Club
- 3:00-4:00pm Frost and Flavors with Jungle Bell Scoops – Ice Cream at Mansion House Garden
- 4:00pm Moon Salutation at The Spa, \$35 Per Guest
- 5:30-9:30pm Sí Sí – A La Carte Menu with Entertainment by Dexter Landy
- 6:00-10:00pm Parallel23 – A La Carte Menu

TUESDAY, 30

- 7:00am Spa Boot Camp on The Croquet Lawn, \$45 Per Guest
- 7:30am Ashtanga Yoga at The Spa, \$35 Per Guest
- 11:00am-12:00pm Sweet Treat – Waffle Making at Conch Kritters Kids Club
- 1:30-3:00pm Dream Catcher Making at Conch Kritters Kids Club
- 4:00pm Pranayama and Meditation at The Spa, \$35 Per Guest
- 5:30-9:30pm Sí Sí – A La Carte Menu with Entertainment by Julian Garland
- 6:00-10:00pm Parallel23 – A La Carte Menu

WEDNESDAY, 31 *New Year's Eve*

- 7:00am Spa Boot Camp on The Croquet Lawn, \$45 Per Guest
- 7:30am Sun Salutation Yoga at The Spa, \$35 Per Guest
- 10:00am-12:00pm Twinkle Toes and Tips – Spa Day and Temporary Tattoos at Conch Kritters Kids Club
- 2:00-3:00pm Little Picasso – Beach Scene Painting at Conch Kritters Kids Club
- 3:30-4:30pm The Cookie Studio – Cookie Decorating at Conch Kritters Kids Club
- 4:00pm Sound Healing at The Spa, \$35 Per Guest
- 6:00-10:00pm Parallel23 – Prix Fixe Special Menu and A La Carte Menu with Entertainment by Elroy Simmons
- 6:00-10:00pm Sí Sí – Extravagant Buffet Dinner
- 6:00-10:00pm Beach Lounge with Entertainment by Prime DJ
- 10:00pm until... Rock the Beach Party with Fireworks at Midnight, Entertainment by Prime DJ



THURSDAY, 1 *New Year's Day*

7:00-10:30am Champagne Breakfast at The Garden with Entertainment by Kate Knowles

7:00am Spa Boot Camp on The Croquet Lawn, \$45 Per Guest

7:30am Mat Pilates at The Spa, \$35 Per Guest

11:30am-12:30pm Dough and Delight – Kids Pizza Making and Table Manners Classes at Parallel23

4:00pm Restoration Yoga at The Spa, \$35 Per Guest

5:30-9:30pm Sí Sí – A La Carte Menu

6:00-10:00pm Parallel23 – A La Carte Menu

FRIDAY, 2

7:00am Spa Boot Camp on The Croquet Lawn, \$45 Per Guest

7:30am Vinyasa Flow at The Spa, \$35 Per Guest

10:00am-12:00pm Colourful Fuse Beads Creations – Make Designs, Pictures or Patterns at Conch Kritters Kids Club

2:00-3:00pm Amazing Pencil Holders – Make Creations that will Look Great on your Desk, at Conch Kritters Kids Club

4:00pm Gong Meditation at The Spa, \$35 Per Guest

5:30-9:30pm Sí Sí – A La Carte Menu

6:00-10:00pm Parallel23 – A La Carte Menu with Entertainment by Tess

SATURDAY, 3

- 7:00am Spa Boot Camp on The Croquet Lawn, \$45 Per Guest
- 7:30am Yogalates at The Spa, \$35 Per Guest
- 10:00am-12:00pm Winter Bloom Creations – Make Beautiful Flowers at Conch Kritters Kids Club
- 2:00-3:00pm Holiday Glow Glass Art – Exciting and Fun Glass Painting at Conch Kritters Kids Club
- 4:00pm Yoga Nidra at The Spa, \$35 Per Guest
- 5:30-9:30pm Sí Sí – A La Carte Menu
- 6:00-10:00pm Parallel23 – A La Carte Menu with Entertainment by Elroy Simmons



Eat, drink, shop, pamper and be merry.

THE GARDEN Start your day by sampling a complimentary breakfast buffet, served al fresco in the beautiful Garden behind the Mansion House. A la carte menu of traditional egg dishes is also available. Daily breakfast from 7:00am to 10:30am.

PARALLEL23 Our culinary team works their magic with Caribbean fusion cuisine featuring the freshest local ingredients blended with a generous portion of creativity. Nightly dinner from 6:00pm to 10:00pm.

L'ATTITUDE BAR Located adjacent to Parallel23, L'Attitude is the perfect spot to begin and end your evening. Enjoy one of our original cocktails, wine, or a late evening vintage rum or cognac. Delicious gourmet snacks are available to complement your drinks. Daily from 5pm to midnight.

SÍ SÍ Elevated beach-side dining featuring sophisticated cuisine inspired by flavors from the Oaxacan region of Mexico. Nightly dinner from 5:30pm to 9:30pm.

