



## NARESH KUMAR STRETCH SPECIALIST

Trained by world-renowned Aaron Mattes (Master of Science in Kinesiology), who pioneered Active Isolated Stretching, Naresh holds an ITEC Diploma in Sports Massage in addition to specialising in yoga and personal training. He combines his knowledge and experience of various disciplines to benefit clients and remodel their lifestyle.

### Regular Stretch sessions can...

- Correct postural imbalance within the body, thereby speeding up recovery from stress, injury, pain and discomfort, leading to enhanced sports performance and vitality.
- Release pain in the lower back, neck, shoulders and knees, and relieve sciatica, frozen shoulder and whiplash.
- Increase mobility for arthritis and stroke sufferers.
- Delay hip replacement when accompanied by rehabilitation.

### Stretch sessions are ideal for...

- Anyone suffering from lower back, neck or shoulder pain, numbness in the arms and legs, or those who have experienced whiplash or frozen shoulder.
- Anyone needing postural realignment.
- Sportspeople or daily gym users to relieve over-use of muscles, stiffness, discomfort or pain in order to enhance their performance.
- Pregnant women wanting to stay in shape and/or relieve lower back pain.
- Inactive, unwell or elderly people who want to exercise to improve wellness.
- Teenagers with good physical potential, but who experience acute muscle stiffness.

Naresh 由世界知名的 Aaron Mattes (運動機能學理學碩士) 培訓，他是“Active Isolated Stretching (AIS)”的先驅，除了專攻瑜伽和個人訓練外，還擁有 ITEC 運動按摩文憑。他將自己在各個學科的知識和經驗結合起來，使客戶受益並重塑他們的生活方式。

### 定期伸展運動可以...

此課程適合有以下情況的人士：

- 糾正身體不平衡的姿勢，加快從壓力、受傷、疼痛和不適中恢復，從而提高運動表現和活力。

- 緩解下背部、頸部、肩部和膝蓋的疼痛，緩解坐骨神經痛、肩周炎和舊患。

- 增強關節炎和中風患者的活動能力。

- 伴隨康復治療，延遲關節置換。

### 伸展運動對以下人士特別有效...

- 任何患有下背部、頸部或肩部疼痛、手臂和腿部麻木，遭受舊患折騰或患有肩周炎人士。

- 任何需要重新調整姿勢人士。

- 運動員或日常健身人士並緩解肌肉過度使用、僵硬、不適或疼痛，從而提高體能表現。

- 希望保持身型和/或減輕腰痛的孕婦。

- 缺乏運動、經常身體不適或想要透過鍛煉改善健康的年長人士。

- 具良好體格但同時經歷急性肌肉僵硬的青少年。

Bookings  
& Enquiries  
預訂及查詢：  
**2814 1222**

# STRETCH THERAPY



Stretch Asia is the first and the most reputable stretching studio in Hong Kong. Recommended by over 20,000 clients, their Stretch therapists use Active Isolated Stretching and Strengthening to increase your mobility, relieve pain from poor posture, and prevent injury.

Stretch Asia 是香港第一間享譽盛名的伸展訓練中心。超過 20,000 名客戶推薦，他們的伸展治療師以主動隔離拉伸來加強您的活動能力，緩解姿勢不良引起的疼痛，並防止受傷。



**NIKITA SHRESTHA**  
STRETCH & MASSAGE THERAPY

Holder of a Diploma from Clara International Aesthetic College Malaysia, Nikki believes in using a holistic approach by combining her experience working in Hong Kong's top Spa, and Hotels and her newly acquired certification in AIS Assisted Stretching. Whether you suffer from chronic neck pain due to long hours sitting at a desk, are recovering from a sports injury, or just want to pamper yourself whilst increasing your flexibility, Nikki will combine the

healing benefits of massage and assisted stretching to make you feel rejuvenated and limber.

Her therapeutic skills include...

- AIS Assisted Stretching

Nikki 擁有馬來西亞 Clara International Aesthetic College 文憑，她相信結合她在香港頂級水療中心和酒店工作的經驗，以及她新獲取的 AIS 伸展訓練證書，能夠達到全方位伸展治療。無論你是因在辦公桌久坐而導致慢性頸部疼痛、正在從運動傷患康復中，或想增加身體靈活性，Nikki 將結合按摩和伸展治療，讓你回復活力和柔韌性。

治療服務包括：

- AIS 輔助伸展



**JASON CHONG**  
STRETCH THERAPY

As a certified AIS Stretch Therapist, Jason is attentive with a personable demeanour. He enjoys working with business professionals, assisting them to relieve neck, upper body, hip and lower back issues resulting from tightness due to prolonged sitting at a desk. He also

likes helping physically active clients with muscle recovery post exercise or sporting activities.

Jason 是一位擁有 AIS 證書，細心有禮的伸展治療師，對緩解因辦公室久坐而導致的頸部、上身、臀部和下背出現疼痛具有相當的經驗，亦善於為運動後的肌肉恢復動力。



**SABRINA YAMSUAN**  
STRETCH THERAPY & FUNCTIONAL MOBILITY FOR SENIORS

A Graduate of B.S. Physical Therapy from the Philippines, Sabrina combines Active Isolated Stretching with mobility training and rehabilitation exercises. She has experience treating debilitating conditions like knee arthritis, hip degeneration, chronic neck pain and sore back from long hours sitting at a desk. She thrives on seeing her clients regain their mobility and freedom of movement.

Her skills include...

- AIS Assisted Stretching
- Physical therapy

Sabrina 是來自菲律賓的物理治療師，同時也是一位被 AFPA 認證的長者運動訓練專家。她常將隔離式伸展結合靈活訓練和復康練習。她具有治療膝關節炎、髖關節退化、慢性頸部疼痛和辦公桌久坐的背部酸痛等疾病的經驗。她看到學員重新回復動力而感到欣喜。

服務包括：

- AIS 輔助伸展
- 物理療法



**GARIMOR JAMIAS**  
STRETCH THERAPY & FUNCTIONAL MOBILITY

A graduate of B.S. Physical Therapy with Certification in Resisted Movement Training and Flexibility by Premier Training International UK, Garimor has worked as a Fitness Manager and Personal Trainer in the Philippines, New Zealand and Canada. He likes working with all sorts of people from business professionals with a stiff neck to elite athletes with lower back pain. Garimor believes in a multi-disciplinary approach when dealing with people using physical therapy and Active Isolated Stretching to help people achieve their optimum potential and enjoy a pain and injury free life.

Garimor 擁有物理治療學位，並取得英國 Premier Training International 的阻力運動訓練和柔韌性證書，他曾在菲律賓、紐西蘭和加拿大擔任健身經理和私人教練。他樂於治療因工作導致頸部僵硬上班族和運動員的腰痛問題。Garimor 在進行物理治療時相信綜合學科研究法，並使用 AIS 伸展法來幫助發揮潛力及享受無痛和無傷患的生活方式。