

# Amrit

OCEAN RESORT & RESIDENCES

WELLNESS FOR LIFE

a meeting planner's guide



# Table of Contents

1. Meeting Planners Guide
2. Table of Contents
3. Meet the Founder
4. Why Choose Amrit
5. Resort Features & Amenities
- 6 - 8. Room Types & Amenities
9. Meeting Services & Amenities
10. Meeting Space & Capacity Chart
11. Corporate Wellness Retreats
12. Sample 5 Day Meeting Package
13. Social Events
14. Audio Visual
- 15 & 16. Preferred Vendors
17. Lala Lobby Lounge
- 18-22. Food & Beverage Outlets
23. Intro to Amrit Wellness
24. The Five Pillars of Wellness
25. Wellness & Spa Amenities
26. Personal Wellness Support System
- 27-28. Aayush: Hydrothermal Experience
29. Integrated Health Offerings
- 30-32. Fitness & Class Offerings
33. Singer Island Coastal Living
34. Conveniently Located
35. Beach & Water Sports
36. Shop 'Til You Drop
37. Art & Entertainment
- 38-40. Resort Policies
41. Pet Policy
42. Contact Us

## Our Mission

Amrit is redefining conscious living for our team, our guests and our community. We are the next generation luxury-wellness destination resort and residences, providing comprehensive programming through optimized, personalized wellness of mind, body and spirit...In a practical way.



# Dilip Barot, Founder



With Amrit Ocean Resort & Residences, Dilip Barot is bringing ultimate wellness to Singer Island.

Peace and happiness. These two words not only guide every move real estate entrepreneur Dilip Barot makes in his personal and professional life, but they are also the names of the two new oceanfront towers under construction in Singer Island as part of his Amrit Ocean Resort & Residences ([amritocan.com](http://amritocan.com)).

“We’re building a unique wellness lifestyle that combines inner science and modern science,” says Barot, “all while providing technology and support to enhance each individual.”

To maintain what he calls “optimum balance,” Barot (who emigrated to America from India in the 1980s and began his real estate career by managing and eventually buying motels) prays and meditates daily with his wife, regularly takes long walks on the beach and generally follows a vegetarian diet. As a live-better-to-feel-better enthusiast, he knew he couldn’t leave anything to chance when it came to Amrit’s wellness offerings. That’s why he consulted with experts, including Yogi Amrit Desai, the founder of Kripalu, and Sue Harmsworth, the founder of ESPA, for insight before developing the property’s health and wellbeing amenities. They all agreed residents should receive a personal support system, including a coach and adviser, plus access to the entire development’s \$100 million worth of facilities and numerous programs. A space specialist is even on hand for those who wish to transform their units into full-on wellness cocoons.

At the end of the day, however, Barot insists the quest for balance and well-being is an individual journey. “Happiness is personal,” he says. “You have to find your own way.” Although he’s all too happy to point folks in the right direction.



# we're creating a new way to do business



## A PREMIER VENUE FOR BUSINESS PROFESSIONALS

---

With meeting facilities and executive conference capabilities for more than 200 people, Amrit is the perfect location for your next corporate meeting or event. Attendees will have full access to our resort, spanning across seven acres of pristine beachfront on Florida's Singer Island.

## CENTRALLY LOCATED, INTENTIONALLY DESIGNED

---

Amrit is one of the few resorts in the U.S. where you are minutes from busy urban centers and airports yet feel as if you are on a private island getaway. Our central location allows guests to take advantage of shopping, dining and entertainment in West Palm Beach yet enjoy the peaceful tranquility and natural beauty of the coastal barrier island.



## GIVE YOUR GUESTS THE GIFT OF MINDFULNESS AND WELL-BEING

---

Amrit is much more than a destination venue. Our mission is rooted in restorative wellness modalities that combine eastern philosophy with western luxury. Here, guests will have the opportunity to embark on a journey toward greater physical health and mental well-being. An event at Amrit leaves a lasting imprint for all who visit.





## Resort Features & Amenities

- 155 guestrooms, including 34 suites
- Over 7 acres directly on the ocean with 300+ linear feet of pristine beach frontage
- 100,000 sq ft spa and wellness facility
- Private beachfront cabanas and full-service from umbrellas to chaise lounges, with beach wait-staff for food and drinks
- Oceanfront restaurant featuring a creative balance of Asian and Mediterranean cuisine with a South Florida flair. Enjoy views of the ocean by dining indoors or on the terrace
- Plant-based restaurant, AYRE, by Celebrity Chef Matthew Kenney
- Lobby Lounge serving innovative craft cocktails, healing elixirs, & an array of curated small plates
- Beachfront watersports
- Extensive lifestyle focused retail outlets
- Hair Health and Beauty Salon
- TROPICALLY landscaped, third-level podium rooftop pool complete with cabanas, day beds and stunning views of the Atlantic Ocean
- Extensive indoor-outdoor fitness and mind-body offerings including a state-of-the-art oceanfront Technogym fitness equipment, personal training, Pilates, yoga and meditation
- Catering services
- Over 12,000 sq ft indoor and outdoor meeting and event space to include a 4,300 sq ft ballroom seating up to 350 guests, in addition to 3.5 acres of outdoor space
- Weddings and banquet services

AMENITIES AND SERVICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

elevate your wellness journey in our luxury guest rooms & wellness residences



Our resort captures the essence of living well. From sprawling wellness residences to intimate guest rooms with incredible ocean views of the Atlantic, Amrit is the perfect luxury wellness setting during your stay on Singer Island.

---

Our luxuriously appointed rooms and suites provide an oasis of comfort and a space to recharge and rejuvenate.





## introducing our luxury guest rooms



PREMIER OCEAN VIEW TWO QUEENS

An oasis of comfort featuring two queen beds, a seating area, and private terrace



PREMIER OCEAN VIEW KING

Serene and spacious guestroom that features a king bed, seating area, and a private terrace



DELUXE OCEAN VIEW TWO DOUBLES

Oceanview guestroom featuring two double beds, seating area, and private balcony.



DELUXE OCEAN VIEW KING

Luxuriously appointed ocean view guestroom with king bed, seating area, and private balcony.

## the suites



### OCEAN FRONT ONE BEDROOM SUITE

Luxurious one bedroom king suite featuring a separate living area, dining room table, and direct views of the ocean



### OCEAN FRONT JUNIOR SUITE KING

Ocean facing, spacious king suite with separate seating area and unobstructed views of the Atlantic.



### JUNIOR SUITE KING

King suite featuring a separate seating area and private balcony to enjoy the fresh ocean breezes.

## all room amenities include:

- Amrit Signature Bed
- Luxury Eco Friendly Private Labeled Bath Amenities
- Separate Private Shower
- Lighted Make-Up & Shaving Mirror
- Two Amrit Custom Spa Robes And Slippers
- 24-Hour Oceanfront Fitness Center
- 24-Hour In-Room Dining
- Yoga Mat
- Lavazza Coffee Machine
- Balcony With Seating Area
- Soaking Tub With Amrit Private Labeled
- Private WC
- Hairdryer
- Access To Daily Scheduled Wellness Activities
- Wellness Mini Bar
- Turndown Service
- On Demand Virtual Workouts



# Reimagine Your Next Corporate Meeting At Amrit Ocean Resort Singer Island



Amrit creates an environment that provides the opportunity to bring stakeholders together and cultivates growth for your company. We provide meeting space with the latest technology to support teams of all sizes. As guests, your team will also have the opportunity to embark on a wellness journey to greater physical and mental well-being.

