



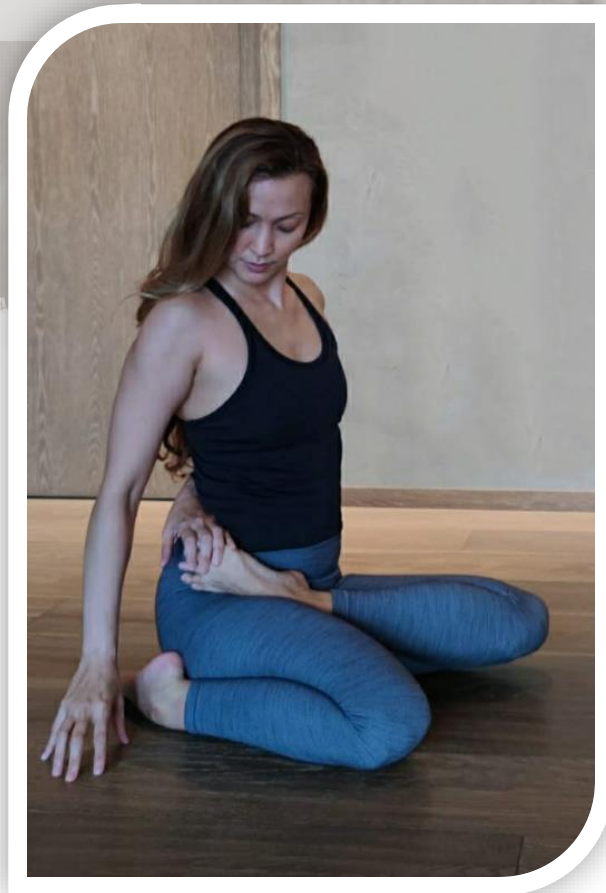
THE  
ORIENTAL SPA  
HONG KONG

## **Yoga Instructor Profiles**

# Yoga Instructor Profile

## Christina Ong

Christina has been happily teaching yoga for over 10 years now. She is known for her fun, engaging, and informative teaching style. Her classes provide a safe platform for students of different skill levels and age groups to learn and reap the many wonderful benefits of yoga through creative sequencing and clear instructions. Christina is a student of life, yoga teacher, meditator, scuba diver, runner, and surfer. Her teaching style over the years has incorporated some of the energetic and anatomical elements of these activities into her class. While living an active life, Christina also strives to live a life of balance. This is where her daily meditation practice and Yin yoga helps her immensely live a life of wholesomeness and flow.



# Yoga Instructor Profile

## Cindy Chow

Cindy has been practicing yoga since 2003, and her passion for this mind-body discipline grows stronger as she explored Ashtanga yoga. She sees yoga as a process that allows us to find grounding, balance, calmness and awareness within ourselves and with those around us.

Her favorite mantra Lokah Samastah Sukhino Bhavantu, which means "May all beings everywhere be happy and free, and may the thoughts, words and actions of my own life contribute to that happiness and to that freedom of all", guides and inspires her every day.

Since 2008, Cindy started teaching Hatha and mainly Ashtanga classes at the Landmark Mandarin Hotel till now. She feels so blessed that what she does is what she loves. She has completed various teacher trainings with Patrick Creelman, Yoganath Andiappan, David Swenson and also anatomy training with Neil Barker of Yoga Thailand (now known as Samahiita Retreat).

Her classes focus on building inner awareness through breath, precise alignment with hands on adjustment and finding balance between strength and flexibility. She gratefully shares with all students the knowledge and love handed down to her from her inspiring teachers.



# Yoga Instructor Profile

## Dilip Pillai

Dilip was born into a family of yogic culture, Ayurveda & Martial arts in Kerala, India. He started his training in yoga early in his childhood, which helped him to stay focused. A serious accident left him with fractured wrist and knees but the amazing healing power of yoga with the aid of Ayurveda helped him to fully recover his health. This incident helped him to deepen his understanding of the healing power of yoga, which eventually led him onto this sacred path of body and mind healing.

His classes incorporate the ancient wisdom of yoga and many oriental healing techniques into the modern science of anatomy and alignment, which he delivers in a fun-filled and energetic classroom. He also draws a lot from his own experience when he helps his students with their muscle or joint problems. He feels truly blessed that his love for yoga and healing has helped him get closer to the heart of his students and friends.



# Yoga Instructor Profile

## Flora Yu

Flora is a qualified yoga instructor, registered with Yoga Alliance for more than 500 hours. With her passion for yoga and wellness, she has immersed herself in regular practice over years and has deepened her knowledge with different aspects of therapeutic training around the world. She has been greatly influenced by many great traditional yoga masters from India, including Master Yogananth Andiappan. She has acquired skills in guiding meditation, sound therapy, breathwork and mobility exercise for all levels. Flora's class focuses on the alignment of postures and the cultivation of inner awareness. She believes that attention to the body and observation of the breath in yoga practice help to bring mindfulness into our daily life. She enjoys inspiring others to improve wellness and commit to long term health and fitness goals.