SÍ SÍ BAR Located on the pool deck steps from the beach. A perfect spot for enjoying one of our signature drinks and watching the most beautiful sunset at Grace Bay Beach. Daily from 11:00am to 10:00pm.

PLUNGE SWIM-UP BAR Nestled within the stunning infinity pool, Plunge serves cooling drinks, tempting cocktails and casual lunch selections. Daily from 11:00am to 5:00pm.



RESERVATIONS/FEES/TAXES Dining reservations for Parallel23 and Sí Sí restaurants are highly encouraged during the holidays. To make a reservation or for more information, please dial 30238 for the Concierge. Fees may apply to some of the activities listed within this booklet. Prices are per person. All dining events are subject to a 12% government tax plus 18% service charge. Events are subject to change without notice.

PALMS COURTYARD SHOPS Browse our beautiful Courtyard Shops where you can find stunning resort wear at Wish boutique and swim wear at Splash. Daily from 10:00am to 6:00pm. Gourmet snacks, cold beverages, logo wear, for kids and adults, are offered at Spice and Palm Shop. Daily from 9:00am to 7:00pm.

THE SPA AT THE PALMS An oasis of peace and tranquility where ageless remedies combine with contemporary wellness technology. Voted the Caribbean's leading spa, year after year. Daily from 9:00am to 6:00pm. All spa events are subject to a 12% government tax plus 18% service charge. Events are subject to change without notice.

BOOT CAMP – \$45 Per Person (Croquet Lawn) A group class designed to provide a total body workout. With variations of interval and functional strength training along with drills and cardio.

WELLNESS CLASSES – \$35 Per Person (Yoga Studio) Reconnect mind, body, and breath with our curated lineup of wellness classes. Whether you're seeking deep relaxation, gentle movement, or an energizing flow, our studio offers a peaceful space to support your well-being. Explore the sessions on the following pages and choose the practices that speak to you.

WELLNESS CLASSES DESCRIPTION

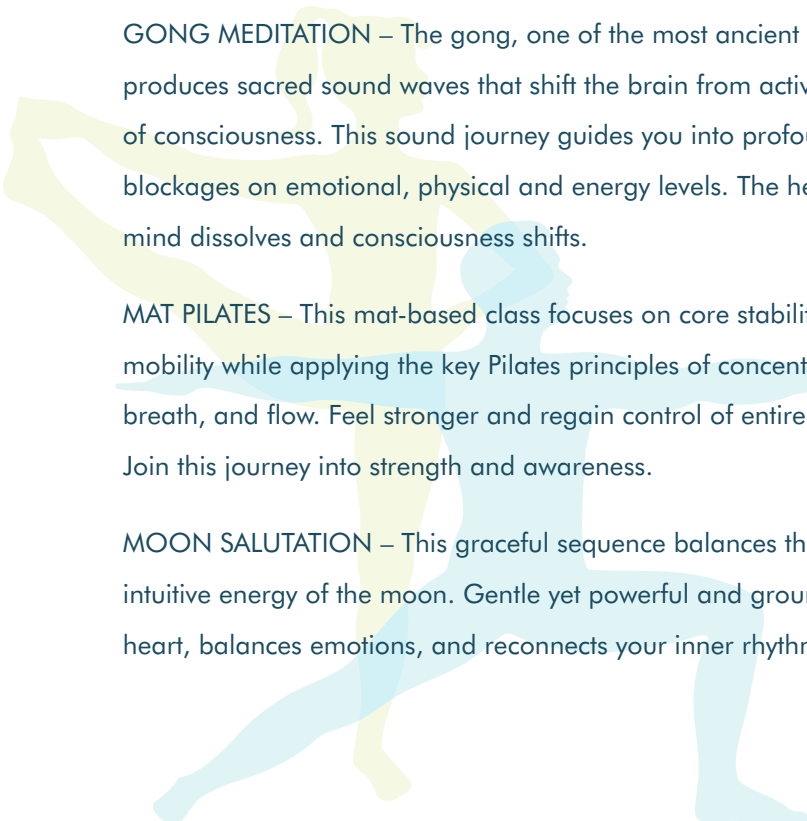
ASHTANGA YOGA – A structured, disciplined and powerful practice following a sequence of postures that builds strength, endurance, and mental focus. A fiery challenging practice that transforms persistence into presence and effort into inner power.

BREATHWORK AND MEDITATION – A transformative class to reconnect and recenter yourself. Through conscious breathing and stillness, the mind becomes clear, the heart opens, and the spirit rests. A guided practice of inner purification that helps to reduce stress, anxiety, balance nervous system and awakens presence of your essence.

GONG MEDITATION – The gong, one of the most ancient instruments known to humanity, produces sacred sound waves that shift the brain from active alpha states into deeper theta levels of consciousness. This sound journey guides you into profound relaxation, helping to release blockages on emotional, physical and energy levels. The healing dwells when body vibrates, the mind dissolves and consciousness shifts.

