



THE
ORIENTAL SPA
HONG KONG

PILATES INSTRUCTOR PROFILES

PILATES INSTRUCTOR PROFILE

IRIS LAW

Iris is a Certified GYROTONIC® Trainer who made a significant career shift after spending twenty years in Investment Banking to follow her lifelong passion for health and wellness. She began her Gyrotonic practice in 2016 to address neck and shoulder pain, and since then, she has experienced remarkable improvements in her strength and stamina. Iris has trained on various Gyrotonic equipment under numerous Master Trainers in cities such as New York, London, Tokyo, Kyoto, and Hong Kong.

Iris is a dedicated Health & Wellness Coach and Mind-Body Practitioner, possessing profound knowledge of the mind-body connection essential for achieving optimal overall well-being. She recognizes how challenges in both work and life can contribute to poor posture and compromised physical health. Her approach emphasizes creating a positive and supportive environment for her clients, helping them strengthen their muscles, enhance posture, expand their range of motion, and ultimately prevent pain and injury.



PILATES INSTRUCTOR PROFILE

Meela chan

Meela started out as a banker in Vancouver, Canada for ten years. A car accident in the 1980s resulted in persistent back pain, worsened by long hours spent at her computer. In her quest for relief, Meela began practicing Pilates in 1994 in Vancouver. To her delight, her back pain quickly subsided, leaving her fascinated by the benefits of Pilates. Eventually, Meela made the decision to leave the banking world and pursue her Pilates teacher training with Michelle Larsson in Santa Fe, New Mexico. (Michelle had previously worked with Eve Gentry, one of Joseph Pilates' earliest students.)

Studying at Core Dynamics Studio in Santa Fe provided Meela with the opportunity to practice and analyse exercises aimed at enhancing flexibility and strength in the abdominal and back muscles. Her training with Michelle emphasized the importance of using Pilates as a rehabilitation tool for treating injuries, as well as the vital elements of mental and physical coordination and body awareness. Additionally, Meela learned how to apply and modify the exercises developed by Joseph Pilates to tailor exercise programs for various body types.



PILATES INSTRUCTOR PROFILE

Angel Chung

A certified nurse, Angel's journey into Pilates started as a method to rebuild core strength after birth. Inspired by the healing benefits of Pilates, she was motivated to deepen her knowledge and pursued instructor training, and successfully earned certifications in both Comprehensive Pilates (Rehab) and as a GYROTONIC® trainer.

Angel is a strong believer in the restorative benefits of movement and adopts an active lifestyle that incorporates strength training and running. She occasionally partakes in horse riding and sailing, having competed in the return race from Hong Kong to Macau.

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Angel is thrilled to share her expertise as a health and fitness practitioner, while continually learning from her clients.



