



— THE —  
ORIENTAL SPA  
— HONG KONG —

## **Pilates Instructor Profiles**

# Pilates Instructor Profile

## Anna Wong

Before being a certified Personal Trainer (AASFP), Pilates Instructor (Mat & Studio) and further develop herself in Gyrokinesis and Gyrotonic, Anna spent much of her time in gliding with poise around the ice skating rink and has been involved in various dance performance as a dancer on the musical stage and a dance teacher. She has been trained in Ballet and Broadway Jazz.

Anna's love for people and for body movement has always shined through in all her classes, reflected in her fun-loving approach to teaching and her emphasis on techniques. Her goals in teaching is to share her knowledge and skills in helping everyone to succeed in reaching their body potential, carry a proper posture with optimum body performance and returning the balance of both the mind & body.

Her eagerness in learning the knowledge of mind & body connection brings her many valuable opportunities to work with different well-known studios and clubs in the market.



# Pilates Instructor Profile

## Tami Tsang

Tami turned to Pilates to address her knee pain caused by lack of body awareness and improper posture. She was amazed by how much her body can do and how little she knows about her own body. Tami's curiosity leads her to pursuing a number of certifications under her belt.

She enjoys working with her clients to explore their limits and possibilities, finding ways to help her clients to address their concerns and needs. She believes every human body is unique, and every discovery is inspiring.

### Qualifications

- Yamuna Body Rolling, Teachers' Trainer
- Yamuna Foot Fitness
- Yamuna Pelvic Floor work
- Yamuna Face Ball
- Diploma in Slings Myofascial Training, Teacher Advanced Level, Art of Motion Training in Movement
- Matwork, Garuda Foundation Reformer, Garuda Foundation Apparatus A, Garuda Foundation
- Certified Instructor in Matwork, Reformer, Cadillac, Chair and Barrels, Level 1, STOTT PILATES
- Gyrotonic Level 1



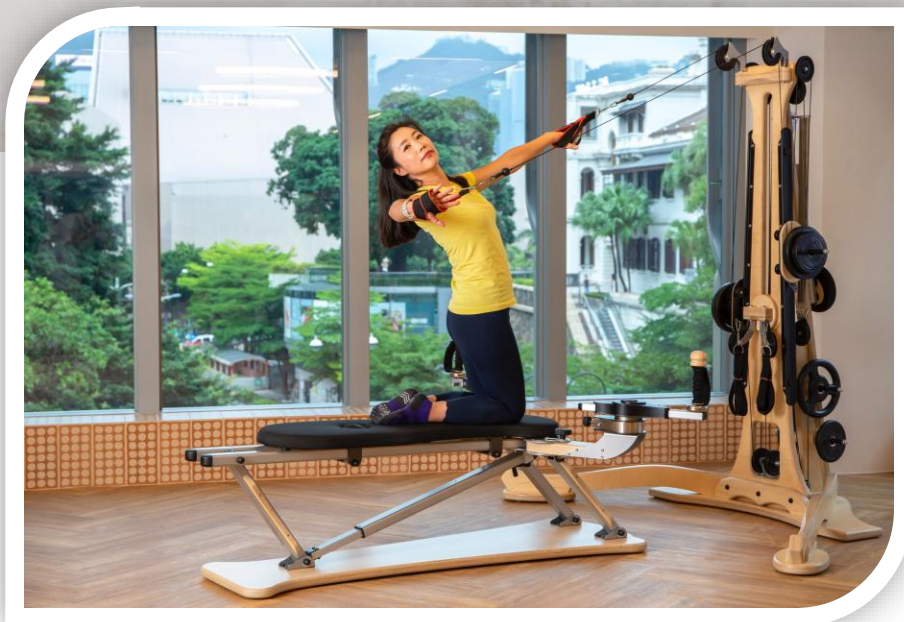


# Pilates Instructor Profile

## Iris Law

Iris is a Certified GYROTONIC® Trainer. After spending two decades working in Investment Banking, Iris decided to pursue her life-long passion in health and wellness. She started practicing Gyrotonic since 2016 due to neck and shoulder pain. Over the years, she has witnessed how her body has transformed with more strength and stamina. She received training in various Gyrotonic equipments under a number of Master Trainers in New York, London, Tokyo, Kyoto and Hong Kong.

Iris is also a Health & Wellness Coach and a Mind-Body Practitioner with a deep understanding of mind-body connection in achieving optimal overall wellbeing. She well-understands how challenges in work and life could lead to poor postures and weakened body conditions. Her approach is to provide a positive and encouraging environment for her clients to strengthen their muscles, improve posture, increase range of motion, and as a result to prevent pain and injury.



