



AMANYARA

Wellness Specialists
2023 - 2024

Movement, mindfulness and spa therapies in the year-round Turks and Caicos.

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

Visiting specialists include 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.

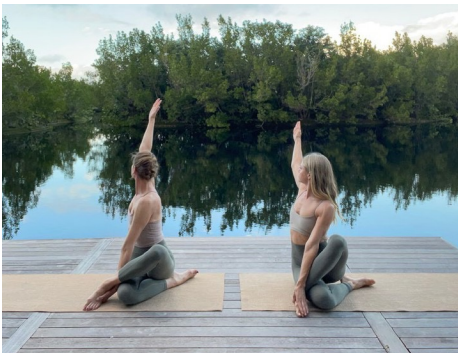
Amanyara's extensive facilities and training programmes can help guests looking to improve both general fitness and individual sporting performance, with personal trainers, tennis instruction for all ages and boxercise sessions in the dedicated studio. Private sessions covering a range of disciplines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

Amanyara's Resident Specialists



Toby Maguire (All Year)
Resident Wellness Manager

Toby Maguire's journey into wellness began in his early 20s 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

Noted for her unique approach to Pilates developed at her studios in Manhattan, Greenwich and the Hamptons, Erika is a former professional dancer who has been studying Pilates and numerous other therapies for 30 years. The Erika Bloom Method encompasses Essential Movement as well as holistic nutrition, meditation, Myofascial Release and complementary medicine.



Lenon Buenafe
Resident Spa Specialist

Lenon is our resident physiotherapist who, after graduating in 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.

Amanyara's Resident Specialists



Jick Cabebe
Resident Spa Specialist

Jick joined Amanpulo 14 years ago as a spa trainer. After several happy years he left to expand his knowledge, gaining experience in Thai Massage, Reflexology, Shiatsu and Cupping. Today he specialises 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 specialised massage techniques on the musculoskeletal system.



Dahlia Pilien
Resident Wellness Specialist

A highly trained neuromuscular therapist, Dahlia Pilien specializes in Neuromuscular, Trigger Point, Deep Tissue and Sports Massage. Her 18 years of experience in the wellness field includes 15 years working in Aman Spas in the USA, the Caribbean and the Philippines. Dahlia has a deep understanding of how to enhance movement and of the deep connection between body and mind.

Visiting Specialists



Joao Santos

November 2023 – February 2024

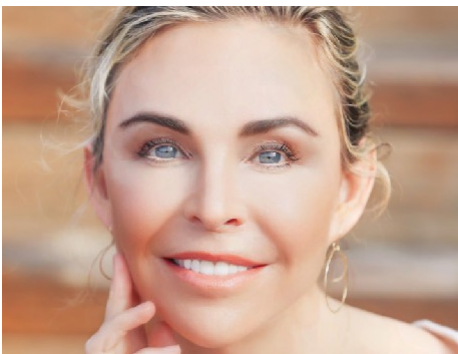
Joao Santos is a highly regarded international wellness practitioner who has been consistently learning and developing his own massage techniques for more than 20 years. With a solid foundation and knowledge of anatomy and physiology, he offers an intuitive, holistic approach to wellbeing that is based on Tui Na, Thai, Swedish and Sports massage. Joao delivers an exquisite and unparalleled body therapy specifically tailored to meet your individual needs.



Irene Maranon Villa

November 2023 – February 2024

Building on her background in physiotherapy, Irene Maranon Villa is a Holistic Therapist with experience in Stress Release & Management, Bahiku (Aquatic Bodywork), Chinese Traditional Medicine, massage (Sport, Therapeutic and Shiatsu) and Psychosomatic Release (NARM). She has previously worked at Amanzoe in Greece.



Shauna Shapiro,

PhD

February 2024

Shauna Shapiro is a best-selling author, clinical psychologist and expert in mindfulness and self-compassion. A Fellow of the Mind and Life Institute, co-founded by the Dalai Lama, 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 various Fortune 100 Companies.



Greg Beale

March – May 2024

Greg Beale is a Manual Therapist and fitness instructor who has previously worked as a visiting practitioner at Amanoi and with Six Senses. With over 13 years of experience in the spa and fitness industry, he has received advanced training in Swedish massage, Thai massage, Sports massage, Orthopedic Manual Therapy and Rehab Therapy.

Visiting Specialists



Brooke Taylor

April 2024

Brooke Taylor is a highly qualified NYC-based personal trainer with over 20 years of experience in the fitness industry. She is the creator of the Brooke Taylor Fit App, owner of Taylored Fitness NY LTD and holds an impressive 98 certifications, including STOTT PILATES® Instructor Trainer, Weight Loss Specialist, Fitness Nutritionist Specialist, TRX, Kettlebell and Barre. With a specialisation in functional training, pre-postnatal fitness, nutrition and weight loss, Brooke designs personalised programmes that encompass corrective exercise, cardiorespiratory training and effective weight management strategies.



Caroline Alboneti

June – July 2024

Caroline Alboneti started her holistic wellness journey in 2010 and this path has guided her through 46 countries and seven seas working as a spa therapist, Traditional Chinese Medicine (TCM) physician and a wellness consultant. She approaches beauty and health from an inner perspective and is guided by the world's ancient wellness philosophies, encouraging each individual to achieve their own personal best through the integration of body, mind and emotions.



Erika Bloom (Popup)

November 2024

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.

Summer Popups



David Bowen

May 2024

David Bowen was introduced to mind, body and spirit concepts in the early 70s as a Martial Arts student, before beginning Hatha Yoga training in 1973. He moved to New York in 1979 on a dance scholarship, but continued to practice yoga. In 1984 he studied meditation, yoga philosophy, Nada (sound) Yoga and Ayurveda in Goa, India. He later moved to Tokyo, Japan where he studied Zen Buddhism and taught Hatha Yoga for 10 years before returning to the Turks and Caicos to take up a government post as Director of Culture. He currently runs his own yoga training school and will be bringing both yoga and sound healing to his summer popups at Amanara.



Scott Beven

June 2024

Based in the Turks and Caicos Islands, Scott Beven is an integrative health and fitness coach with more than 20 years' experience in the health and wellness industry. Scott addresses the physical and cognitive aspects contributing to improved health, fitness and vitality. His mission is to teach people how to embody and live a "whole", sustainable lifestyle and his workshops focus on the primary movement patterns of the body, educating guests exactly what muscles to engage with and the postural relevance of each movement.



Lindsay and Laura Mensen

July 2024

Lindsay and Laura Mensen are sisters and cofounders of KYN with over 15 years in the health and wellness industry. Having grown up in both Canada and the Turks and Caicos Islands, they began their entrepreneurial adventure with a boutique yoga studio and vegetarian cafe in their adopted Caribbean home. KYN has grown to become a holistic lifestyle company that provides a unique, knowledgeable perspective on living well, delivered through movement, nutrition and discovery.



Ainara Valero Pino

August 2024

Hailing from Bilbao, Spain, Ainara Varela Pino graduated with a HND in Dance from Glasgow University in 2004 and qualified as a yoga instructor in 2006. Whilst teaching dance and yoga in London, she discovered and fell in love with Bio Danza, which comes from the Greek bio (life) and the Spanish danza (dance) and can be translated as "the dance of life". Bio Danza promotes the ability to connect with one's emotions and to express them in a safe and positive manner through dance and movement. Practitioners experience the space to heal and deeper bonds with nature and those around them.



A M A N Y A R A

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