

PLANET CHINA

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ABOUT

Certificate and Sport Science and Fitness Foundation by AASFP in 2015 and E-RYT® 200 with Master Samrat

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Championship 2017" (IYC2017). Katherine Lee, during her lessons, helping to reach and establishing an energy balance and flow in the chakras and energetic field of the body.

Chilma underground

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CHINESE MOVIE DB V

Official site | Youtube | Instagram How and when did you start to get interested in yoga? What attractedyou the most? started my yoga practice in 2001 (Age 14). I have a gymnastics background when I was young, which came with many injuries during the practice. This pitfall made me realize I need a milder practice to compensate and condition my body, that's why I started doing yoga. The thing yoga attracts me the most is the tranquility and calmness it brings to me. Unlike other sports that require intense competitions or even comparison, yoga practice provides me space and time to just relax.

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Dasgupta in 2016. In 2017, Katherine started her own studio and won the champion of "VIth International Yoga

How long have you been practicing yoga? Can you tell us about your yoga philosophy?

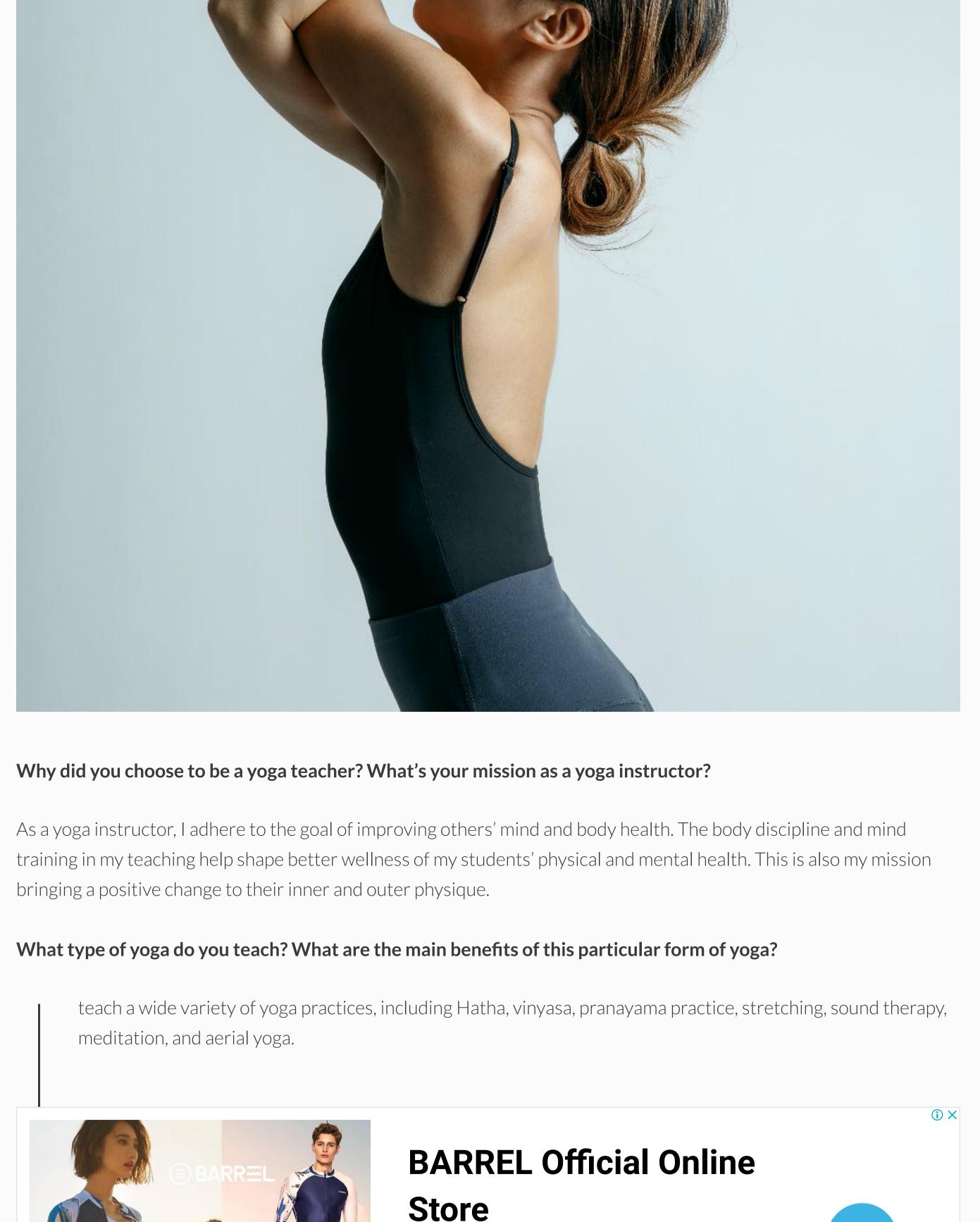
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goals.

