

A photograph of a gym interior. On the left, two large black exercise balls are stacked. In the center, a black mat hangs from a rack. To the right, a jump rope is hanging. On the floor, there are several pieces of equipment: a grey dumbbell rack on the left containing 10, 7.5, and 5 lb dumbbells; two black kettlebells labeled 'TOUGHFIT 30LB' and 'TOUGHFIT 20LB'; and a grey dumbbell rack on the right containing 20, 15, and 10 lb dumbbells. The floor is dark grey with light-colored grout. The lighting is warm and directional, creating long shadows.

AMANYARA

Visiting Specialists
2024-25

Movement, Mindfulness and Spa Therapies in Turks and Caicos

Throughout the year, Amanyara welcomes some of 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 our dedicated studio. Private sessions covering a range of disciplines are available, including Pilates, restorative yoga and guided breathing and meditation.

Amanyara Resident Specialists



Aga Niestoj

Resident Wellness Specialist

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

Specialist 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.

Visiting 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 Amanvara.



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) and Psychosomatic release (NARM). She also has a background in physiotherapy and previously worked for Amanzoe.



Jane Wong

March – May 2025

Originally from Taiwan, Jane Wong is an Integrative Wellness Consultant with over 20 years of experience in the health and wellness field and is qualified in both Eastern and Western modalities for movement and manual therapy. Jane specialises in fascial/connective tissue, energy rebalancing with goals to achieve optimal functionality and performance while her studies of Buddhism also have a significant influence on her work both personally and professionally.

Wellness Popups & Retreats



Shauna Shapiro

February 2025

Shauna Shapiro, PhD is a best-selling author, clinical psychologist and internationally recognised 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.



Brooke Taylor

May 2025

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.



Don Saladino

May 2025

After operating his successful New York City gym, Drive 495, for 15 years, Don developed a global online fitness business and became a household name in the industry, training some of Hollywood's biggest names. Now known as the 'Superhero Coach' due to his astonishing fitness transformations of renowned actors, athletes, and other international celebrities, Don Saladino will bring his wealth of experience in fine tuning the human body to Amanyara's shores this May.

Wellness Popups & Retreats



David Bowen

Summer 2025

David Bowen is Amanyara Resident Specialist on TCI. He 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 dance scholarship but continued to practice yoga and in 1984 studied meditation, yoga philosophy, Nada (sound) yoga and Ayurveda in Goa, India. He moved to Tokyo, Japan in 1986 where he studied Zen Buddhism and taught Hatha yoga for 10 years before returning to Turks and Caicos in 1997, taking up a post as Director of Culture with the Turks and Caicos Government.

He currently runs his own yoga training school and will be bringing both yoga and sound healing to the Movement and Stillness retreat.



Lindsay Mensen

Summer 2025

Lindsay and Laura Mensen are sisters and Co-Founders of KYN. They have been working closely in the health and wellness field for over 15 years. 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 is now a holistic lifestyle company that provides a unique, knowledgeable perspective on living well, delivered through movement, nutrition and discovery.



Jonah Kest

November 2025

Jonah Kest is a renowned American yoga teacher, known for his expertise in the Ashtanga Vinyasa yoga. Born into a lineage of yogis, with his father, Jonny Kest, a pioneering figure in the United States, Jonah has yoga deeply ingrained in his life philosophy.

Jonah's teaching style is marked by a blend of traditional Ashtanga discipline and his own innovative approaches to Vinyasa. This unique combination creates a dynamic and challenging environment for his students, encouraging them to push their limits while maintaining a focus on mindfulness and the spiritual aspects of their practice.



A M A N Y A R A

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