



THE
ORIENTAL SPA
HONG KONG

Pilates Instructor Profiles

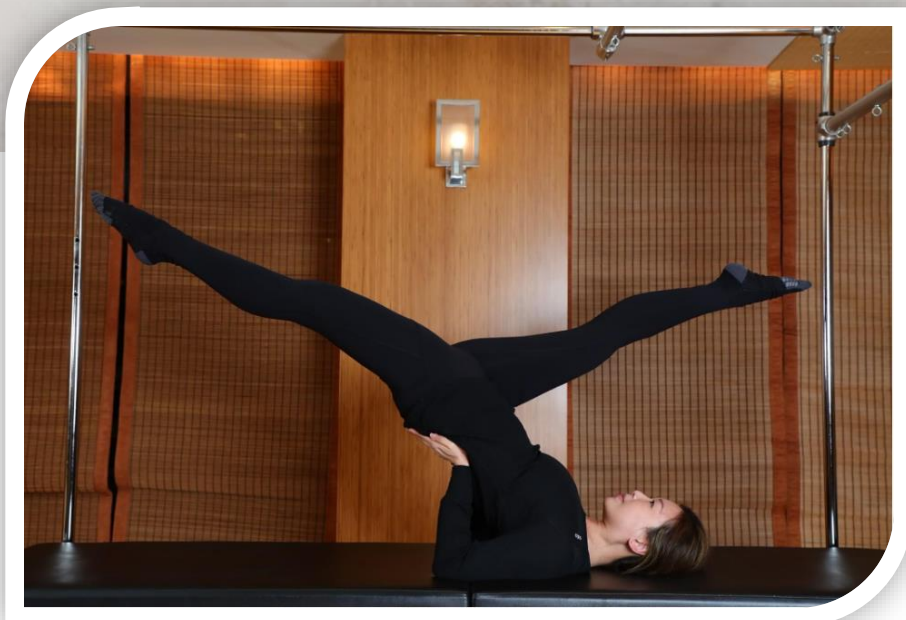
Pilates Instructor Profile

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.



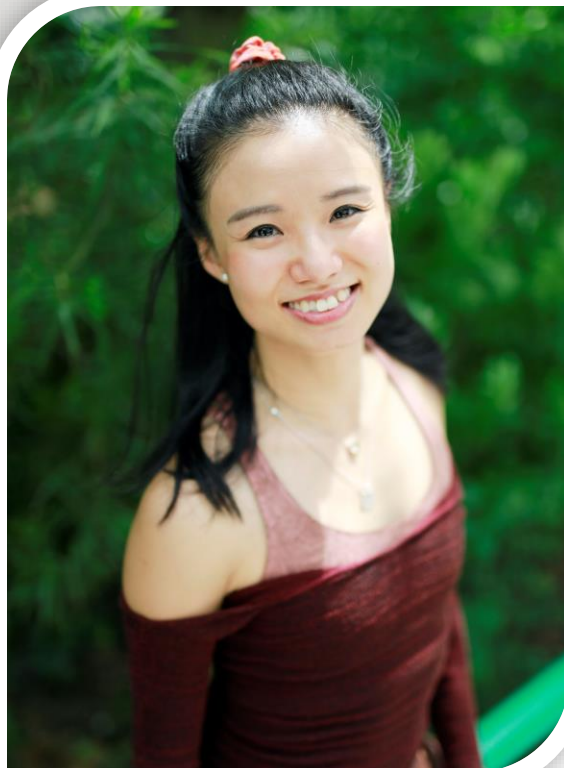
Pilates Instructor Profile

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.

Arnold traveled around for his certification. He got his yoga certification in Hong Kong and Japan; sports massage and active isolated stretching certification in Singapore. He believes in attaining courses in different countries that explore new aspects in the session to fulfill clients' needs.

Arnold was a yoga presenter for Mr. Hong Kong's event and now is a mentor for pilates teacher training for Polestars Pilates Asia. He was also involved in a rehab project for CUHK and other welfare organizations about Pilates for the elderly. He believes a better movement pattern changes one mind and body, that why he practices yoga and swimming regularly; he also is a solo traveler and blogger, sharing travel experiences in different media.

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

Pilates Instructor Profile

Esther Ng

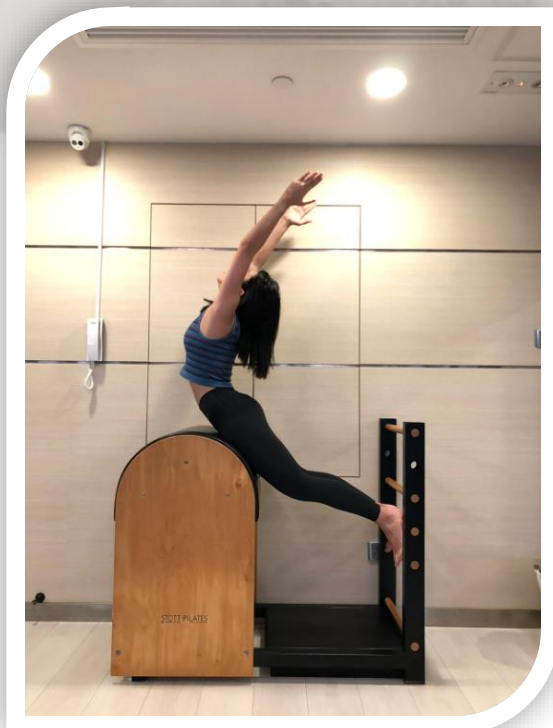
Esther Ng is a STOTT certified pilates instructor, currently active in Hong Kong and Macau.