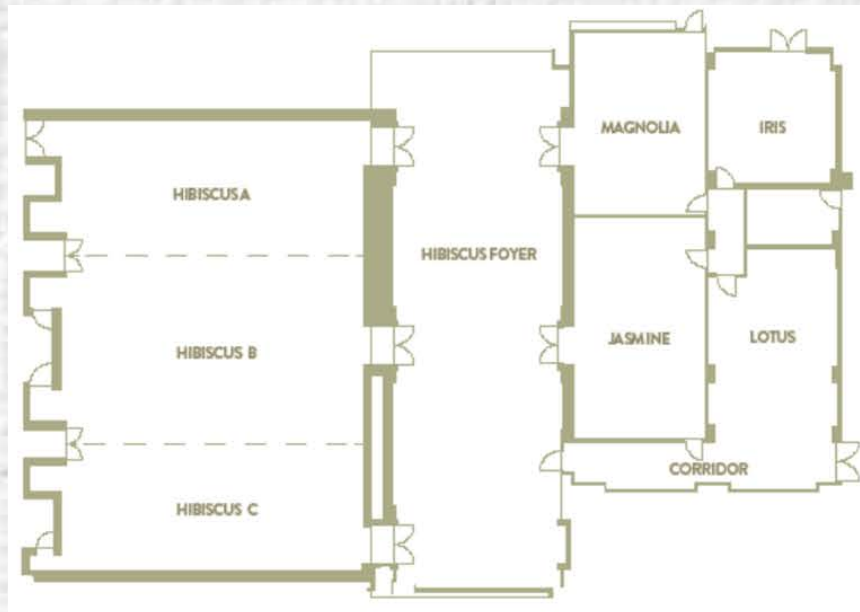
## services and amenities include:

- Over 12,000 square-feet of indoor and outdoor meeting and event space
- 155 guest rooms and suites each with views of the water.
- Grand lobby lounge and bar area
- 24-hour valet, concierge and front desk attendants
- Private beach with attended cabanas, towels and umbrellas
- Oceanfront indoor/outdoor fitness
- zone offering yoga, Pilates, meditation studios, Classes and a state-of-the-art fitness center
- Five on-site dining outlets
- Catering services
- Full service Convention Services team

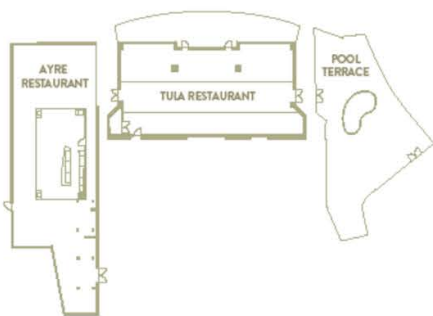




# function space & capacity chart



FUNCTION SPACE	SQ. FT.	DIMENSIONS	CEILING HT.	CLASSROOM	THEATRE	BOARD RM	BANQUET	U-SHAPE	RECEPTION	HOLLOW SQ.
HIBISCUS	4,300	54' 10" x 78' 4"	24'	216	476	70	320	84	425	100
HIBISCUSA	1,433	54' 10" x 24' 6"	24'	72	144	40	90	45	140	48
HIBISCUS B	1,574	54' 10" x 29' 1"	24'	72	144	40	90	45	140	48
HIBISCUS C	1,433	54' 10" x 24' 6"	24'	72	144	40	90	45	140	48
HIBISCUS FOYER	2,552	29' 0" x 88' 0"	24'	-	-	-	-	-	320	-
JASMINE	800	22' 4" x 36' 0"	10'	36	90	28	50	30	75	36
MAGNOLIA	660	22' 4" x 30' 4"	10'	30	80	24	40	24	65	30
IRIS	485	21' 5" x 22' 3"	10'	24	40	16	30	18	50	18
LOTUS	860	21' 5" x 39' 0"	10'	30	30	22	30	24	85	24



DINING SPACE	WIDTH (APPROX)	LENGTH (APPROX)	CEILING HT.	SQ. FT.
TULA	42'	80'	NA	3,500
AYRE (INDOOR)	38'	21'4"	NA	850
AYRE (OUTDOOR TERR)	28'	49'6"	NA	1,850
POOL TERRACE	86'	62'	NA	6,225



# corporate wellness

## take your team to new heights, inspire breakthroughs



Corporate Wellness Retreats  
are a perfect way to connect & recharge

Imagine a corporate culture that fosters mind and body connection while inspiring employees to achieve new levels of flow and innovation. At Amrit, our world-renowned leaders in science and health have designed programming for corporate wellness retreats to help teams reignite their passion and restore their well-being.

amrit's corporate wellness packages include:

PERSONAL WELLNESS SUPPORT SESSIONS (PRE-ARRIVAL, AT CHECK-IN AND AT DEPARTURE)

INTEGRATED WELLNESS SERVICES:

TRADITIONAL CHINESE MEDICINE, SOUND THERAPY/LIGHT OR AYURVEDIC SPA TREATMENT

90-MINUTE SPA TREATMENTS

FLOAT THERAPY OR BODY SCRUB ENHANCEMENTS

PERSONAL TRAINING SESSIONS:

YOGA, MEDITATION, PILATES OR PERSONAL TRAINING

EVENING LECTURE AND/OR SATSANG

DEPART WITH A PERSONAL WELLNESS ROADMAP AND 90 DAYS OF PERSONAL WELLNESS SUPPORT

FOR MORE INFORMATION PLEASE EMAIL  
WELLNESS@AMRITOCAN.COM

## De-Stress, Replenish & Boost Energy

Your Roadmap will identify and create monthly milestones for: nutrition, fitness, mindfulness, sleep and relaxation (or stress management), so you can practice wellness every day. Additionally, the Personal Wellness Coordinator provides 24x7 support and the tools, tips, & relevant technology to help you achieve results.



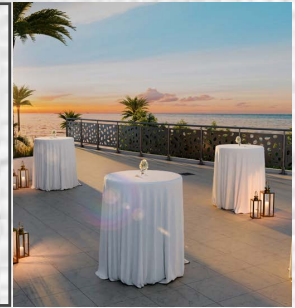


allow us to take you on a five day journey,  
experiencing everything amrit has to offer

## DAY ONE 🌸 ARRIVAL

4PM CHECK IN & ARRIVAL - GREETED WITH SIGNATURE ELIXIR & AMOUSE BOUCHE  
CUSTOM MEETING AGENDA PROVIDED FOR EACH GUEST ROOM  
6PM - 8PM WELCOME RECEPTION - POOL TERRACE WITH OCEAN VIEW  
INCLUDES (2) HOUR PREMIUM BAR, (5) PASSED HORS D' OEUUVRES  
(1) CHEF ACTION STATION

- 8PM FREE TIME-



## DAY TWO 🌸 LET'S GET DOWN TO BUSINESS

8AM - 5PM GENERAL SESSION - HIBISCUS BALLROOM  
8am - 9am FULL BREAKFAST BUFFET  
11AM - 11:15AM AM BREAK - HIBISCUS FOYER  
12:30PM - 1:30PM MEDITERRANEAN LUNCH BUFFET  
1:30PM - 3:00PM BREAKOUT SESSIONS - MAGNOLIA & JASMINE BOARDROOMS  
3PM - 3:15PM PM BREAK  
6PM - 9PM PERUSE THE AMRIT F&B OUTLETS: AYRE, TULA, TAAZA & LALA - \$75 MEAL CREDIT  
9PM - 10PM AFTER GLOW IN THE SPA GARDENS



## DAY THREE 🌸 RISE & SHINE

8AM - 9AM GROUP YOGA ON THE BEACH  
9AM - 3:30PM GENERAL SESSION - HIBISCUS BALLROOM  
9AM - 10AM WORKING BREAKFAST - HIBISCUS BALLROOM  
1PM - 2PM ISLAND TIME LUNCH BUFFET - POOL TERRACE  
2PM - 3:30PM TEAM BUILDING ON THE BEACH  
- 3:30PM EXPLORE THE SPA & FITNESS FACILITIES -  
6PM MEET IN LALA LOUNGE FOR SIGNATURE ELIXIR  
6:30PM DEPART TO OFFSITE DINNER - SAILFISH MARINA