MAT PILATES – This mat-based class focuses on core stability, posture alignment and increases mobility while applying the key Pilates principles of concentration, control, centering, precision, breath, and flow. Feel stronger and regain control of entire body after the session. Join this journey into strength and awareness.

MOON SALUTATION – This graceful sequence balances the body and mind, honoring soft, intuitive energy of the moon. Gentle yet powerful and grounding evening practice soothes the heart, balances emotions, and reconnects your inner rhythm with the rhythm of nature.



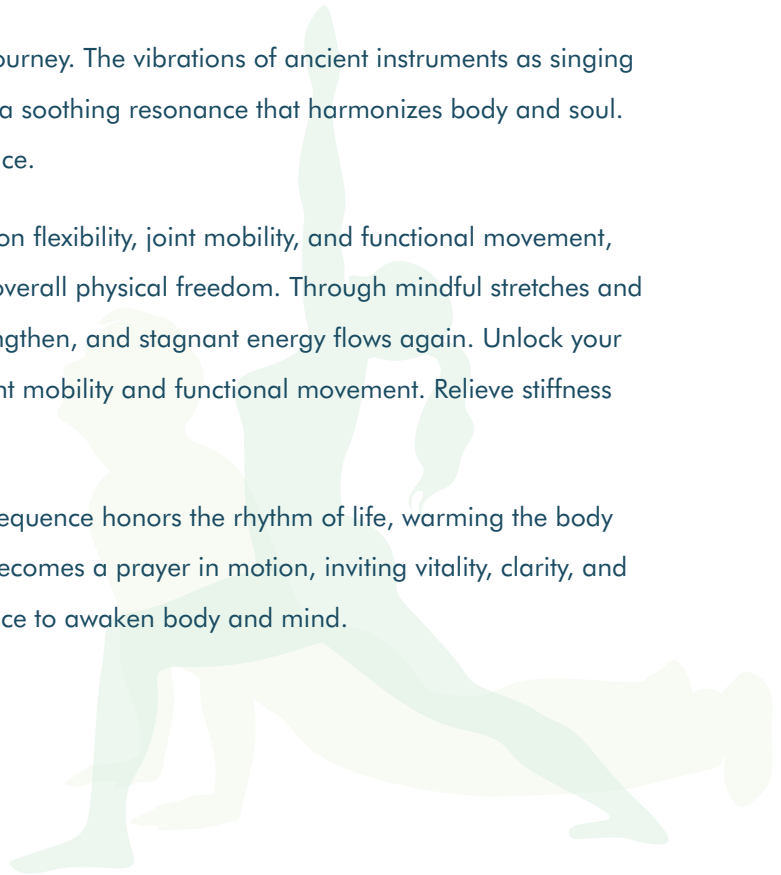
PRANAYAMA AND MEDITATION – Breath is the bridge between body and spirit. Pranayama is an ancient technique teaching how to control and guide the life force (prana) through the energy channels of the body. Paired with meditation, this session is a profound combination of practices for inner clarity, peace and vitality. In stillness, you meet your deepest self.

RESTORATIVE YOGA – The yoga of surrender. With the support of props and silence, the body melts into gentle poses designed to release muscle and tissue tension. This practice is a pure art of deep rest in stillness where healing arises naturally nourishing the nervous system, ideal for anyone seeking stress relief, recovery or simple quiet time of reconnection.

SOUND HEALING – Unique meditative journey. The vibrations of ancient instruments as singing bowls, gong, chimes, tuning forks create a soothing resonance that harmonizes body and soul. Each tone becomes a bridge to inner peace.

STRETCHING AND MOBILITY – Focused on flexibility, joint mobility, and functional movement, this class relieves stiffness and improves overall physical freedom. Through mindful stretches and fluid movements, joints open, muscles lengthen, and stagnant energy flows again. Unlock your body's potential focusing on flexibility, joint mobility and functional movement. Relieve stiffness and improve overall physical freedom.

SUN SALUTATION YOGA – This sacred sequence honors the rhythm of life, warming the body and igniting inner fire. Each movement becomes a prayer in motion, inviting vitality, clarity, and gratitude. Perfect dynamic morning practice to awaken body and mind.



TRADITIONAL HATHA YOGA – Return to the roots of yoga. A balanced practice of classic postures, breathing techniques, and mindful awareness that builds strength, stability, and inner calm. Perfect for all levels and a solid foundation for any yoga journey.

VINYASA FLOW – Dynamic yoga practice that feels like a meditation in motion. Each breath carries you from one asana to the next, building strength, flexibility and inner focus. A creative and energizing practice that leaves everyone balanced and empowered.

YOGA NIDRA – A true experience of conscious relaxation. Often called “yogic sleep,” this guided meditation brings you into a state between wakefulness and dreaming, into inward journey where the body heals, the mind quiets, and the soul expands. A single session can restore you as deeply as hours of rest.

YOGALATES – The best of both worlds - fusion of yoga and Pilates combines mindful breathing, stretching, core-strengthening and mobility improving exercises. Well balanced and effective practice that tones and sculpts the body while keeping you centered.



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