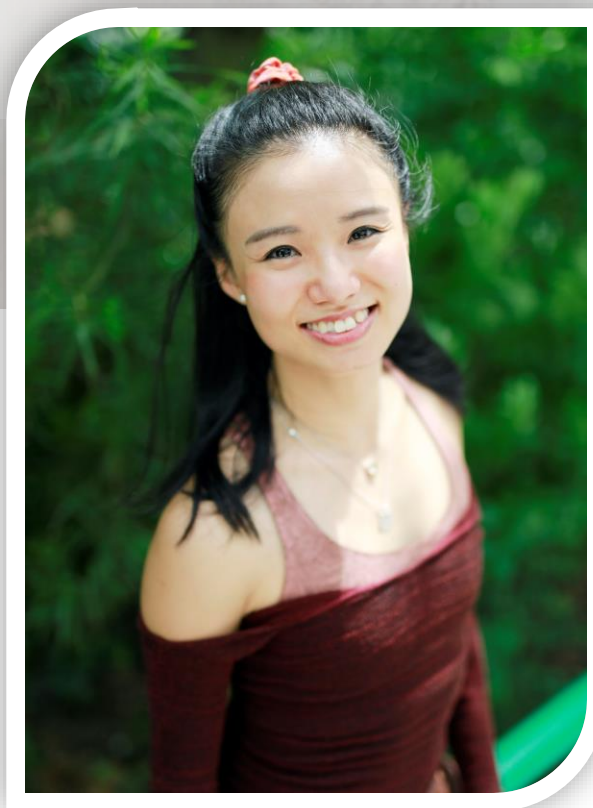
# Pilates Instructor Profile

## Angel Chung

A qualified nurse, Angel's journey with Pilates began as a way to rebuild core strength following the birth of her son. Amazed by the restorative power of Pilates, Angel was eager to learn more and pursued instructor training, earning certificates in both Comprehensive Pilates (Rehab) and as a **GYROTONIC®** trainer.

Angel is a strong believer in the healing power of movement and embraces a movement lifestyle that includes strength training and running. She has completed the Hong Kong half-marathon. On occasion, she also enjoys horse riding and sailing, and has competed in the return race from Hong Kong to Macau.

Angel is thrilled to be part of the team and feels immense gratitude for the opportunity to share her expertise as a health and fitness practitioner, while continually learning from her clients.





# Pilates Instructor Profile

## Arnold Siew

Arnold Siew graduated from Hong Kong Baptist University BA(Hons) and studied at The Education University of Hong Kong. He is passionate to be a teacher but finally switches to being a movement coach after his first teaching at California Fitness center accidentally.

In the journey of Arnold's career, Arnold taught in global corporations such as California Fitness center, Fitness First Hong Kong, American club, and Jockey club. In 2005, He switched his focus to pilates and yoga. Arnold attained the first Polestars Pilates Certification in 2005 and

STOTT pilates certification in the next few years. In recent years, he has gone further in his study to some rehabilitation-related training to help clients develop movement patterns in their daily life for injury prevention.

Empathy and understanding clients' feelings and needs fully drive Arnold to progress himself in his career.



# Pilates Instructor Profile

## Esther Ng

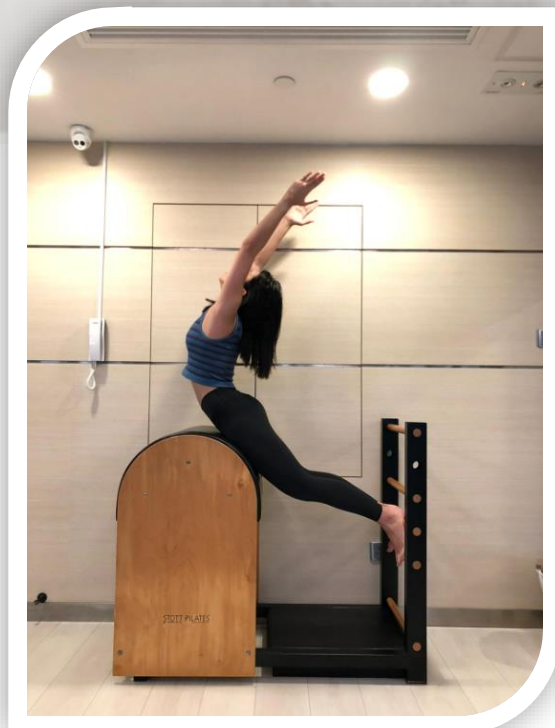
Esther Ng is a STOTT certified pilates instructor, currently active in Hong Kong and Macau.

