



For Immediate Release

mYoga mY Health Specials Ease Urban Diseases with Pilates and Yoga

5 June 2009, Hong Kong – mYoga is pleased to launch a series of mY Health Specials seminars in June and July which will focus on overcoming shoulder pain with Pilates, and preventing flatfoot and piriformis syndrome (a cause of sciatica) with yoga.

Shoulder pain and sciatica are common urban diseases, affecting numerous people, from office workers of any age who sit in front of the computer all day and lack exercise, to many housewives who are busy with chores at home.

“If you unfortunately suffer shoulder pain and wonder what can be done to ease the problem, Pilates is the answer,” said Natalie Lee, an instructor at mYoga who has 10 years of experience in Pilates and is a certified Physical-mind Institute Pilates mat instructor.

A physical exercise created in the early 20th century in Germany, Pilates focuses on awareness of breath and alignment of the spine, aiming to strengthen the deep torso muscles and create a fusion of the body and the mind. Millions of people from around the world practise Pilates today.

“In Hong Kong, Pilates is becoming popular particularly among women who find it an effective way to tackle many common urban diseases, and distress,” said Natalie. “Many members who have attended our basic Pilates class found that the exercise has helped them to achieve better posture, coordination and balance, as well as improved stability and concentration.”

“For more advanced practitioners, we use traditional Pilates equipment such as Pilates Rings, Pilates Rollers and resistance bands to make the class more challenging and results more significant,” said Natalie. “We intend to let more and more people know about Pilates and how good it is to help overcome some common physical problems.”

How Pilates exercise prevents common shoulder pain

June 23 (Tuesday) 7:20pm – 8:50pm Causeway Bay club

July 4 (Saturday) 4:30pm – 6:00pm Mong Kok club

Conducted by Anna Wong

Content:

- Introduce the physiology behind shoulder pain and the common causes
- How this area affects the head, neck and shoulder coordination
- Common misalignment of postures (targeting the neck area)

- Find out the exact location of your pain and learn suitable postures to prevent and reduce the pain

How yoga prevents flatfoot and piriformis syndrome (a cause of sciatica)

July 18 (Saturday) 2:30pm – 4:00pm Causeway Bay club

July 25 (Saturday) 1:45pm – 3:15pm Mong Kok club

Conducted by Shirley Tse

Content:

- Introduce flatfoot and piriformis syndrome and the common causes
- Discuss the problems caused by flatfoot and piriformis syndrome
- The physiology of the foot arch, and the position and functions of the piriformis muscle
- How yoga helps prevent such problems

These seminars will include a talk and a workout, as well as Q&A and individual advice sessions. They will be open to both mYoga members and non-members for free. For enquiry or reservation, please call 2390 7788 (Mong Kok club) or 2576 9990 (Causeway Bay club).

###

About mYoga

mYoga, Hong Kong's largest yoga club is more than just yoga. This unique holistic concept provides balance by uniting yoga and group exercise – joining both body and soul with the widest variety of mind and body programs under one roof. mYoga offers a healthy workout environment, a welcome respite from the hustle, bustle and pollution of city living and a much needed escape from the pressures of everyday modern life.

mYoga is owned by international health club giant, [24-Hour Fitness Worldwide](#). The first Asian branch of mYoga was launched in June 2006 at Grand Tower in Mongkok, followed by a second club in Malaysia which opened in 2007. The third site opened in the bustling district of Causeway Bay, Hong Kong in April 2008. www.myogaonline.com

Notes to Editors:

Anna Wong is a certified personal trainer (AASFP) and a Pilates instructor (mat & studio). Also a passionate dancer, Anna has spent much of her time gliding with poise around the ice skating rink and has been involved in various dance performance. She has been trained in jazz, modern Bollywood and ballet dance.

Shirley Tse started practicing yoga seriously in 2003. Because of her love and passion for yoga, she decided to take the YogaWorks Diploma teacher training in 2006 so that she would be able to share her passion of yoga with others. Shirley is also a student of Chinese Medicine and her dream is to combine the science of Chinese Medicine and yoga to improve well beings. She enjoys hiking and experimenting with vegetarian recipes.

For more information, please contact:

Ken To

Regional Manager, Corporate Affairs

Tel: 2909 0702

Email: KenTo@mYoga.com.hk