



THE  
ORIENTAL SPA  
HONG KONG

YOGA INSTRUCTOR PROFILES



# YOGA INSTRUCTOR PROFILE

## CHRISTINA ONG

With more than 10 years of experience as an instructor, Christina is known for her engaging and informative teaching approach. Her classes offer a welcoming environment for students of all skill levels and ages, allowing them to discover the numerous benefits of yoga through imaginative sequencing and clear guidance. Christina embodies the essence of a lifelong learner; she is a yoga teacher, meditator, scuba diver, runner, and surfer.

Over time, her teaching style has woven in energetic and anatomical aspects from these diverse activities. While leading an active lifestyle, Christina also seeks to maintain a sense of balance. Her daily meditation practice and Yin yoga play a crucial role in helping her achieve a life of harmony and flow.





# YOGA INSTRUCTOR PROFILE

## CINDY CHOW

Cindy has been dedicated to practicing yoga since 2003, and her enthusiasm for this mind-body discipline has deepened as she delved into Ashtanga yoga. She views yoga as a journey that helps us discover balance, tranquility, and awareness both within ourselves and in our interactions with others. Her classes emphasize cultivating inner awareness through mindful breathing, precise alignment with hands-on adjustments, and achieving a harmonious balance between strength and flexibility.

Since 2008, Cindy has been teaching Hatha and primarily Ashtanga classes at Mandarin Oriental, The Landmark Hong Kong. Throughout her journey, she has completed numerous teacher training programs with Patrick Creelman, Yogananth Andiappan, and David Swenson, as well as an anatomy training course with Neil Barker from Yoga Thailand, now known as Samahita Retreat.





# YOGA INSTRUCTOR PROFILE

## FLORA YU

Flora is a certified yoga instructor, registered with Yoga Alliance with over 500 hours of training. Her deep passion for yoga and wellness has led her to engage in regular practice for years, deepening her understanding through various therapeutic training experiences worldwide. Influenced by esteemed traditional yoga masters from India, such as Master Yogananth Andiappan, she has developed expertise in guiding meditation, sound therapy, breathwork, and mobility exercises suitable for all levels.

Flora's classes emphasize the alignment of postures and the nurturing of inner awareness. She believes that focusing on the body and observing the breath during yoga practice fosters mindfulness in our everyday lives. Her goal is to inspire others to enhance their wellness and commit to long-term health and fitness aspirations.





# YOGA INSTRUCTOR PROFILE

## YI ZHANG

Yi is a skilled dancer who has transitioned into a yoga instructor, celebrated for her distinctive and transformative teaching approach. With a rich background in dance and extensive training under world-class yoga masters, Yi expertly combines flowing body movements with energetic breathing techniques in her invigorating yoga sessions.

Her classes focus on harmonizing the mind, body, and breath, fostering an empowering and cohesive experience for her students. Through her dedication and enthusiasm, Yi aims to inspire others to harness the transformative potential of yoga.





# YOGA INSTRUCTOR PROFILE

## NANNA LIPLIANSKA

Nanna is a dedicated yoga instructor and wellness coach who employs a neuro-biomechanical approach to make the timeless benefits of yoga accessible to everyone. A native from Ukraine and raised in a family of medical professionals, she has always had a deep interest in movement and the human body. In her classes, Nanna guides individuals on how to influence their nervous system, enhance their brain's threat response, facilitate movement, and reconnect with their bodies in a mindful manner. Her primary goal is to teach her students how to integrate yoga techniques into their daily lives, enabling them to remain present, slow down, and cultivate body awareness for a healthier and more fulfilling life.





# YOGA INSTRUCTOR PROFILE

## VANESSA FINOTTI

Brazilian, model, traveller, certified Yoga Teacher & Reiki Master, Vanessa encourages her students to connect their practice through mind, body and spirit with a positive approach, seeking to extend to them the bliss sensation that she always has while and after practicing yoga.