# Yoga Instructor Profile

## Lily Dizon

Lily has taught classes, workshops, and retreats in Southern France, India, Bali, Macau, Hong Kong, and Vietnam. She co-leads the Mysore program and teaches hatha yoga at the Landmark Mandarin Oriental. Her classes focus on breath awareness as well as how the body works with regard to motion, gravity, and time. She has been a yoga ambassador for Pure Apparel.

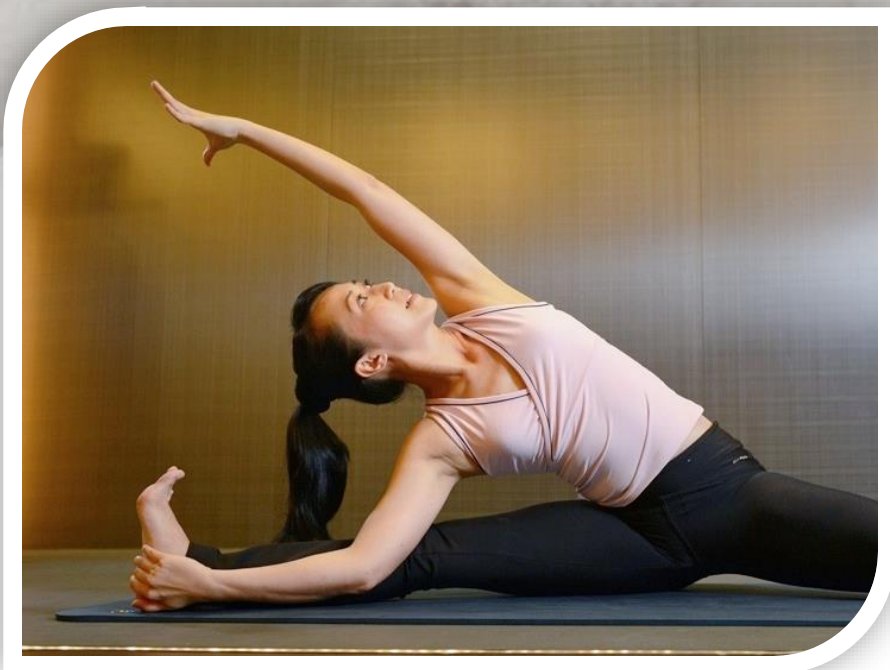


# Yoga Instructor Profile

## Maria Chan

Prior to becoming a Yoga and Pilates instructor, Maria was a former ballerina for over 8 years. Originally practiced in Iyengar Yoga style, Maria started exploring Vinyasa Yoga for its beauty of fluidity and invigorating sequencing.

During her 18 years of work at Fitness First Hong Kong, Maria conducted many in-house training and organized several charity events for the team. The pandemic has inspired Maria to pursue deeper learning in sound healing and mental health. She is now a facilitator for New Life Institute of Psychiatric Rehabilitation to promote mental health to the public.



# 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

She helps women and executives make peace with their bodies so they can live life and let love flow.

Known for her love-based, trauma-informed and functional teaching approach, May has helped hundred of her students heal the blocks in their bodies with her signature therapeutic yoga-The S.h.ě. 舍





# Yoga Instructor Profile

## Nanna Liplianska

Nanna is a passionate yoga teacher and a wellness coach, who uses neuro-biomechanical approach to translate the timeless benefits of yoga to an accessible practice. Originally from Ukraine, she was raised in a family of doctors, and an interest in movement and human body has always been a huge part of her life. During her classes she teaches people how to influence their nerve system, elevate threat response in the brain, facilitate movement and reconnect with their bodies to practice mindfully. Her main goal is to educate her students how to apply yoga techniques in daily life, so they know how to stay present, slow down and build awareness of their bodies to live more healthy and fulfilling life.



# Yoga Instructor Profile

## Yogesh Varun (Master)

A close disciple of South India's Yoga Guru Dr. Asana Andiappan, Master Yogesh is an experienced, wellqualified 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.

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.

He also writes regular article on Yoga Therapy for Various Ailments in Asana - International Yoga Journal.

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



# Yoga Instructor Profile

## Yi Zhang

Yi is a professional dancer turned yoga instructor, renowned for her unique and transformative teaching style. With a background in dancing and extensive training with world-class yoga masters, Yi seamlessly blends flowing body movements and energetic breathing rhythms into her invigorating yoga sequences.

Her classes emphasize the integration of mind, body, and breath, creating a harmonious and empowering experience for her students. Through her dedication and passion, Yi strives to inspire others to embrace the transformative power of yoga.



# Yoga Instructor Profile

## Vanessa Finotti

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

The classes are focused on building strength, flexibility and empowering the students to cultivate body awareness.

Also promoting a comprehensive understanding in the anatomy of each body and activating self-healing energies throughout asana, meditation, pranayama, mantras, Meridian Yoga Therapy (Chinese Medicine Meridians & acupressure points altogether with Yoga) and Reiki energies. Vanessa's sessions are energizing, conducted with great passion and enthusiasms, nurturing, strengthening, and sprinkled with a contagious smile, bringing that bliss sensation and that feeling of balance through body, mind & soul.

Vanessa teaches Hatha, Vinyasa, Meridian Yoga Therapy, Pre & Post natal yoga, Myo Yin (Yin Yoga & Myofascial release). And she loves inversions!