PILATES INSTRUCTOR PROFILE

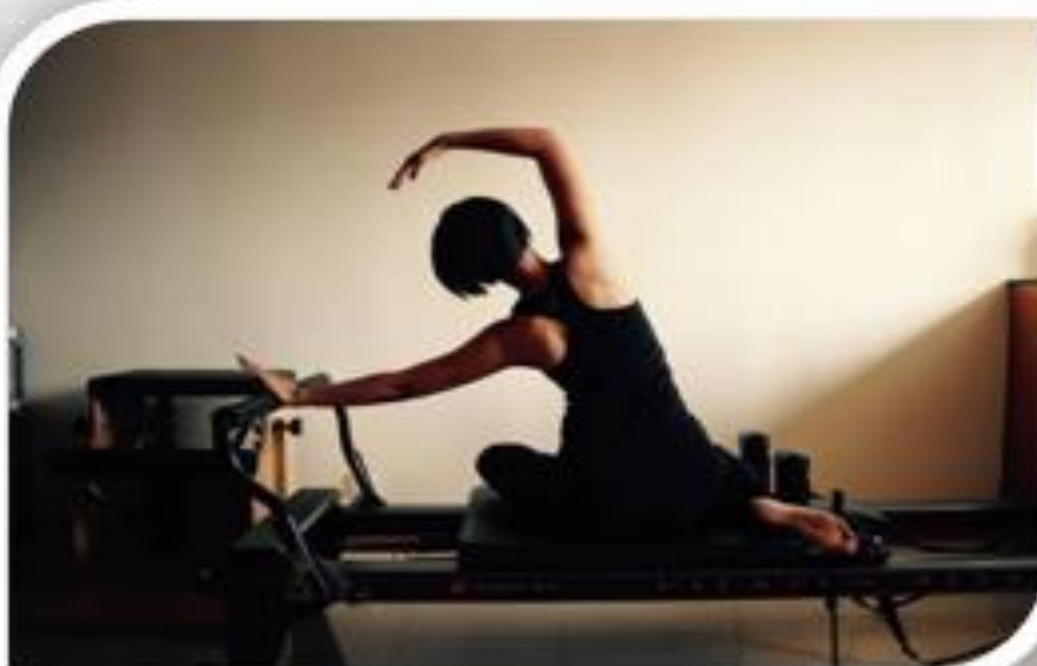
May Chung

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. May is deeply passionate about assisting clients in achieving mobility, strength, and balance.

Over the years, she expanded her skills in various environments, including gyms, boutique studios, hotel fitness centers, and chiropractic clinics. She has worked with individuals from diverse backgrounds, ranging from teenagers to the elderly, as well as clients dealing with osteoporosis, frozen shoulders, Parkinson's disease, pre- and post-hip replacements, knee replacements, expectant mothers, fitness trainers, and professional athletes.

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May believes that well-rounded knowledge is essential for her clients. Consequently, she has also become qualified in cranial-sacral therapy and is trained in using specialized Gyrotonic equipment, including the Gyrotoner and the Jumping Stretching Board. With the belief that we are all uniquely different, May is enthusiastic about utilizing the current framework to explore various possibilities and equip the guests with the tools and skills necessary for long-term well-being.



PILATES INSTRUCTOR PROFILE

Tami Tsang

Tami discovered Pilates as a way to alleviate her knee pain, which stemmed from a lack of body awareness and improper posture. She was astonished by her body's capabilities and how little she understood about it. Driven by her curiosity, Tami decided to pursue several certifications to deepen her knowledge. She takes pleasure in collaborating with her clients to uncover their limits and possibilities, discovering ways to address their concerns and needs.



- 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 the Adventist University of the Philippines with a degree in BSC-Marketing, she discovered her passion for health and fitness after graduation when she was invited to participate in fitness training at Fitness First Indonesia.

Her fitness journey began in 2019, during which she taught at prominent fitness chains in Indonesia, including Fitness First Indonesia and Gold's Gym Indonesia. In 2012, she discovered Pilates and completed her initial training at STOTT Pilates, while also exploring additional methods from PAI (Pilates Academy International). After obtaining her certifications, she transitioned to working at a Pilates studio in Indonesia, fully dedicating herself to Pilates.

In 2016, she received an opportunity to relocate to Hong Kong, where she taught at Pure Fitness. During her time there, she instructed various fitness programs from Les Mills and also taught Mat Pilates. In recent years, she has continued to enhance her skills through workshops and training sessions focused on fitness and Pilates. Her passion lies in assisting individuals in reaching their fitness goals while helping clients develop awareness and strength in their movements through Pilates. Additionally, she is a certified GYROTONIC® trainer.