## DAY FOUR 🌸 FOCUS

8AM - 9AM YOGI LED MEDITATION ON THE BEACH  
9AM - 5PM GENERAL SESSION - HIBISCUS BALLROOM  
9AM - 10AM WORKING BREAKFAST - HIBISCUS BALLROOM  
12:30PM - 2PM COOKING DEMONSTRATION & PLATED LUNCH - AYRE TERRACE  
2PM - 3PM BREAKOUT SESSIONS - MAGNOLIA & JASMINE BOARDROOMS  
3PM - 3:15PM PM BREAK  
6:30PM - 9PM ARABIAN NIGHTS DINNER ON THE BEACH



## DAY FIVE 🌸 FOND FAREWELL

8AM - 12PM GENERAL SESSION - HIBISCUS BALLROOM  
8am - 9am FULL BREAKFAST BUFFET  
-11AM CHECKOUT -  
12PM GRAB & GO BOXED LUNCH - HIBISCUS FOYER

\$1,800 PER PERSON BASED ON 50 GUESTS, NOT INCLUDING GUEST ROOMS



## MAKE YOUR NEXT SOCIAL AFFAIR UNFORGETTABLE

Whether it's a cocktail reception, anniversary or birthday, Amrit offers an elegant venue for your next social affair with an abundance of natural beauty and modern amenities rooted in wellness.



Contact the Catering Department  
to learn more about our  
beachside social event packages:

### OUTDOOR BEACH PARTIES:

- Arabian Nights
- Polynesian Luau
- Malibu Beach Party
- New England Clambake
- The Zen Picnic
- Corporate Survivor Team Building

### INDOOR BALLROOM PARTIES

- Arabian Nights
- All White Party



## AUDIO VISUAL

Our meeting rooms are appointed with state of the art audio visual equipment and onsite technicians to ensure your event is successful.



Audio Visual Price List  
Coming Soon

# preferred vendors

---

## FLORISTS & EVENT DESIGN

TOM MATHIEU | [WWW.TOMMATHIEU.COM](http://WWW.TOMMATHIEU.COM) | (561) 833-2179

RENNY & REED | [WWW.RENNYANDREED.COM](http://WWW.RENNYANDREED.COM) | (561) 776-1122

SPECIAL EVENT RESOURCE GROUP | [WWW.SPECIALEVENTRESOURCE.COM](http://WWW.SPECIALEVENTRESOURCE.COM) | (561) 686-7757

RICHARD GRILLE EVENTS | [WWW.RICHARDGRILLEEVENTS.COM](http://WWW.RICHARDGRILLEEVENTS.COM) | (561) 766-1637

DANIEL EVENTS (BENNY & PAM) | [WWW.DANIELEVENTS.COM](http://WWW.DANIELEVENTS.COM) | (561) 393-1432

## FULL-SERVICE EVENT PRODUCTION & DESIGN

EVENT EFFECTS GROUP (STEVE) | [WWW.EVENTEFFECTSGROUP.COM](http://WWW.EVENTEFFECTSGROUP.COM) | (954) 990-1944

ALIBABA EVENTS | [WWW.ALIBABAEVENTS.COM](http://WWW.ALIBABAEVENTS.COM) | (305) 888-8599

A HOT PARTY (SPENCER) | [WWW.AHOTPARTY.COM](http://WWW.AHOTPARTY.COM) | (954) 288-5672

## SPECIALTY LIGHTING

EVENT EFFECTS GROUP | [WWW.EVENTEFFECTSGROUP.COM](http://WWW.EVENTEFFECTSGROUP.COM) | (954) 990-1944

FROST LIGHTING | [WWW.FROSTPRODUCTION.BIZ](http://WWW.FROSTPRODUCTION.BIZ) | (954) 957-8402

HY-LITE (MIKE) | [WWW.HYLITE.COM](http://WWW.HYLITE.COM) | (561) 820-1414

## PHOTOGRAPHY

CHRIS JORIANN PHOTOGRAPHY | [WWW.CHRISJORIANN.COM](http://WWW.CHRISJORIANN.COM) | (561) 776-0099

CAPEHART PHOTOGRAPHY | [WWW.CAPEHARTPHOTOGRAPHY.COM](http://WWW.CAPEHARTPHOTOGRAPHY.COM) | (561) 833-7507

ALAIN MARTINEZ STUDIO | [WWW.ALAINMARTINEZ.COM](http://WWW.ALAINMARTINEZ.COM) | (786) 888-9111

MUNOZ PHOTOGRAPHY | [WWW.MUNOZPHOTOGRAPHY.COM](http://WWW.MUNOZPHOTOGRAPHY.COM) | (954) 564-7150

## VIDEOGRAPHY

MICHAEL LAFRANCE | [WWW.LAFRANCEFILMS.COM](http://WWW.LAFRANCEFILMS.COM) | (561) 703-6158

LOU KULYNYCH | [WWW.LKVIDEO.COM](http://WWW.LKVIDEO.COM) | (561) 400-1121

SENDEREY VIDEO | [WWW.SENDEREYVIDEO.COM](http://WWW.SENDEREYVIDEO.COM) | (954) 748-8999

## INVITATIONS & PRINT COMPANIES

CARLA HAGAN CALLIGRAPHY & DESIGN | [WWW.CARLAHAGANDESIGNS.COM](http://WWW.CARLAHAGANDESIGNS.COM) | (561) 203-0894

THE WINDMILL PAPER BOUTIQUE | [WWW.WINDMILLPAPER.COM](http://WWW.WINDMILLPAPER.COM) | (561) 465-5018

CREATIVE TOUCH PARTY DESIGNS | [WWW.CREATIVETOUCHPARTIES.COM](http://WWW.CREATIVETOUCHPARTIES.COM) | (561) 329-0942

INVITOS, ANGIE LUBIN | [WWW.INVITOSPAPER.BLOGSPOT.COM](http://WWW.INVITOSPAPER.BLOGSPOT.COM) | (561) 625-1499



# preferred vendors

---

## MUSIC & ENTERTAINMENT

MUSIC WORKS | [WWW.MUSICWORKSTALENT.COM](http://WWW.MUSICWORKSTALENT.COM) | (561) 683-1263  
EAST COAST ENTERTAINMENT | [WWW.BOOKECE.COM](http://WWW.BOOKECE.COM) | (800) 811-4496  
TROPICS ENTERTAINMENT | [WWW.TROPICSENTERTAINMENT.COM](http://WWW.TROPICSENTERTAINMENT.COM) | (305) 531-3468  
MIKE SIPE ENTERTAINMENT | [WWW.MIKESIPEENTERTAINMENT.COM](http://WWW.MIKESIPEENTERTAINMENT.COM) | (954) 782-9118  
LOVELOCK MUSIC GROUP | [WWW.LOVELOCKMUSICGROUP.COM](http://WWW.LOVELOCKMUSICGROUP.COM) | (561) 963-5056  
PARTY PROS | [WWW.PARTYPROSDJ.COM](http://WWW.PARTYPROSDJ.COM) | (954) 583-7767  
ELAN ARTISTS | [WWW.ELANARTISTS.COM](http://WWW.ELANARTISTS.COM) | (888) 800-3526  
MARCIA MITCHELL MUSIC | [WWW.MARCIAMITCHELLMUSIC.COM](http://WWW.MARCIAMITCHELLMUSIC.COM) | (561) 963-5056  
ROCK WITH U ENTERTAINMENT | [WWW.ROCKWITHU.COM](http://WWW.ROCKWITHU.COM) | (954) 404-6547  
PRIVATE STOCK | [WWW.PRIVATESTOCKBAND.COM](http://WWW.PRIVATESTOCKBAND.COM) | (954) 922-5448  
MASTER MUSICIANS | [WWW.MASTERMUSICIANSINC.COM](http://WWW.MASTERMUSICIANSINC.COM) | (561) 245-5324