Enthusiastic about all types of training, Esther eventually dove deep into pilates when it answered her injured lower back problems back in 2017. She completed her first instructor training in Singapore in 2018. With consistent practice, the anatomy-emphasis and body awareness in pilates is widely applicable, and helps her improve with her weight training and as she explore new sports.

Esther looks forward to serving bodies of all types, so they can benefit in moving their body effectively and safely, and overall perform better in whatever sport they do.

### Pilates Qualifications

- STOTT Pilates certified in Reformer and Mat Level 1
- STOTT Pilates Advance Reformer trained
- STOTT Pilates Cadillac, Chair and Barrel Level 1 trained
- STOTT Pilates Injuries and Special Populations trained
- Pre & postnatal Pilates training with Erica Bell Pilates
- Rehab training for Pilates instructor with Calibrate Pilates Vancouver (ongoing)





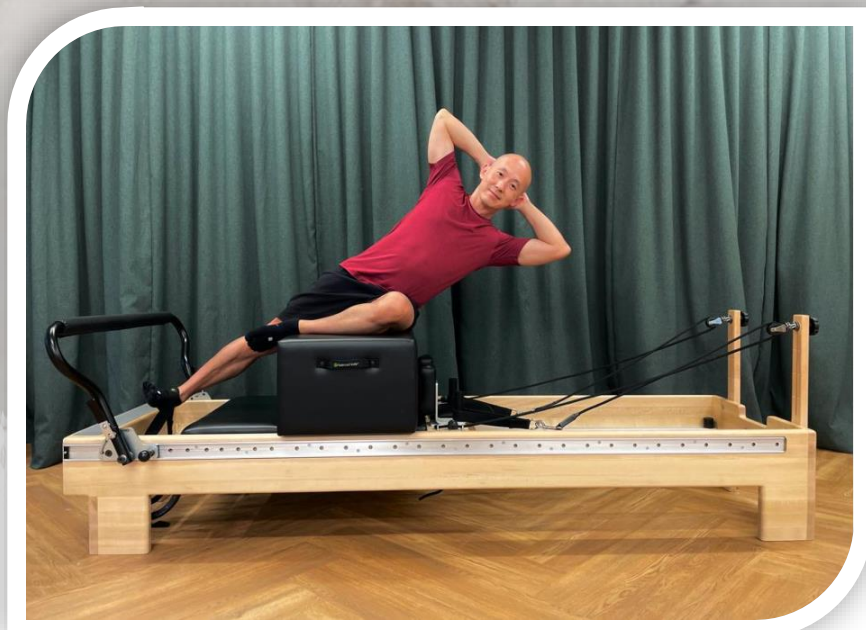
# Pilates Instructor Profile

## Francis Cheung

Francis started his teaching in group exercise, extending to Personal Training and Pilates with 16 years of experience. Throughout the hardcore work from weight training and HIIT

Francis understands that building a strong core from Pilates was an essential to achieve strength and flexibility for better posture and heavier life.

*Sharing knowledge, experiences and passion  
can always enhance the quality of living*





