



Ling

- **Certified Pilates Practitioner**
- **Polestar Pilates Mentor in Training**
- **Polestar Pilates, USA certified**
 - **Comprehensive Studio/Rehabilitation**
 - **Reformer**
- **BASI, USA certified**
 - **Mat**
- **Certified BASI Mat**
- **Certified Polestar Reformer**
- **Certified Polestar Comprehensive**
- **Iyengar Yoga practitioner**
- **Certified Body Combat, Jam, Hardcore, Zumba**
- **Certified Fitness Foundation AASFP**
- **Certified Yoga Therapy SKYROS 200 hours Yoga Alliance**
- **Master in Social Science HKUST, Bachelor in English The University of Tsinghua Beijing**

Ling has been teaching in the fitness and rehabilitation industry for more than 12 years, where she started with high intensity program such as Hip Hop, Body Combat, Body Jam, Hardcore. This kind of lifestyle has eventually led her to physical and mental injuries such as disc herniation, muscle spasm and anxiety disorder.

She is lucky to have found the systematic and scientific form of exercise - Pilates & Yoga - about 5 years ago and have since learned and taught the art. Now, she is proud to say that since she has been practicing Pilates and Yoga by incorporating the knowledge into her teaching regime, she has no more need for NSAID (anti-inflammatory drugs) and she does not need to go back to any physiotherapy session anymore.

The knowledge that she gains is crucial to the physical and sports industry nowadays especially there are less awareness about the correct way of exercise in Asia. She is eager to share her learning to whoever is willing to embark the healthy journey.

For her, Pilates & Yoga is her way of life.