## PARTY RENTALS & CUSTOM LINEN

ATLAS PARTY RENTALS | [WWW.ATLASPARTYRENTAL.COM](http://WWW.ATLASPARTYRENTAL.COM) | (561) 547-6565  
REGENCY PARTY RENTALS | [WWW.REGENCYPARTY.COM](http://WWW.REGENCYPARTY.COM) | (561) 966-9322  
ELEMENTS & ACCENTS | [WWW.ELEMENTSANDACCENTS.COM](http://WWW.ELEMENTSANDACCENTS.COM) | (305) 549-8626  
EVENTS ON THE LOOSE | [WWW.EVENTSONTHELOOSE.COM](http://WWW.EVENTSONTHELOOSE.COM) | (954) 933-1456  
NUAGE DESIGNS | [WWW.NUAGEDESIGNS.COM](http://WWW.NUAGEDESIGNS.COM) | (305) 573-7840  
BBJ LINEN | [WWW.BBJLINEN.COM](http://WWW.BBJLINEN.COM) | (813) 770-0314  
OVER THE TOP LINEN | [WWW.OVERTHETOPINC.COM](http://WWW.OVERTHETOPINC.COM) | (954) 424-0076

## TENTS

TENTLOGIX | [WWW.TENTLOGIX.COM](http://WWW.TENTLOGIX.COM) | (561) 596-5755  
BETTER PARTY RENTALS | [WWW.BETTERRENTALS.NET](http://WWW.BETTERRENTALS.NET) | (561) 893-9900  
REGENCY PARTY RENTALS | [WWW.REGENCYPARTY.COM](http://WWW.REGENCYPARTY.COM) | (561) 966-9322

## LIMOUSINE/TRANSPORTATIONSERVICES

PARK LIMOUSINE | [WWW.PARKLIMO.NET](http://WWW.PARKLIMO.NET) | (561) 832-2222  
A1 LIMOUSINES | [WWW.A1LIMOBUS.COM](http://WWW.A1LIMOBUS.COM) | (561) 202-9893  
ABE'S LIMOUSINE SERVICE | [WWW.ABESLIMOUSINESERVICE.COM](http://WWW.ABESLIMOUSINESERVICE.COM) | (561) 547-7773

## MISCELLANEOUS

CAFÉ A LA CARTE | [WWW.CAFEALACARTE.COM](http://WWW.CAFEALACARTE.COM) | (954) 349-1030  
CAPTURE POD | [WWW.CAPTUREPOD.COM](http://WWW.CAPTUREPOD.COM) | (561) 422-4819  
ZAMBELLI FIREWORKS | [WWW.ZAMBELLIFIREWORKS.COM](http://WWW.ZAMBELLIFIREWORKS.COM) | (800) 860-0955  
PYRO PRODUCTIONS INC. | [WWW.PYROPRODUCTIONS.COM](http://WWW.PYROPRODUCTIONS.COM) | (866) 535-7976



The day's end begins here

## redefining cocktail hour

AFTER AN EVENING YOGA CLASS, UNWIND WITH A KOMBUCHA GINGER MOCKTAIL OR GLASS OF ORGANIC WINE IN THE CHIC COMFORT OF OUR LOBBY BAR AND LOUNGE. THIS CANDLE-LIT LOUNGE PROVIDES AN INTIMATE SPACE TO RELAX AND MINGLE. SERVING INNOVATIVE CRAFT COCKTAILS, HEALING ELIXIRS, AND AN ARRAY OF CURATED SMALL PLATES.

OPEN DAILY FROM 10AM TO 10PM

LAJA

### *Small Plates*

**Quinoa Fritter (veg)**  
Green Goddess Dressing

**Edamame Hummus (veg)**  
Chili sauce, Sesame oil, Wonton chip

**Snapper Ceviche**  
Key Lime Coconut Broth, Blueberries, Cucumber,  
Quinoa popcorn, Jalapeño, Onion, Rice chip

**Herb Avocado Mash**  
Dill & Mint, Lemon, Cumin, Turmeric, Crispy Pita

**Organic Chicken Dumplings**  
Karabuta squash, Toasted ponzu

**Tofu Pate**  
Mushroom duxell puree, Burnt rosemary sugar

**Midnight Garden**  
House blend, Chocolate, Cinnamon, Strawberries,  
Crused almonds, 7 minute egg

**Midnight Garden**  
House blend, Chocolate, Cinnamon, Strawberries,  
Crused almonds, 7 minute egg

**Himalian Salt Block**  
Fluke crudo, Piccalli



sophisticated dining with an ocean view



Tula

resort restaurant



Ayre

discover vegan



Tazza

beach bar



# Tula



memorable meals are created with intention

A WELL BALANCED CULINARY EXPERIENCE FEATURING SOUTHERN FLORIDA COASTAL CUISINE WITH ASIAN & MEDITERRANEAN INFLUENCES THAT YOU WILL REMEMBER LONG AFTER THE LAST BITE. AFTER A DAY OF REPLENISHING SELF-CARE, YOU'RE ONLY BE STEPS AWAY FROM A BEAUTIFULLY SET TABLE WITH PANORAMIC VIEWS OF THE ATLANTIC OCEAN.

OPEN DAILY FOR BREAKFAST & DINNER - AVAILABLE FOR PRIVATE LUNCH GROUPS

spectacular cuisine  
that satisfies & delights



SIP FRESH COLD-PRESSED JUICE OR SHARE A PLATE OF SPROUTED LENTIL FRITTERS AS YOU TAKE IN OCEANFRONT VIEWS FOR BREAKFAST, LUNCH OR DINNER. OUR FULL-SERVICE RESTAURANT IS ONE OF FIVE DINING OPTIONS CONVENIENTLY LOCATED ON SITE; YOU DON'T HAVE TO GO FAR TO INDULGE IN THE PLEASURE OF FIVE-STAR CUISINE OR FIND A MEAL TO FIT YOUR DIETARY PREFERENCES.





# Ayre



Ayre

*ayre raises the bar for plant-based dining*

AYRE IS A PLANT-BASED CONCEPT INSPIRED BY THE PRACTICES OF AYURVEDA, THE MENU FILLED WITH DISHES TAILORED FOR EACH DOSHA, OR ENERGY TYPE THAT CIRCULATES THROUGH THE BODY. THE DINING ROOM INCLUDES BOTH INDOOR AND OUTDOOR SEATING, AND INVITES YOU TO FURTHER ENGAGE WITH AND ENHANCE YOUR AMRIT EXPERIENCE.

OPEN DAILY FOR BREAKFAST & DINNER - AVAILABLE FOR PRIVATE LUNCH GROUPS

Matthew Kenney, Celebrity Chef  
crafting the future of food





## Ayre Demo Kitchen

THE DEMONSTRATION KITCHEN IS NOT ONLY A TEACHING VENUE, BUT AN ENTERTAINMENT VENUE. JOIN US DAILY FOR "HOW TO/HANDS ON CLASSES" AND COOKING DEMO'S. DAILY, WE WILL HOST AN EVENING HANDS ON CLASS FOLLOWED BY A LIGHT RECEPTION. IF YOU WOULD PREFER A PRIVATE CLASS, PLEASE INQUIRE WITH OUR CONCIERGE TO BOOK IT TODAY! OUR DEMONSTRATION MENUS CHANGES WITH THE SEASON AND FOCUSES ON A HEAVY PLANT BASED DIET.



## Personalized Meal Plans

Your experience at Amrit can also include a personalized approach to gourmet wellness cuisine.

In place of a printed menu for you, Amrit experienced, internationally trained chefs prepare your healthy natural dishes according to a custom meal plan created in co-ordination with the Head of Wellness based upon your health goals and physical condition.