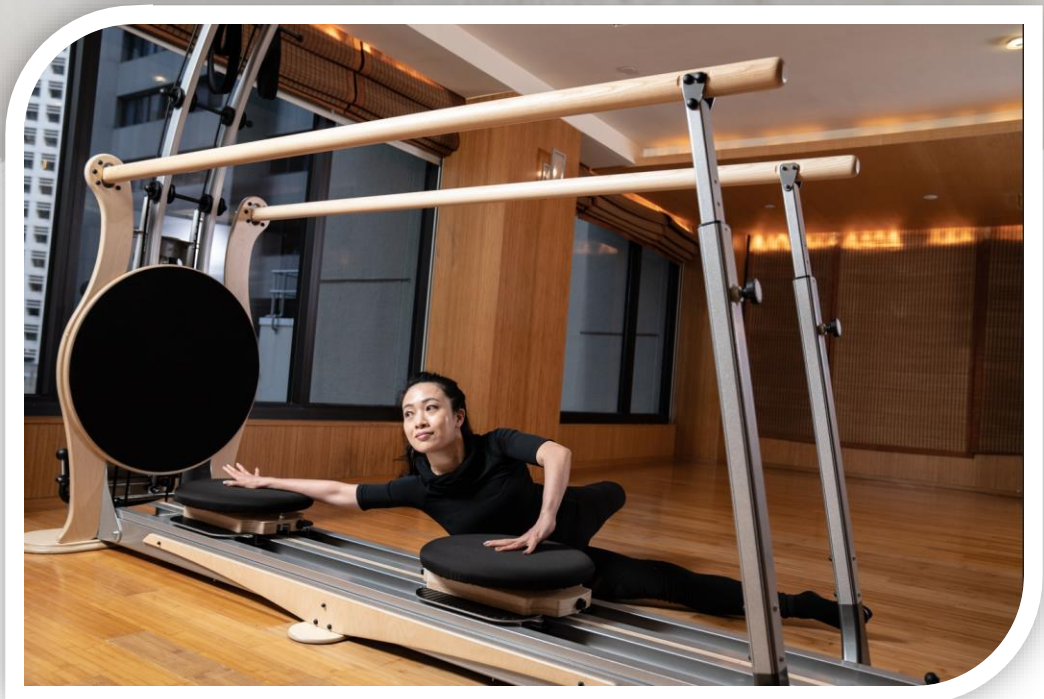
# Pilates Instructor Profile

## Irene Tsang

Irene has been a Pilates Instructor since 2001. Irene received her qualification of Pilates Instructor in Floor, Reformer & Cardiliac Work from Pilates Institute of Australiasia.

Irene is qualified in both Gyrotonic and Gyrokenesis training and is also qualified as an Advanced Personal Trainer. Irene has a strong dance background with a major focus on Hip Hop and house dancing and is a multi awards winner in these areas locally and overseas.

Irene is an excellent instructor on body movement and posture. Her delicate approach has been very well received by all her clients.



# Pilates Instructor Profile

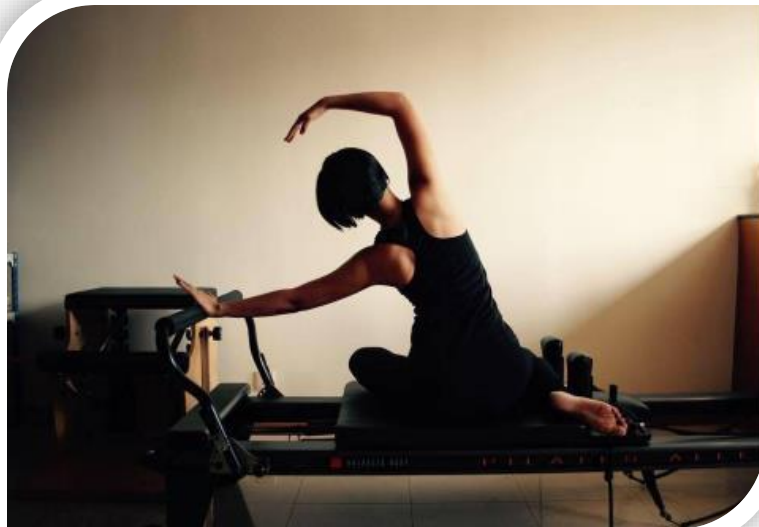
## May Chung

May has entered the fitness arena at a young age due to her innate ability in body awareness. She attained her pilates qualification in 2008, and subsequently her Gyrotonic qualification in 2013, after experiencing how the two methods complement each other in her clients' rehabilitation. She has a deep passion in helping clients achieve mobility, strength and balance.

Through the years May has had the opportunity to diversify her skills at various gyms, boutique studios, hotel fitness centres and chiropractors clinics. She has worked with people from all walks of life, from teenager to elderly, clients with osteoporosis, frozen shoulders, Parkinson's disease, pre/ post hip-replacement, knee replacement, as well as pregnant ladies, fitness trainers, professional athletes.

May believes that all rounded knowledge is crucial for her clients and therefore she is also qualified in cranial-sacral therapy, and the Gyrotonic specialised equipments such as the Gyrotoner and the Jumping Stretching Board.

With a mindset that we are all born different, May is happy to work with the existing framework, explore different possibilities, and provide the tools and skills needed to improve your longterm wellbeing. May welcomes you to join her in making the impossible possible.





# Pilates Instructor Profile

## Meela Chan

Meela started out as a banker in Vancouver, Canada for ten years. An automobile accident in the late 1980's had left her with recurring back pain exacerbated by long hours sitting in front of her computer. In her ongoing search for pain relief, Meela started practicing Pilates in 1994 in Vancouver. Meela's back pain quickly disappeared and she was left intrigued by her experience with Pilates. Eventually, Meela decided to leave the banking industry and started her Pilate's teacher training with Michelle Larsson (Michelle worked with Eve Gentry, Eve was one of the first students of Joseph Pilates) in Santa Fe, New Mexico.

Studying at Core Dynamics Studio in Santa Fe allowed Meela to practice and analyze exercises for developing flexibility and strength in the abdominal and back muscles. Treating injuries and using Pilates as rehabilitation tool was integral to her training with Michelle as were the elements of mental and physical coordination and body awareness. Meela also learned how to utilize and adapt the exercises created by Joseph Pilates to customize exercise programs for different body types.

