

# HAN LI

## PILATES TRAINER

Polestar Pilates Certified Instructor

The Certificate of Chinese Dance in Beijing Dance Academy

Progressing Ballet Technique (PBT) level 1 certificate

The Hong Kong Academy for Performing Arts- Master of Fine Arts  
in Dance

### Profile:

Han Li has over 25 years of experience in Chinese dance performance and teaching. His journey led him to Pilates, where he discovered a science-based approach to improving movement, strengthening muscles, supporting joint recovery, and reshaping the body.

For Han Li, Pilates is more than exercise—it's a lifestyle. He is passionate about helping students improve posture, build body awareness, increase flexibility, and develop healthy habits.