Personalized meal plans draw upon the most recent scientific research in three main areas:

### Ketogenic

GRILLED GRASS FED LAMB STEAK  
HERB LAYERED SUMMER SQUASH CAKE  
WILD MUSHROOM PUREE,  
HERBS AND TAMARIND SAUCE



### Vegetarian

FENNEL BARLEY &  
CITRUS FRUIT SALAD  
TOASTED SESAME DRESSING



### Detox

INDIAN PENNYWORTH &  
BULGUR SALAD  
TAMARILLO & GRAPEFRUIT SALSA.





# Tazza

on the beach



## Beachside Bar Services

RELAX IN THE SUNSHINE UNTIL YOUR HEART'S CONTENT WITH A COCKTAIL IN HAND OR A HEALTHY SALAD DELIVERED TO YOUR CABANA. OUR BEACHSIDE BAR SERVICE OFFERS FOOD AND BEVERAGES TO MAKE THE MOST OF YOUR BEACH DAY. TAAZA FEATURES HEALTHY BEACH FARE RANGING FROM BOWLS, TO WRAPS, SALADS, ORGANIC BURGER AND FLATBREADS.  
OPEN DAILY FOR LUNCH & DINNER

### fired

sunset burger  
waygu blend, pickled tomato jam, chive parsley aioli, cheddar cheese

snapper tacos – corn tortilla, american red snapper, pepper roulie,  
avocado, shaved cabbage, pico de gallo

roasted chicken sandwich  
dill cucumber yogurt, heirloom tomato,  
lettuce blend, almond milk hummus

margarita pizza  
san marazno tomato sauce, buffalo mozzerrals,  
basil, extra virgin olive oil

beachside pizza  
ricotta cheese, san marazno tomato sauce, arugula  
blistered tomatoes, red onions, chili oil

Tazza  
on the beach



at amrit your transformational journey begins  
WITH THE MIND, BODY AND SPIRIT.



amrit is your sanctuary

OUR CUSTOMIZED EXPERIENCES, RETREATS AND PACKAGES  
BLEND TIMELESS EASTERN TRADITIONS WITH  
GROUNDBREAKING WESTERN SCIENCE TO RESTORE  
BALANCE IN YOUR MIND, BODY AND SPIRIT. THIS SERENE  
HAVEN OF NATURAL BEAUTY AND FRESH OCEAN AIR  
IGNITES THE SENSES AND RELAXES THE MIND.

let your personal  
wellness journey begin

IN A STRESS-FILLED, OVERLY-SCHEDULED WORLD, SOMETIMES  
YOU HAVE TO STEP AWAY AND REDEFINE YOUR PRIORITIES.  
AMRIT'S WELLNESS SPA IS THE PERFECT PLACE TO RECHARGE.  
THIS LUSH, SEASIDE ESCAPE HAS BEEN CAREFULLY DESIGNED  
WITH FOUR EXPANSIVE FLOORS OF BESPOKE WELLNESS  
SERVICES THAT ENCOMPASS THE FIVE PILLARS OF WELLNESS:  
MINDFULNESS, NUTRITION, FITNESS, RELAXATION AND SLEEP.

HERE, YOUR PERSONAL WELLNESS GUIDE WILL HELP YOU  
DESIGN A CUSTOMIZED PATH TO BETTER HEALTH, ALLOWING  
YOU TO ENJOY THE BALANCED LIFE YOU DESERVE FILLED WITH  
ENERGY, JOY & PEACE.





# The Five Pillars of Wellness

ELEVATE YOUR MINDFULNESS. NUTRITION. FITNESS. RELAXATION AND SLEEP



a multi-layered approach  
to your transformation

WHAT MAKES AMRIT DIFFERENT FROM OTHER LUXURY RESORT SPAS IS OUR MULTI-LAYERED APPROACH TO WELLNESS THAT ELEVATES THE MIND, BODY AND SPIRIT. HERE YOU'LL FIND EXTENSIVE SERVICES AND MODALITIES ROOTED IN OUR FIVE PILLARS OF WELLNESS: MINDFULNESS, NUTRITION, FITNESS, RELAXATION AND SLEEP.



## Wellness Lifestyle Spa Features:

- 100,000-square feet spa and wellness facility, four floors high, featuring indoor and outdoor spaces
- Aayush Hydrothermal Experience: the only indoor/outdoor hydrothermal experience in Florida spanning 40,000 square feet and features heat therapy, cryotherapy and hydrotherapy through a sequence of hot and cold bathing pools, a Hydro-Reflexology Path, lap pool men's/women's/co-ed steam and sauna, Inhalation Salt Therapy Room, Arctic Chill Fountains (cold therapy has been shown to decrease inflammation and increase circulation) and an Effusion Shower which combined with aromas will shower you in a fine mist, an intense storm, downpour of rain or mystic arctic chill
- Oceanfront demonstration kitchen featuring mid-day cooking classes, to enhance guests' knowledge in super foods, juice cleansing, organic healthy food, and more in front of an open residential-style kitchen
- Private beachfront wellness spa treatments
- Bespoke male and female spa changing rooms offer a luxurious experience with separate-sex thermal suites containing a steam room, sauna, experience shower, ice fountain and an outdoor salt-water brine pool surrounded by loungers in a private, walled terrace
- Wellness Zone featuring complimentary practitioners, naturopaths, nutritionists, acupuncturists, osteopaths, and hydrotherapy
- Infusion Zone featuring infusion therapy performed in a specialist lounge, allowing guests to relax as the valuable nutrients are gently administered. Vitamin Infusions are administered by a professional nurse, improve skin, hair, nails and boosting their energy levels
- Yoga, Spin, Meditation, Tai Chi, Pilates, Bootcamp, Qi Qong and more offered on a weekly basis
- Twenty-nine treatment rooms, 12 with in-room showers
- Two Couples' Suites with a steam shower and private ocean view terrace
- Thai Massage Room
- Ashiatsu Massage Room
- Hamam
- Two Body Scrub Treatment Rooms
- Oceanfront Relaxation Lounge
- Custom Scalp Treatments



# AMRIT'S PWSS: PERSONAL WELLNESS SUPPORT SYSTEM™



## VALUE TO EMPLOYERS:

Chronic diseases and related lifestyle risk factors are the leading drivers of healthcare costs for employers and employees.

According to the CDC, productivity losses linked to employees who miss work cost employers \$225.8 billion, or \$1,685 per employee, annually. Furthermore, those who work full-time and are overweight, obese, and have other accompanying chronic health problems miss about 450 million more days of work each year compared to workers that are healthy. This does not include the losses due to employees who come to work ill or suffer from poor sleep or nutritional habits or work-induced stress. Pre-absenteeism in the workplace can cut productivity by one third or more.

THE PWSS TEAM CAN WORK WITH YOUR EMPLOYEES ON A REGULAR BASIS TO GIVE THEM THE INSPIRATION AND MOTIVATION REQUIRED TO BE SUCCESSFUL AT MAKING THESE CHANGES SUSTAINABLE.

## VALUE TO INDIVIDUALS:

Are you living your healthiest life? Amrit is committed to personalized wellness and want to partner with you to help you be the best version of yourself. We focus on five pillars of wellness incorporating evidence-based and science-backed methods, along with the holistic approach to wellness through the 8 limbs of Patanjali Yog Sutra. This approach sets us apart from others as we integrate the best of the East with the best of the West. Our Personal Wellness Team is dedicated to ensuring that you fulfill your wellness vision and the changes made will last a lifetime.

An Unparalleled Hydrothermal Experience Awaits at Amrit...

# AAYUSH



## PRESENTING OUR EXCLUSIVE AAYUSH HYDROTHERMAL EXPERIENCE.

Amrit Ocean Resort & Residences, in partnership with global experts in wellness modalities, heat therapy, cryotherapy, and hydrotherapy have developed the only indoor/outdoor hydrothermal experience in Florida spanning over 40,000 square feet. Amrit, which translates from Sanskrit to 'elixir of life' extends our concept of wellness for life with our exclusive hydrothermal experience, Aayush, part of our 100,000 square feet wellness amenities.



