



THE
ORIENTAL SPA
HONG KONG

Pilates Instructor Profiles

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

Cindy Marilyn

Graduated from Adventist University of the Philippines with a major in BSC-Marketing. She is originally from Jakarta, Indonesia. After a few years of experience working in some big companies in Indonesia, she later finding out her passion in health and fitness after she was being offered to take some fitness trainings in Fitness First Indonesia.

Her journey in fitness started in 2019, she taught in some big chain fitness companies in Indonesia such as Fitness First Indonesia and Gold's Gym Indonesia. Then, in 2012 she was introduced to Pilates and took her first Pilates training in STOTT Pilates and studied also the other method from PAI (Pilates Academy International). After she took all the trainings for the certifications, she then worked in a Pilates studio in Indonesia and switched her focus entirely to Pilates.

In 2016, she got an offer to move to Hong Kong and taught in Pure Fitness. In there she taught different programs of fitness from Les Mills and taught Mat Pilates. Throughout the recent years, she kept on upskilling herself with some workshops and trainings for fitness and Pilates. She is always interested in helping people to achieve their fitness goal and at the same time keep helping clients to build their awareness and strength in movements through Pilates.

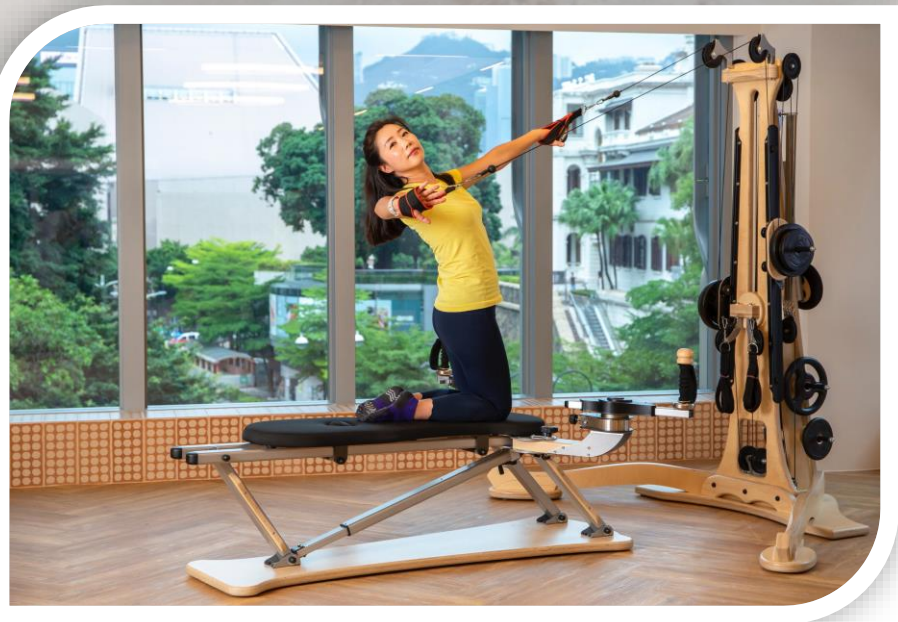


Pilates Instructor Profile

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 is a Polestar-certified Pilates instructor based in Hong Kong.

After graduation, Arnold developed a passion for fitness training. He explored various disciplines, including spinning, aerobics, personal training, and HIIT, before delving deeply into Pilates and Yoga in 2005. He completed his Pilates training in both Hong Kong and Singapore. Through consistent practice and teacher training mentoring, Arnold discovered Pilates's wide-ranging benefits. These principles support overall movement and played a key role in helping him recover from a serious sports-related knee injury.

Dedicated to working with individuals of all fitness levels, Arnold aims to help clients move efficiently and safely, enhancing their daily and sports performance in any activity they pursue.

Qualifications

- Gyrotonic and Jump-stretching Board
- Personal Method Alliance (Comprehensive)
- Polestar (Mat, Reformer, Comprehensive)
- STOTT (Mat and Reformer)
- Pilates Academy International (Mat and Reformer)
- PhysicalMind Institute (Mat)
- Chinese Medicine Rehabilitation therapy
- Sports massage, active isolated stretching, stretching, and manual therapy
- The Schroth Best Practice Program
- NASM Personal Trainer
- Yoga certification



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

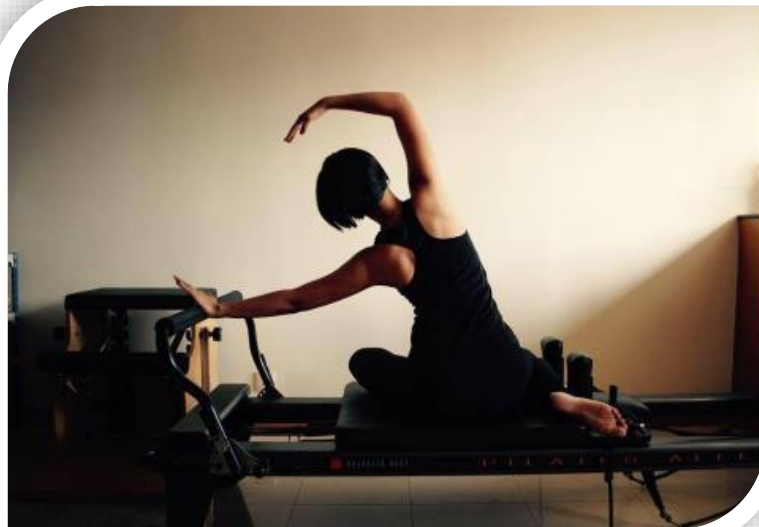
May Chung

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.

