



YUN
WELLNESS



MEET OUR PERSONAL TRAINER



EMIL



SAMPSON



HENRY



TOM



Qualifications:

- NASM International Certified Personal Trainer
- 200-hour Vinyasa Mixed Teacher Training
- 300-Hour Advanced Yoga Teacher Training (Jason Crandell)
- East Asia Super League Advisor
- AAU and USA Certified Basketball Coach
- Director of Operations of Shantou University Basketball Team-2014
- Head Coach of HK D2 Chun Yu Basketball Team-2015

Languages :

Cantonese | English | Mandarin

“Balance is the compass to peace.”

Emil

Emil is a sports host and former Operations Director for the Shantou University basketball team, focusing on team development and educational initiatives. In 2016, he became PR Director at Harvest Sky PR Company, overseeing over 20 athlete managers and becoming an NBA commentator. He hosted the FIBA Basketball World Cup in 2019 and represented RTHK at the Tokyo Olympics in 2021.

In 2022, he coached the U16 team at Hong Kong International School to a 13-0 record and championship while pursuing an Executive MBA at CUHK. Recently, he hosted the Li Ning-Wade China Tour events and led Olympic programs for RTHK. He graduated with his Executive MBA in November 2024 and is set to cover the Australian Open in 2025.



Qualifications:

- NASM Certified Personal Trainer
- Circuit Training Certified Instructor
- Power Plate Certified Instructor
- BOSU Integrated Training
- Pre/Post Natal Exercise Specialist Certified
- Kettlebell Training Certified
- TRX Suspension Training Certified Instructor
- Stability Ball Instructor
- CPR / First Aid / AED Certified (American Heart Association)

Languages :

Cantonese | English

“Be fit and healthy for everyday life to enjoy favorite activities and sports for years to come.”

Sampson

Sampson is a high-energy trainer who has been in Hong Kong for over 15 years, originally from New York. He is ready to energize and inspire. As a certified NASM personal trainer, he thrives on delivering fun and effective workouts that maximize your output. With years of experience in designing personalized fitness programs, Sampson has a proven track record of helping individuals of all ages and fitness levels achieve remarkable results.

Specializing in personal training and group classes, circuit training, body toning, strength and flexibility training, and postural correction workouts, Sampson is passionate about working with clients who embrace the challenge of reaching their short and long term fitness goals. Join him for an invigorating session that promises to be both enjoyable and rewarding!

Flexibility | Postural Adjustment | Weight Management | Kickboxing |
Functional Training | Pre & Post Natal | Circuit Training



Qualifications:

- Certified Strength and Conditioning Specialist, NSCA (2023)
- Weightlifting lvl 1 Coach, Eleiko (2024)
- Licensed Physical Therapist, New York State (2023)

Languages :

Cantonese | English | Mandarin

“Some people want it to happen, some wish it would happen, others make it happen.”

Phil

Phil is a dedicated strength and conditioning coach, physiotherapist, and trainer committed to enhancing people's quality of life through a holistic and sustainable approach.

Skilled in applying the biopsychosocial model and evidence-based practices to improve overall health and well-being. Passionate in basketball, weightlifting, strength sports, and track, he is committed to helping individuals achieve any of their fitness or sports performance goals.

Core Strength | Body Building | Weight Lifting |
HIIT Training | Circuit Training | Kettle Ball



Qualifications:

- NASM International Certified Personal Trainer
- Advanced Certified Personal Trainer, AASFP
- IPTFA Certified Professional Fitness Trainer
- TRX Training Qualified
- Muay Thai Instructor Certified, AASFP
- Boot Camp Fitness Instructor Certified
- Cross Circuit Training Certified
- Trigger Point Performance Programming for Professions -
- Myofascial Compression (MCT)

Languages :

Cantonese | English | Mandarin

“The pain you feel today will today will be the strength you feel tomorrow”

Henry

Henry has more than 20 years of experience as a fitness trainer. Throughout his career, he has worked in various luxury fitness centres, providing tailored training programs for clients of all ages. Additionally, he is equipped with valuable experience in hotel fitness training, helping guests maintain their wellness during their stays. He has also worked at wellness centre focused on providing fitness services for the elderly, ensuring they receive appropriate and safe exercise plans. His diverse background allows him to design effective fitness programs that cater to the unique needs of every client, regardless of their age or fitness level. Let's embark on this fitness journey with Henry together.



Qualifications:

- Self Osteon-Myofascial Applications (SOMA)
- Advanced Functional Anatomy & Biomechanics (Sports Performance) – NASM Approved
- Advanced Program Design: 4 Steps to Elite Programming – NASM Approved
- ASP Australian Strength Performance – Hypertrophy I – NASM Approved
- National Academy of Sports Medicine (NASM) – Certified Personal Trainer
- National Health Service UK (NHS)

Language :
English

“Don’t count the days, make the days count.”

Tom

Tom develops training plans with his educational background in University of Hull, BSc (Hons) Sport Exercise and Health Science (HND) and Plymouth University, U.K. (HND Major in Podiatry).

With 10 years of training experiences, he successfully grew a fitness brand with pride on letting you know that you can join at any stage of your fitness journey and he can help you get the results you dream of, or reach whatever goal you set for yourself.

Tom trains to reach their own personal goals too! Whether it be for a competition or to maintain strength in the off season they strive to keep motivated and in doing so they'll keep you motivated along the way!

Core Strength | Body Building | Weight Management | TRX |
HIIT Training | Circuit Training | Kettle Ball



Qualifications:

- NASM Certified Personal Trainer
- Himalayan Singing Bowl Therapy -Level 2
- Himalayan Singing Bowl Therapy -Level 1
- 50-HR Yoga Wheel Training A Journey Through Anahata with Gopal Palanisamy
- 100-HR Mindful Birth Teacher Training: Yoga for Pregnancy, Birth and Baby with Michelle Papa & Dr. Jean Byrne
- 200-HR Teacher Training with Samrat Dasgupta
- 95-HR Registered Children and Family's Yoga Teacher
- 30-HR Registered Aerial Yoga Teacher at Bodymind and Yoga Fitness

Languages :

Cantonese | English | Mandarin

“Empowering Body and Mind through Yoga & Fitness”

Olmen

Olmen Chu is a certified professional yoga and fitness instructor passionate about promoting well-being through yoga and training. She has been an ambassador for lululemon Hong Kong and has contributed to various yoga events. Olmen is also dedicated to promoting yoga, mindfulness, and well-being on her YouTube channel and social media.

Let's explore how Olmen's passion for yoga can empower your practice and elevate your mind, body, and soul.



LEARN MORE

Website: www.shangri-la.com | Tel: 2820 8583 | E-mail: wellness.isl@shangri-la.com
Pacific Place, Supreme Court Road, Central, Hong Kong SAR