# AYUSH HYDROTHERMAL INCLUDES:

## Hydro-Reflexology Path

Amrit Aayush offers the only hydrothermal-focused curated experiences that are found nowhere else. Designed exclusively for Amrit, the Hydro-Reflexology Path, inspired by Kneipps therapy, improves circulation and brings the hydrothermal experience for feet and legs into the future. Walk the specially designed path with alternating hot and cold foot baths to encourage better circulation while foot reflex points are activated. This creates refreshment for feet and legs resulting in total body engagement. Conclude with a cold dip and emerge renewed.

## Replenishment Pools

Gently step into our Replenishment Pools to ease and relax one's self by naturally encouraging inner-healing as you walk across the pools. Submerge and feel a warming womb-like embrace in one, while the other tones as it cools the senses. Together both pools combine for a unique experience encouraging enhanced circulation.

## Pools

Amrit's pools, including our Lap Pool, are ultra-filtrated for an optimum healthy experience. Our spectacular lap pool is ideal for water therapy, hydro classes and the traditional laps surrounded by beautiful Florida fauna and foliage.

## Steam and Sauna

Aayush steam and sauna are essential to the hydrothermal wellness journey providing positive physiological effects and encouraging both physical and mental relaxation. Specially appointed with optimum comfort in design to relax and allow the beneficial heat to permeate the senses and release impurities, Aayush steam rooms have state-of-the-art systems to ensure constant warmth and high humidity to ensure optimum results. Mens, ladies or co-ed steam and sauna experiences are available.

## Inhalation Salt Therapy Chamber

Experience a powerful and special micro-climate that uses the negatively charged ions in salt vapor to improve health and combat mental lethargy. For centuries naturally-occurring salt caverns have been used by healers and shamans to treat respiratory ailments. Amrit's Aayush specially designed halotherapy chamber uses the natural power of salt to holistically enhance both your energy and deep breathing like never before.

## Arctic Chill fountains

An important aspect of our Aayush hydrothermal journey includes cold therapy, experienced with our specially designed Arctic Chill Fountains to aid increased circulation, toning and alleviate discomfort, from headaches to bodyaches. Cold-therapy has been shown to decrease inflammation and encourage a refreshing sense of renewal. Chill out with our Arctic Chill Fountains with a burst of arctic ice to invigorate your mind, body and senses.

## Effusion Shower

Aayush Effusion Shower will take you on an incredible hydro journey of soothing mists, intense deluge storms, a downpour of rain and a mystic arctic chill—each designed in combination with aromas to engage your senses. Emerge tranquil and cleansed with a refreshed sense of renewal and balance.

## Optimum Experience, Best Results

Amrit's professional wellness team will guide you through Aayush to obtain the optimum experience with the highest results. Enjoy the only extensive hydrothermal journey in Florida. Enjoy wellness for life with Amrit Aayush.

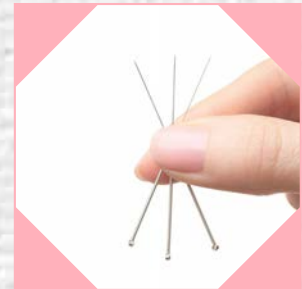


### INTEGRATED HEALTH ASSESSMENTS

From nutrition to sleep, from mindfulness to fitness, from Ayurveda to relaxation—onsite certified experts will assist you in the creation of your Personal Wellness Roadmap. You will have the option of one or more next generation assessments to design a program tailored to your individual needs. This will serve as a foundation to your Personal Wellness Roadmap.

## Traditional Chinese Medicine

ENCOMPASSING MANY DIFFERENT MODALITIES AND TRADITIONS OF HEALING THAT SHARE A COMMON HERITAGE OF TECHNIQUE AND THEORY ROOTED IN ANCIENT CHINESE PHILOSOPHY (TAOISM), ELEMENTS OF WHICH ARE BELIEVED TO DATE BACK OVER 5,000 YEARS.



## Sound and Light Therapies

When we are in search of wellbeing, we often fail to realize that to achieve true health, we need to tap into the non-physical aspects of our self. The science of Quantum Physics states that everything is in a state of vibration, even our bodies—which is composed of many aspects—fluid, density and also sound and color.

## Ayurveda Therapies

What's Your Dosha? Are you a Kapha, a Pitta or a mix of a few? You'll find out as you take an Ayurvedic journey with us and understand how certain characteristics help formulate your internal constitution, which will allow us to specifically address how to make you more balanced mentally and physically.





## mindfulness and fitness offerings



### Options that Work up a Sweat

More than a club, our state-of-the-art Technogym fitness facility is an experience in ultimate strength and cardio training. Break a sweat with a variety of indoor and outdoor activities such as Yoga, Spin, Meditation, Tai Chi, Pilates, Bootcamp, Qi Qong and more offered on a weekly basis.



### Mindfulness

Calming the mind and connecting within is an integral part of well-being. Amrit's yoga, meditation and breathwork offerings are authentically curated by globally renowned wellness leaders.



### Hair Health & Beauty Salon Services

Our wellness spa offers a variety of hair and beauty services including cuts, color, hair and scalp therapy, nail treatments, make-up and waxing.





# class schedule continued...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>3PM-3:45PM</b>	Intro to 8 Limbs of Yoga	Intro to 8 Limbs of Yoga	Intro to 8 Limbs of Yoga	Intro to 8 Limbs of Yoga	Intro to 8 Limbs of Yoga	Intro to 8 Limbs of Yoga	Intro to 8 Limbs of Yoga
	SPIN to Zen	SPIN to Zen	SPIN to Zen	SPIN to Zen	SPIN to Zen	SPIN to Zen	SPIN to Zen
	Functional Strength Training	Functional Strength Training	Functional Strength Training	Functional Strength Training	Functional Strength Training	Functional Strength Training	Functional Strength Training
<b>4PM-4:45PM</b>	Beach Boot Camp	Beach Boot Camp	Beach Boot Camp	Beach Boot Camp	Beach Boot Camp	Beach Boot Camp	Beach Boot Camp
	Spin	Spin	Spin	Spin	Spin	Spin	Spin
	Pilates Mat	Pilates Mat	Pilates Mat	Pilates Mat	Pilates Mat	Pilates Mat	Pilates Mat
	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga
<b>5PM-5:45PM</b>	Ocean Walk	Ocean Walk	Ocean Walk	Ocean Walk	Ocean Walk	Ocean Walk	Ocean Walk
	Sound Bowl	Sound Bowl	Sound Bowl	Sound Bowl	Sound Bowl	Sound Bowl	Sound Bowl
	Rock and Rollout	Rock and Rollout	Rock and Rollout	Rock and Rollout	Rock and Rollout	Rock and Rollout	Rock and Rollout
	HIIT	HIIT	HIIT	HIIT	HIIT	HIIT	HIIT
	Sun and Spirituality	Sun and Spirituality	Sun and Spirituality	Sun and Spirituality	Sun and Spirituality	Sun and Spirituality	Sun and Spirituality
<b>6PM-6:45PM</b>	5 Tips for Healthy Eating	5 Tips for Healthy Eating	5 Tips for Healthy Eating	5 Tips for Healthy Eating	5 Tips for Healthy Eating	5 Tips for Healthy Eating	5 Tips for Healthy Eating
	SPIN to Zen	SPIN to Zen	SPIN to Zen	SPIN to Zen	SPIN to Zen	SPIN to Zen	SPIN to Zen
	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga
	QI Qong	QI Qong	QI Qong	QI Qong	QI Qong	QI Qong	QI Qong
<b>7PM-8PM</b>	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation
	Sound for sleep	Sound for sleep	Sound for sleep	Sound for sleep	Sound for sleep	Sound for sleep	Sound for sleep