The classes emphasize developing strength and flexibility while empowering students to enhance their body awareness. They also promote a thorough understanding of anatomy and activate self-healing energies through various practices, including asana, meditation, pranayama, mantras, Meridian Yoga Therapy (Chinese Medicine Meridians & acupressure points altogether with Yoga) and Reiki energies. Vanessa's sessions are invigorating and delivered with immense passion and enthusiasm, bringing that bliss sensation and that feeling of balance through body, mind & soul.





# YOGA INSTRUCTOR PROFILE

## MARIA CHAN

Before transitioning to a Yoga and Pilates instructor, Maria spent over eight years as a professional ballerina. Initially trained in the Iyengar Yoga style, she later began exploring Vinyasa Yoga, captivated by its fluidity and dynamic sequencing.

Throughout her 18 years at Fitness First Hong Kong, Maria led numerous in-house training sessions and organized various charity events for her team. Inspired by the pandemic, she has delved deeper into sound healing and mental health. Currently, she serves as a facilitator for the New Life Institute of Psychiatric Rehabilitation, working to promote mental health awareness in the community.





# YOGA INSTRUCTOR PROFILE

## MAY LIM

May Lim is a therapeutic yoga teacher, a trauma healing facilitator and the creator of The S.h.ě. 舍 , continuously helping women and executives make peace with their bodies so they can live life and let love flow.

Recognized for her love-driven, trauma-informed, and functional teaching style, May has assisted hundreds of her students in overcoming physical blocks through her signature therapeutic yoga—The S.h.ě. 舍.

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## LILY DIZON

Lily has conducted yoga classes, workshops, and retreats in various locations, including Southern France, India, Bali, Macau, Hong Kong, and Vietnam. She co-leads the Mysore program and teaches hatha yoga at Mandarin Oriental, The Landmark Hong Kong. Her classes emphasize breath awareness and explore how the body interacts with motion, gravity, and time. Additionally, she has proudly served as a yoga ambassador for Pure Apparel.

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## MICHELLE CHAN

With over 15 years of personal practice and 8 years of teaching experience, Michelle provides a diverse array of styles to enrich the mind-body connection.

Michelle's classes focus on the importance of proper alignment, technique, and breath work, ensuring yoga is accessible to every student. With a passion for helping her students find balance in their practice, her sessions are known for being both challenging and nurturing. She creates a calming and supportive atmosphere where students can feel revitalized and refreshed. Additionally, Michelle has experience working with students of all ages and abilities.





# YOGA INSTRUCTOR PROFILE

## DILIP PILLAI

Dilip was born into a family steeped in yogic culture, Ayurveda, and martial arts in Kerala, India. Began his yoga training at a young age, a serious accident resulted in fractured wrists and knees, but the remarkable healing power of yoga, combined with Ayurveda, enabled him to fully regain his health. This experience deepened his appreciation for yoga's healing capabilities, ultimately guiding him onto the sacred journey of body and mind healing.

His classes blend the ancient wisdom of yoga with various oriental healing techniques, all grounded in the contemporary science of anatomy and alignment. He presents this knowledge in a lively and engaging classroom atmosphere. Drawing heavily from his personal experiences, he offers valuable insights to his students facing muscle or joint issues. He feels genuinely grateful that his passion for yoga and healing has brought him closer to the hearts of his students and friends.





# YOGA INSTRUCTOR PROFILE

## YOGESH VARUN (MASTER)

A close disciple of South India's Yoga Guru Dr. Asana Andiappan, Master Yogesh is an experienced, well qualified instructor with undergraduate and postgraduate diplomas in Yoga and Naturopathy. He started practicing yoga at the age of 10 and has won many yoga awards in zonal and district level competitions. He frequently contributes articles on Yoga Therapy for Various Ailments to Asana - International Yoga Journal.

As an Experienced Yoga Master, Yogesh specializes in Hatha, Pranayama, Meditation, and Yoga Therapy. With a laidback and friendly disposition, Yogesh is among the center's most cheerful and approachable yoga master.

Master Yogesh is currently deputed in Hong Kong to conduct Yoga Therapy Classes. Yoga Research and Yoga Teacher Training Programs.