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

Jerry Keung

Jerry has obtained his certificate of Classical Pilates Trainer in 2008. Specialty in an integrated mat work Pilates program that can be used in clinical setting and various Pilates equipment's. This highly popular training is based on the most up to date evidence of spinal stability, pelvic stability, muscle strength and conditioning – this is the essential Pilates training program for patients suffered from low back, neck, and upper back pain.

He can manage class size from 1 on 1 private session to massive class with 30+ heads. Equipment's are also hot to be challenges mixed with various exercise.

Jerry's teaching style is based on condition of single person individually. That brings everyone different progress and discovery. Plus, his experience Jerry can instruct targets with different issues. Such as posture correction, stretching, muscle strengthening and rehabilitation.



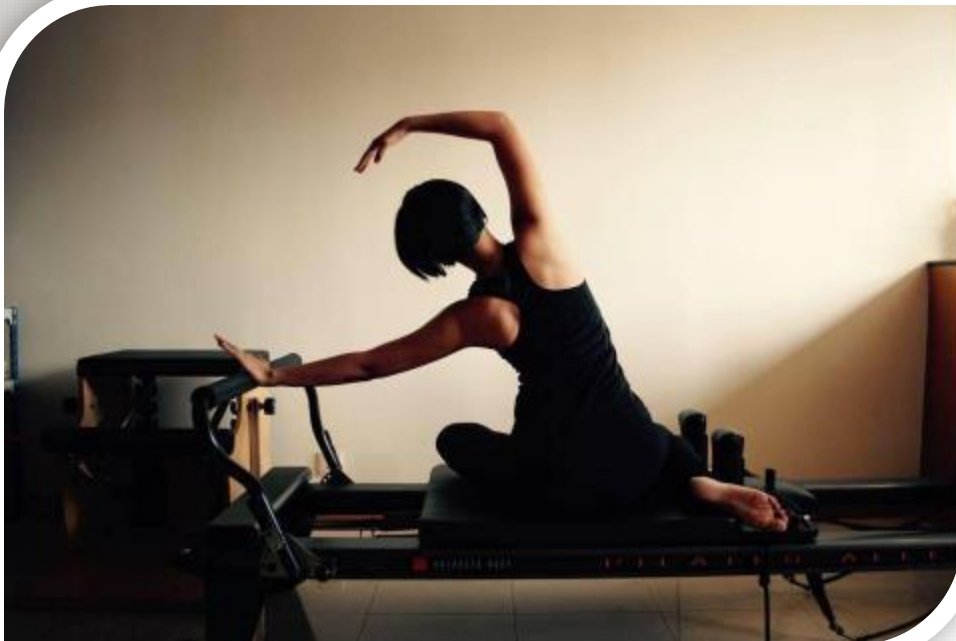
Pilates Instructor Profile

May Chung

May Chung began her career as a Weight Training Instructor in 2005. As she worked in the gym, she witnessed injuries of clients which aroused her interest in becoming a Pilates Trainer. She believes that every person must be physically well in order to become physically fit.

May is currently a freelance Pilates trainer. She started teaching Pilates Mat Work and Stretching in 2006. In 2008, she obtained the certificate from ISO FIT and is qualified to teach full studio equipment. May is also a certified Gyrotonic trainer. She has been teaching Gyrotonic since 2012.

May believes that everyone deserves to live a painless life. She enjoys designing unique exercise programmes for her clients to ease their pain.



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 analyse 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.



Pilates Instructor Profile

Riel Bulos



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Riel Bulos started his Pilates journey in 2011 in Singapore where he got his Stott Pilates certification. He has over 10 years of teaching experience and able to handle different types of clients. In 2019, he graduated from Real Pilates New York and learned the classical style Pilates. His dance background enable him to explore and understand his passion for movement.

Pilates Instructor Profile

Steve Yip

Steve has been teaching pilates since 2005 until now, he focused on different study on human body recent years from 2018. Steve expertise is not only at pilates and movement exercises, also deal with different training such as sport injury management and rehab training, scoliosis, back injury and all different kind of chronic pain.

2020 Stick Mobility Certified Instructor

2019 Neurokinetic Therapy (NKT) Certified Practitioner Level 3

2019 The Scoliomethod Certificate

2018 FRC Functional Range Conditioning Certified Specialty

2018 Anatomy Train Certificate of Attendance

2016 PAI Certified instructor (Pilates full Equipment) A

2015 PAI Certified Mat & Reformer HONG KONG

2014 Silk Suspension Certified Instructor

2010 Stott Pilates Fully Certified Instructor (incl all equipment, prenatal and injured and small population)

2010 Redcord suspend workout instructor

2009 Stott Pilates Matwork & Reformer

2009 TRX instructor

2006 NASM Certified Personal Trainer

2005 BASI Mat Pilates instructor

2005 FitBall certification

2004 Advance Personal Trainer aasfp

2003 Lesmills body pump and body combat
certified instructor

2003 Schwinn Cycling Certified instructor