## SINGER ISLAND, THE EPITOME OF OUTDOOR AND COASTAL LIVING

---

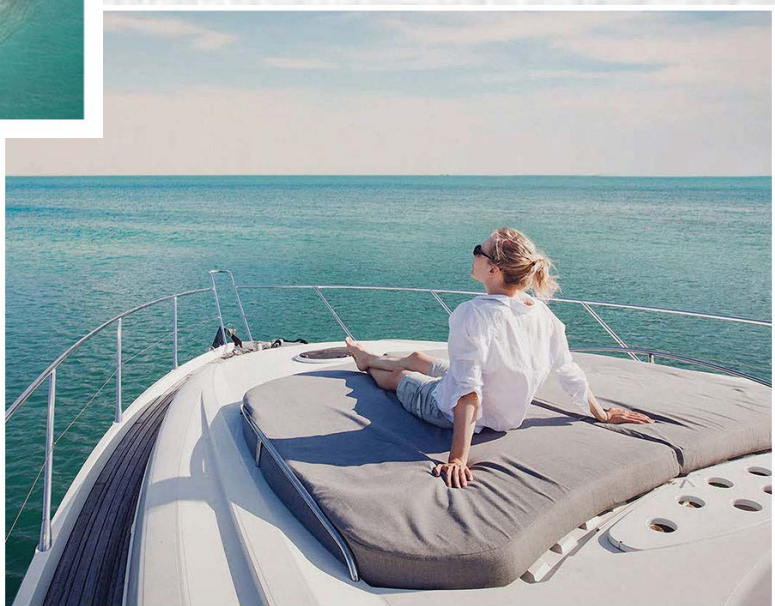
Singer Island is your all-in-one destination for outdoor and aquatic activities. Home to John D. MacArthur Park and Phil Foster Park, the island is known for its premiere snorkeling, scuba, fishing, biking, and hiking spots. The beaches on Singer are a natural habitat for the loggerhead turtle, and just minutes from family friendly Loggerhead Marine Life Center. Singer Island is the perfect place for year-round activities. With several prestigious marinas the island is a haven for boaters and fisherman. Our team would be happy to arrange on your behalf.



## SINGER ISLAND, RESERVED FOR A SELECT FEW

---

A 20-minute ride from Palm Beach International Airport, and less than 60 miles from Miami and Ft. Lauderdale airports, the resort is easily accessed by shared ride and other car services. The new Brightline premium faster, inter-city rail service offers modern safe and clean trains from Miami and Ft. Lauderdale, direct to West Palm Beach with plans to expand to Orlando





# Conveniently Located



## dining

OCEANWALK	0.5 MI
SAILFISH MARINA	0.9 MI
SEASON'S 52	5.0 MI
CARMINE'S	5.4 MI
THE RIVER HOUSE	5.4 MI



## convenience stores

PUBLIX	1.2 MI
WALGREEN'S	1.6 MI
DRY CLEANERS	1.8 MI
STARBUCK'S	4.8 MI



## golfing

NORTH PALM BEACH COUNTRY CLUB	5.9 MI
THE OCEAN COURSE AT THE BREAKERS	7.7 MI
THE BEARS CLUB	9.8 MI
PGA NATIONAL GOLF COURSES	10.2 MI



## parks & recreation

OCEAN REEF PARK	0.4 MI
PHIL FOSTER PARK	1.0 MI
JOHN D. MACARTHUR STATE PARK & NATURE CENTER	3.2 MI
PEANUT ISLAND PARK	11.1 MI



## travel

BRIGHTLINE	6.7 MI
PALM BEACH INTERNATIONAL AIRPORT	10.2 MI
NORTH PALM BEACH COUNTY AIRPORT	15.8 MI
FORT LAUDERDALE-HOLLYWOOD INTERNATIONAL AIRPORT	58.5 MI



## Beach & Water Sports Activities

Amrit Ocean Resort is nestled on the area's most expansive stretch of pristine beach where you can play in the waves or relax on the sand, as the peaceful sounds of the ocean overtake you. For your comfort, our beachfront offers private cabanas, umbrellas and chaise lounges, as well as beachfront food and beverage service. If you're feeling energetic, head out for an ocean adventure, whether it's a peaceful kayak or paddle board ride, snorkeling or a scuba tour, the ocean is your paradise to explore.



### Kayak Rentals

(561) 776-7449 Ext 102

[www.macarthurbeach.org/kayak-rentals/](http://www.macarthurbeach.org/kayak-rentals/)



### Paddle Boarding

(561) 596-3535

[www.macarthurbeach.org/paddleboards/](http://www.macarthurbeach.org/paddleboards/)

[www.highpointpaddle.com/](http://www.highpointpaddle.com/)



### Deep Sea Diving

Pura Vida Divers: (561) 840-8750

[www.puravidadivers.com](http://www.puravidadivers.com)



### Fishing Charters

Seapremacy Fishing Charters: (561) 309-7022

[www.seapremacyfishingcharters.com](http://www.seapremacyfishingcharters.com)

Palm Breeze Charters: (561) 447-3320

[www.palmbreezecharters.com](http://www.palmbreezecharters.com)



# Shop 'Til You Drop

Just minutes North you'll find an abundance of local shopping districts on the PGA Boulevard corridor at The Gardens Mall, Downtown at the Gardens, Legacy Place, and PGA Commons. A short drive South and you'll discover opulent Palm Beach Island, home to some of the world's most coveted shops and boutiques at Worth Avenue and Royal Poinciana Plaza.

## THE GARDENS MALL

3101 PGA BOULEVARD | PALM BEACH GARDENS,  
FL 33410 | (561) 622-2115  
[www.thegardensmall.com](http://www.thegardensmall.com)

## WORTH AVENUE

WORTH AVENUE | FL 33480  
[www.worth-avenue.com](http://www.worth-avenue.com)

## ROYAL POINCIANA PLAZA

340 ROYAL POINCIANA WAY | PALM BEACH, FL 33480  
[www.theroyalpoincianaplaza.com](http://www.theroyalpoincianaplaza.com)

## DOWNTOWN AT THE GARDENS

11701 LAKE VICTORIA GARDENS AVE | PALM BEACH GARDENS,  
FL 33410 | (561) 727-2640  
[www.downtownpbg.com](http://www.downtownpbg.com)

## PGA COMMONS

5100 PGA BOULEVARD | PALM BEACH GARDENS,  
FL 33418 | (561) 630-8630  
[www.pgacommons.com](http://www.pgacommons.com)

## PALM BEACH OUTLETS

1751 PALM BEACH LAKES BLVD | WEST PALM BEACH,  
FL 33401 | (561) 515-4400  
[www.tangeroutlet.com/palmbeach](http://www.tangeroutlet.com/palmbeach)

## CITY PLACE

700 S. ROSEMARY AVE | WEST PALM BEACH  
FL 33401 | (561) 366-1000  
[www.thesquarewestpalm.com](http://www.thesquarewestpalm.com)





## Art & Entertainment

PALM BEACH COUNTY IS HOME TO MANY WORLD-CLASS MUSEUMS AND GALLERIES. THE SCENIC BEAUTY OF SOUTH FLORIDA HAS INSPIRED GENERATIONS OF ARTISTS AND COLLECTORS, CREATING A KALEIDOSCOPE OF ART AND CULTURE. STEP INSIDE THE GILDED-AGE PALACE OF HENRY MORRISON FLAGLER AT THE HISTORIC FLAGLER MUSEUM ON PALM BEACH ISLAND. INDULGE THE EYES IN THE MARVELOUS EXHIBITS AT THE RECENTLY EXPANDED NORTON MUSEUM OF ART SHOWCASING AN ARRAY OF CULTURES AND MEDIUMS, THERE IS PLENTY TO WOW AND INSPIRE.