the modern world, people nowadays are occupied with different jobs and duties, very often they forget the most important essence of life, which to seize the present moment. Katherine is keen on bringing transformation to her students through the yoga practice

by providing them with the personalized attention they need to fulfill their wellness

I have practiced yoga for 19 years. My yoga philosophy is 'live at the moment'. Yoga practice helps me settle my mind in



Through the practice, it helps stimulate the muscles and tendons, which physically improves aliments and maintains a sustainable good lifestyle. In the mental aspect, a consistent practice enriches the mental wellness of a person, granting them a more stable lifestyle.

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Meditation, in my opinion, is the most significant part of my yoga practice. The practice of asanas (yoga poses) is a preparation for a more steadfast meditation, it provides a solid foundation for me to further develop a steady mindset for a more in-depth meditation.

How has yoga enriched your life? What has it done for you? Which yoga aspects are most important for you?

Yoga has basically colored every page of my life. The benefits to me are far beyond mere physical improvements.

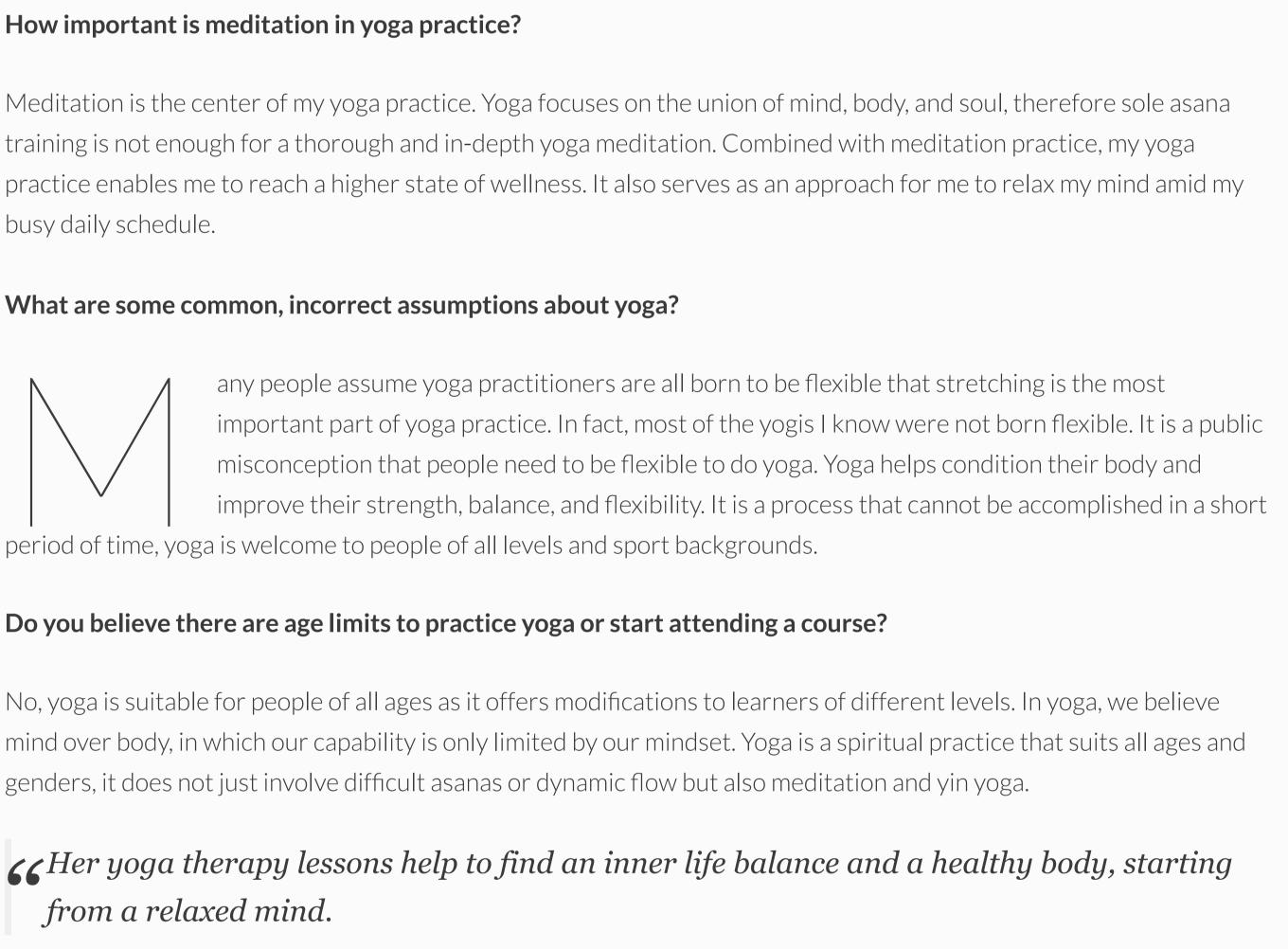
CKatherine Lee was influenced by her mother, who was also a yoga teacher.