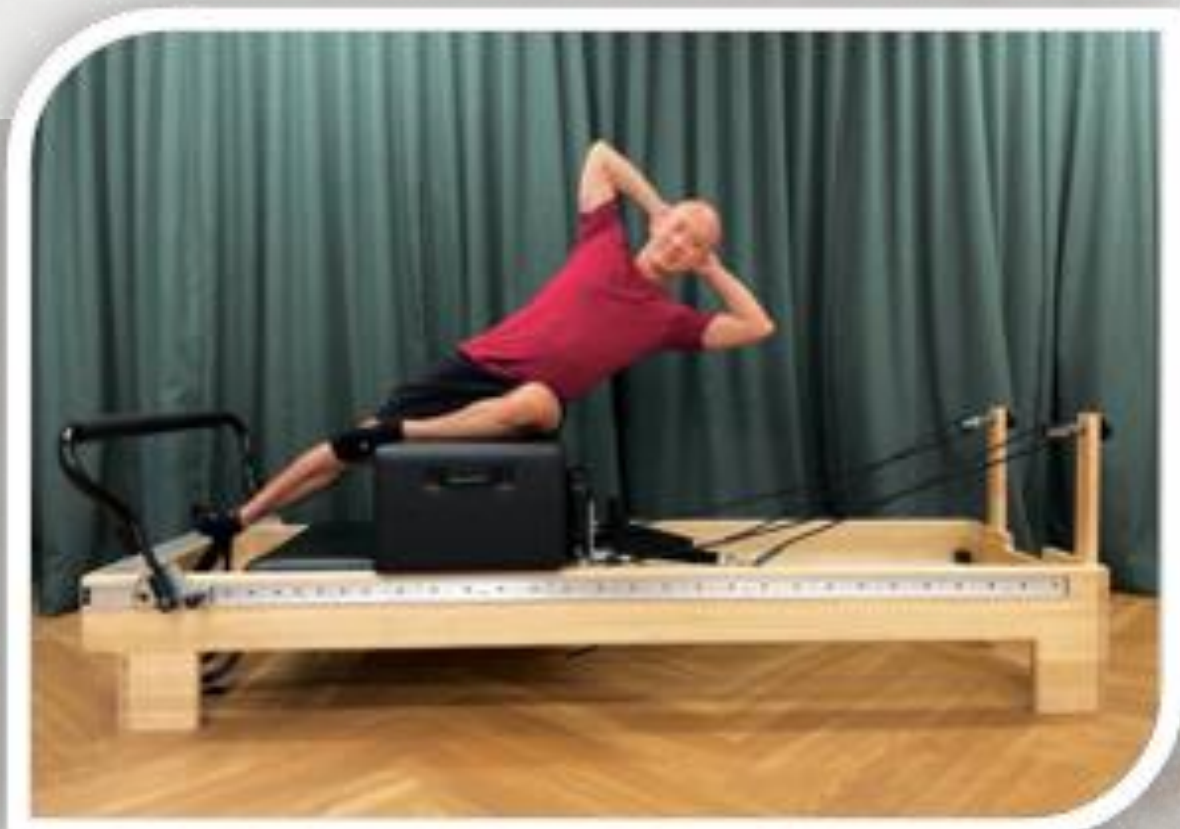


PILATES INSTRUCTOR PROFILE

Francis Cheung

With two decades of experience, Francis embarked on his journey in group exercise instruction and has since broadened his expertise to include Personal Training and Pilates.

His diverse background encompasses intensive weight training, HIIT, and mind-body practices. Francis recognizes the importance of developing a strong core through Pilates and is committed to assisting our guests in enhancing their muscle strength and flexibility. He also focuses on improving posture and overall body strength through Gyrotonic techniques.



PILATES INSTRUCTOR PROFILE

Arnold Siew

Arnold is a Polestar-certified Pilates instructor currently based in Hong Kong. After graduation, Arnold developed a strong enthusiasm for fitness training. He ventured into various disciplines, such as spinning, aerobics, personal training, and HIIT, before immersing himself in Pilates and Yoga in 2005. He completed his Pilates training in both Hong Kong and Singapore.

With a focus on personalized training plans, he tailors each session to meet the unique needs and goals of every client. Arnold believes in the power of education, ensuring that his clients understand the importance of proper form, technique, and recovery. By fostering a supportive and motivating environment, he empowers individuals to push beyond their limits while prioritizing their well-being. Whether it's through improving strength, flexibility, or endurance, Arnold is committed to guiding his clients on a journey toward a healthier, more active lifestyle.

ORIENTAL SPA Qualifications HONG KONG

- Gyrotonic and Jump-stretching Board
- Personal Method Alliance (Comprehensive)
- Polestar (Mat, Reformer, Comprehensive)
- STOTT (Mat and Reformer)
- Pilates Academy International (Mat and Reformer)
- Physical Mind 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

LEVI MEEHAN

Originating from Mount Maunganui, New Zealand, and trained at the prestigious Romana's Pilates International in Sydney, Australia, Levi specializes in Classical Pilates. He infuses each session with a structured flow and emphasizes the mind-body connection.

Whether your goal is to increase flexibility, build strength, refine your movements, or improve coordination, Levi is here to support you. He is dedicated to transforming your Pilates experience into something enriching and fulfilling.

With confidence in his expertise, Levi's genuine passion will elevate your Pilates journey to new heights.