HENRY MORRISON FLAGLER MUSEUM  
ONE WHITEHALL WAY | PALM BEACH, FL 33480 | (561)655-2833

[www.flaglERMuseum.us](http://www.flaglERMuseum.us)

NORTON MUSEUM OF ART  
1450 S DIXIE HWY | WEST PALM BEACH, FL 33401 | (561)832-5196

[www.norton.org](http://www.norton.org)

KRAVIS CENTER  
701 OKEECHOBEE BLVD | WEST PALM BEACH, FL 33401 | (561)832-7469

[www.kravis.org](http://www.kravis.org)

SOCIETY OF THE FOUR ARTS  
100 FOUR ARTS PLAZA | PALM BEACH, FL 33480 | (561) 655-7227

[www.fourarts.org](http://www.fourarts.org)

ARMORY ART CENTER  
811 PARK PLACE | WEST PALM BEACH, FL 33401 | (561) 655-7227

[www.armoryart.org](http://www.armoryart.org)



KRAVIS CENTER FOR THE PERFORMING ARTS



## AMRIT RESORT POLICIES (cont'd)

CHECK IN: 4:00 P.M.

CHECK OUT: 11:00 A.M.

### Cancellations and deposits\*

CANCELLATION BASED ON STAY DATE

MAR 1 – MAY 15 (PEAK SEASON): Must cancel at least 7 days prior to arrival.

MAY 16 – DEC 23 (OFF SEASON): Must cancel at least 3 Days prior to arrival.  
Deposit of one night room and tax.

FESTIVE (DEC 24 – JAN 4): Must cancel by 11/1 or all deposits will be forfeited. All payments to be made by 11/1. Festive deposit 50% of rooms and tax at the time of booking. Deposit will be charged at the time of reservations which will be refundable up to the cancellation policy prior to the arrival.

\* Subject to change. If reservations are not cancelled within the time frame above, the deposit will not be refunded. Reservations during certain special events or holidays may be subject to different cancellation policies.

### Wellness packages

Require a 50% deposit at time of booking with a 14 day cancellation policy. Any package cancelled within 14 days; deposit will be forfeited. No refunds will be made for unused package components.

No resort fees on the Wellness Packages.

### Early arrivals/late departures

Requests for early check-ins and late check-outs are not guaranteed. If you are planning on an early arrival and you would like immediate access to your room we recommend reserving for the prior night. Similarly, for late departures, reserving an additional night will guarantee access until you depart.

### Early departures

Check-out prior to originally booked departure date will result in a charge of one night's room and tax.

# AMRIT RESORT POLICIES (cont'd)

## Resort charge

Amrit Ocean has a mandatory resort Hospitality Services Charge of \$45.00 per evening. (Included in all wellness packages).

### THE \$45 RESORT HOSPITALITY SERVICES CHARGE INCLUDES:

- Beach Valet - 2 Lounge Chairs and 1 Umbrella for the Day.
- Beach Gear - 1 Hour of Free Rental, for 2 People, for Non-Motorized Beach Gear (Boogie Boards, Floats, Surf Boards, Paddle Boards, Bicycles, etc.).
- Car Service for 3-Mile Radius from Hotel.
- Daily Posted Resort Wellness Activity, Based on Availability.
- Access to Amrit's Exclusive Satsang Social Every Evening.
- Introductory Fitness Training Session, based on availability.
- Casting Service From Your Personal Device to Your In-Room Television.
- Free Daily Newspaper, Monday - Saturday (USA Today).
- Complimentary Aluminum Branded Water Bottles, Refillable at Stations Around Resort.
- Use of Resort Beach and Pool Towels.
- Coffee and Tea Service In Lobby.
- 24 Hour Business Center.
- 24 Hour Fitness Center.
- Free Wi-Fi Throughout Entire Property.
- Free Fax Services (Incoming & Outgoing).
- Free Local Phone Calls, Domestic Long Distance Calls and Toll Free Calls.

## Extra occupancy charge

ADULT: \$100 Extra per Night for 3rd Adult and Up

CHILD UNDER 5 YEARS: Free

CHILD 5-12: \$100 Extra per Night for 3rd and Up



# AMRIT RESORT POLICIES (cont'd)

## Taxes

TOTAL TAXES 13%  
City Occupancy Tax 6%  
Sales Tax 7%

## Method of payment

Visa, Diners Club, Discover, MasterCard, and American Express are accepted. Credit cards must be presented upon arrival or a credit card authorization must be received prior to arrival with the cardholder's signature. If paying by cash, we still require a credit card to be kept on file for any incidental charges. Direct billing must be arranged with the hotel prior to arrival.

## Parking

VALET PARKING ONLY: \$35 per Day (Included in All Wellness Packages)

## Roll aways & cribs

We have a limited number of roll away beds and cribs available for \$50 per stay. Please request one upon booking your reservation if needed. Due to fire codes not all rooms are able to accommodate roll aways, please check with your reservation agent when booking.

## Refrigerators

Each resort guestroom has a stocked minibar fridge for your convenience.

## Smoking policy

Wellness is our number one priority. All of our resort guestrooms are non-smoking and there is no smoking on guestroom balconies or patios. In addition, smoking is prohibited on pool decks, restaurant patios, and beach. This policy also applies to electronic smoking devices.



## Pet Acceptance Agreement:

Welcome to The Amrit Ocean Resort and Residences. We look forward to providing a memorable stay for you and your pet. To ensure the comfort and enjoyment of our guests the following policies apply to your pet's stay:

1. Pet Fees. There is a \$200.00 USD non-refundable Pet Cleaning Fee per stay, per pet. Service animals are exempt.
2. Damage Assessment. You will be billed for any damage caused by your pet or for any extraordinary cleaning necessary after your dog's stay. You must tender a valid credit card at check-in as payment for any damage or extraordinary cleaning costs related to your pet's stay. By signing this agreement, you expressly authorize the Hotel to charge these costs to your credit card during or after your stay.
3. Acceptable Pets. We welcome all well-mannered, disease-free pets weighing 40 pounds or less. We reserve the right to require immediate removal of any pet that displays dangerous or unacceptable behavior, including, but not limited to, biting, excessive barking, evidence of disease, or urination or defecation in public areas. No more than two dogs may occupy each guest room. You will be responsible for all charges relating to the removal of your pet including transportation and kennel charges.
4. Pet-Friendly Areas. Pets are not allowed in public areas where F&B is served or consumed. For your convenience, a Pet Walk and waste receptacle are located [INSERT specific names of locations]. Please dispose of dog waste appropriately.
5. Pet Control / Containment in Public Areas. Pets must be leashed, caged, or firmly held when they are in all common areas of the hotel, including the Pet Walk / Beach.
6. "Do Not Disturb" Sign. Please place the "Do Not Disturb" sign on the outside of your door whenever your pet is in your room. We kindly ask that the pet not be left in the room unattended at any time during your stay. For your convenience our concierge team can assist you with arranging a dog sitter for your stay.
7. Housekeeping. For the safety and comfort of your pet, Housekeeping will enter your room only if: (a) your dog is not present or (b) you are present, and your dog is leashed or caged. Please contact our Call Center to arrange a convenient time to service your room.
8. Insurance. You represent that you maintain personal liability insurance in reasonable amounts sufficient to protect against damage or injury caused by your dog.
9. Release and Indemnification. You agree to release, defend, and indemnify The Amrit Ocean Resort and Residences from any and all claims or damages related to your pet or your pet's stay at the Hotel, including any claims by third parties.

### AGREED AND ACCEPTED:

_____	_____
PET NAME	YOUR NAME
_____	_____
PET WEIGHT	SIGNATURE
_____	_____
PET BIRTHDAY	MOBILE PHONE NUMBER
_____	_____
TODAY'S DATE	ROOM NUMBER



we look forward to welcoming you!

BODY  
MIND  
SPIRIT

Amrit®

OCEAN RESORT & RESIDENCES  
WELLNESS FOR LIFE®

3100 NORTH OCEAN DRIVE, SINGER ISLAND-RIVIERA BEACH, FL 33404

(844) 692-6748 | [AmritOceanResort.com](http://AmritOceanResort.com)