Perfect Outfits for Swimming,

Wakesurfing, Wakeboarding,

Surfing, Outdoor, Fitness, Yoga

She started her first yoga lesson in 2001, since then Katherine put her energy and skills towards reaching yoga goals, like the peace of mind and bring yoga into people's life.



What role can play yoga to cope and overcome daily life issues during COVID 19 time? Can it keep people healthy

This year has been a turbulent and stressful year for most of us, I believe a regular practice of yoga or meditation helps



during the pandemic?

Hong Kong Nutritionist MICHELLE LAU

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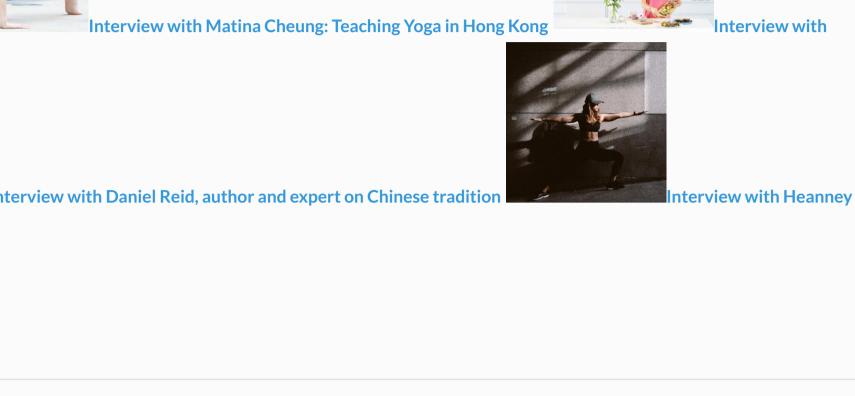
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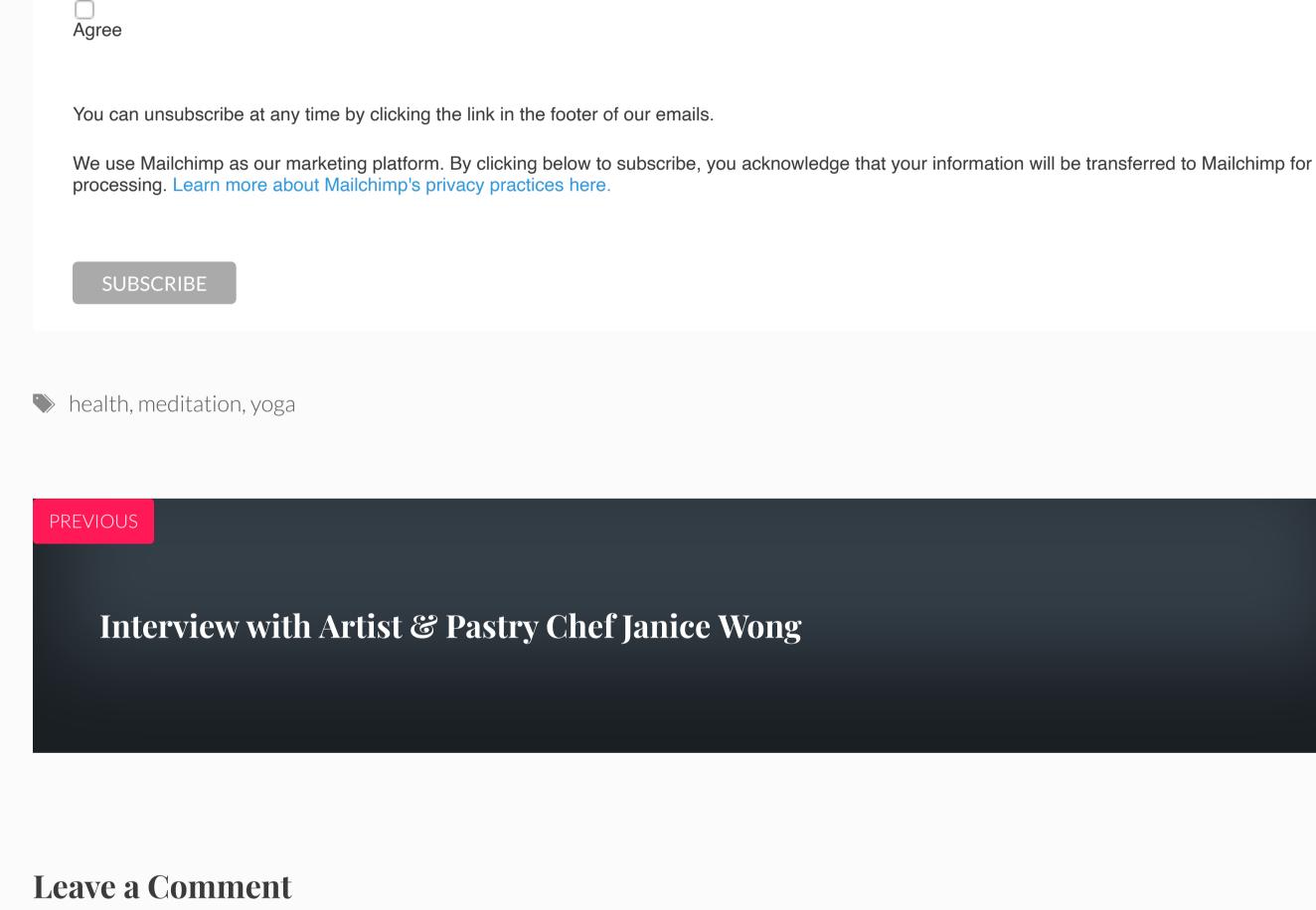
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McCollum, Personal Trainer & Lifestyle Coach in Hong Kong





