



AMANYARA

Visiting Specialists
2023 - 2024

Movement, mindfulness and spa therapies amid the year round sunshine of Turks and Caicos.

Throughout the year, Amanyara welcomes the world's most accomplished experts for a series of specialised wellness programmes.

Visiting specialists includes revered practitioners in health, fitness and holistic wellbeing traditions – ranging from masters of Therapeutic bodywork to world leading sports therapists, stress management coaches and professors of mindfulness and meditation.

Amanyara's extensive facilities and training programmes can help guests looking to improve both general fitness and individual sporting performance, with personal trainers, tennis instruction for all ages, and boxercise sessions in the dedicated studio. Private sessions covering a range of techniques are available, including Pilates in the fully equipped studio, restorative yoga and guided breathing and meditation.

The Specialists



Toby Maguire (All Year)
Resident Wellness Manager

Toby Maguire's journey into wellness began in his early 20's when a book on meditation completely transformed his life. Wishing to learn more and deepen his practice, he moved to Thailand in 1998 where he began to study in Buddhist monasteries. It was during this period that he also became interested in Eastern Medicine and studied Thai Massage, Acupuncture, Qi Gong and Hypnotherapy.



Erika Bloom (All Year)
Specialist

The Erika Bloom Method encompasses Essential Movement as well as holistic nutrition, meditation, fascia release and complementary medicine. Within these offerings, you will receive full support from certified specialists in a calm, embodied state for any age, body type or condition.



Lenon Buenafe
Resident Spa Specialist

Lenon is our resident Physiotherapist who, after graduating 2006, began her career working in the physical medicine and rehabilitation unit of a hospital in the Philippines. In 2008, she decided to expand her experience and work overseas as a Massage Therapist, but her background soon lead her into training where she was able to share her broad knowledge of anatomy and physiology with other massage therapists.



Jick Cabebe
Resident Spa Specialist

Jick joined Amanpulo 14 years ago where he worked as a spa trainer but left to gain more knowledge in other more advanced techniques such as Thai massage, Reflexology, Shiatsu and Cupping. He specializes in an alternative therapy called Hilot, an ancient Filipino art of healing that works on a physical and emotional level. It incorporates chiropractic like manipulation with specialized massage techniques on the Musculo skeletal system.

The Specialists



Trayl Aitken-Cade

December 2022 – February 2023

Trayle started his career in South Africa working as a Personal Trainer and massage therapist in 2003. In 2006 he moved to Thailand where he studied Thai Massage and Reflexology at the Old Medicine Hospital and spent several years teaching Massage to students from all over the world. Soon after he opened his own practice in a Sports club and then later in a medical center. Since then, he has studied various forms of advanced massage techniques.



Shauna Shapiro

February 2023

Shauna Shapiro, PhD is a best-selling author, clinical psychologist and internationally recognized expert in mindfulness and self-compassion. Shauna has presented her research to the King of Thailand, the Danish Government, Bhutan's Gross National Happiness Summit, and the World Council for Psychotherapy, as well as to Fortune 100 Companies. Shauna is a Summa cum Laude graduate of Duke University and a Fellow of the Mind and Life Institute, co-founded by the Dalai Lama.



Ana Mattos

March 2023 – May 2023

Ana is an internationally acclaimed osteopath and naturopath based in London. She trained in Sports Massage Therapy, graduated from the British College of Osteopathic Medicine in Osteopathic and Naturopathic Medicine, and completed her formal studies with a Masters in Pediatric Osteopathy. Ana specializes in the fields of children and women's health, sports injuries, biomechanical realignment and Biodynamic Cranial Osteopathy.



Don Saladino

April 2023

For over 20 years, Don has coached actors, athletes, musicians, and business executives. In 2005, he opened his NYC Gym, Drive 495. He appeared on the cover of the iconic Muscle & Fitness Magazine and has been tapped as a fitness expert and featured in major publications such as Muscle & Fitness, Men's Health, Men's Fitness, Cosmo, Shape; and has made appearances doing live fitness demos on The Today Show, E News, The Juice & others.

The Specialists



Erika Bloom
November 2023

Erika founded Erika Bloom Pilates in 2003. She is known around the world for her transformative method that begins with movement-based healing to restore holistic balance to the body and mind. She has extensive training and clinical experience in sports conditioning and holistic treatment of postural imbalances. She is passionate about working with women throughout all stages of life and is a trained doula and pre and postnatal Pilates and yoga specialist.



Julian Martin
November 2023 – January 2024

Julian specializes in sports injury rehabilitation and remedial massage. After finishing his studies, he worked alongside chiropractors and physiotherapists in a multi-disciplinary clinic in Sydney for six years, where he was treating rugby team players for pre and post-games massage. Soon after he opened his own practice in a sports club and later, medical center.



AMANYARA

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