



AMANYARA

Visiting Specialists
2024 - 2025

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.

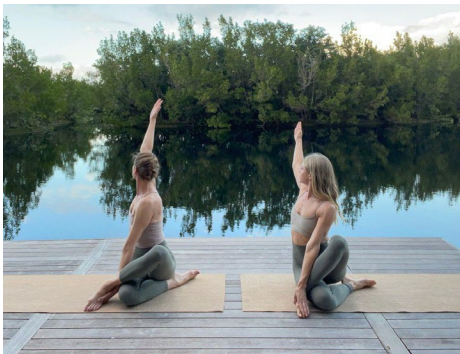
Amanyara's Resident Specialists



Aga Niestoj

Resident Wellness Manager

With over 14 years of experience in movement, body work, and producing holistic retreats, Aga shares a wealth of knowledge that complements the wellness facilities available at Amanyara. As a trained consultant, body worker and boxing coach with a strong Pilates, Yoga, and meditation background, Aga is well suited to exploring individual guests' goals and needs and harnessing the programming and facilities of the spa to tailor a regiment encouraging healthful changes that may begin in the serenity of the spa at Amanyara, but can carry through to positive impacts in daily living.



Erika Bloom Specialists

In Residence

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. Throughout the year, Erika Bloom trained specialists take residence at Amanyara to offer guests a complete wellness programme.



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.

Summer Popups



David Bowen

May 24 – 25

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 Amanyara.



Scott Beven

June 7 – 8

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 5 - 6

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 Valera-Pino

August 2 - 3

Hailing from Bilbao, Spain, Ainara Valera-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.

The Specialists



Julian Martin

November 2024 – February 2025

After finishing his studies, Julian spent six years working alongside chiropractors and physiotherapists in a multidisciplinary clinic in Sydney, where he was treating rugby team players with pre- and post-game massage. He later opened his own practices in sports clubs and medical centres. Julian brings his expertise in sports injury rehabilitation and remedial massage to guests of Amanyara.



Irene Maranon Villa

November 2024 – February 2025

Irene Maranon Villa is a Holistic therapist with a background in Stress Release & Management, Bahiku (Aquatic Bodywork), Chinese Traditional Medicine, Massage (relax, sport, therapeutic and Shiatsu), Psychosomatic release (NARM). She also has a background in physiotherapy and previously worked for Amanzoe.



A M A N Y A R A

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