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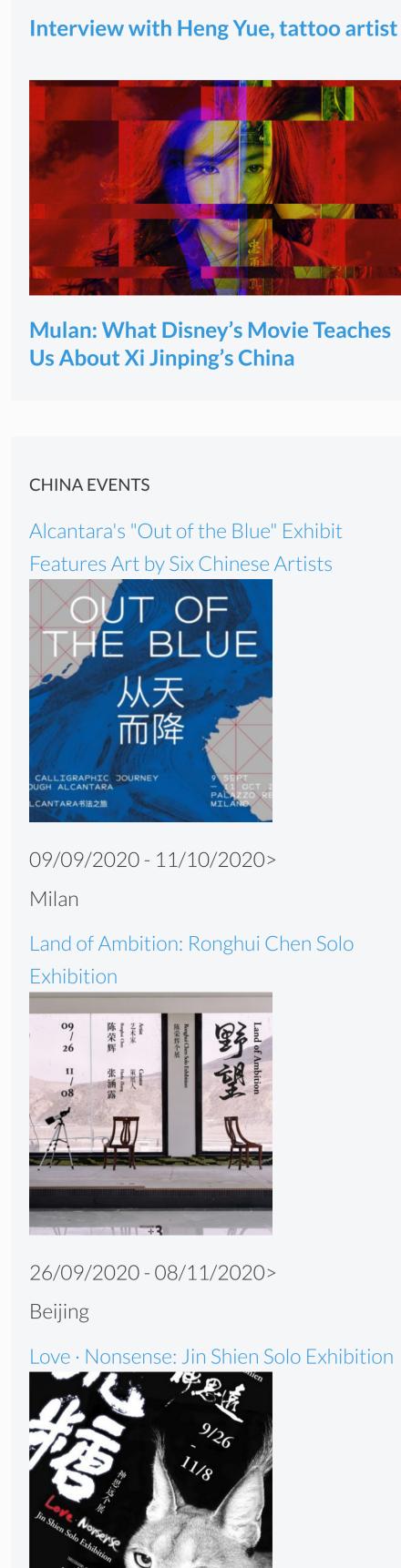
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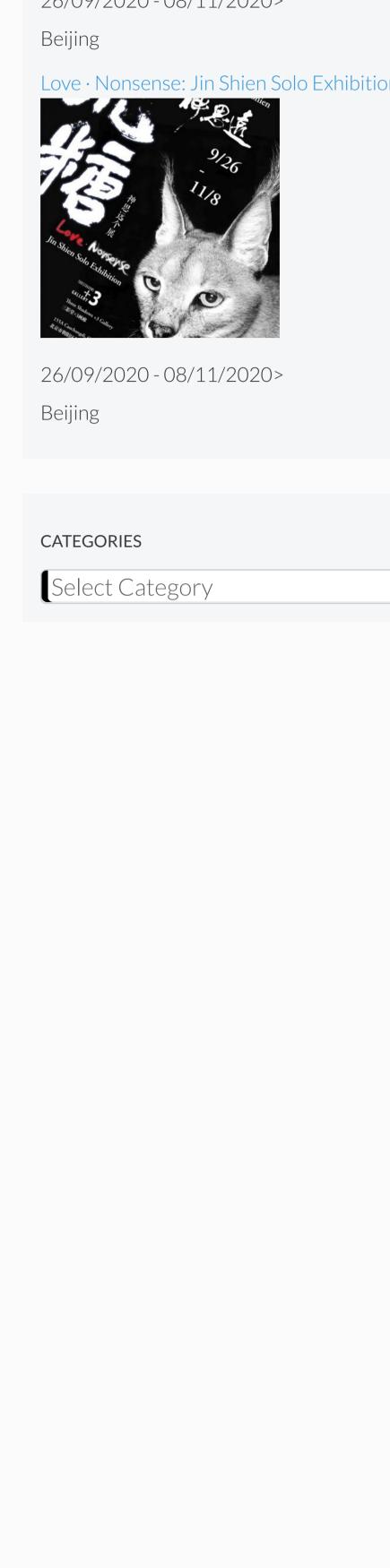
Interview with Artist & Pastry Chef

Interview with Yun Rou, author of

Janice Wong

Mistress Miao





With her SUKHA Yoga & Wellness team comprised of qualified teachers, she introduces to everyone a yoga journey through different kinds: Fitness Yoga, Spiritually-Oriented Yoga, Gentle Yoga, Aerial, Pranayama, Prenatal, etc.

* indicates required

Photo courtesy of **Katherine Lee**

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