



## WELLNESS FOR TENNIS PLAYERS

Tennis is a demanding sport which requires a lot of mental and physical strength. Whether you are a recreational or a competitive tennis player, who is looking for an alternative way to strengthen your body and mind or simply recover after a good workout session on the court, we are pleased to announce that Tennis Elite has partnered with an extremely talented and passionate team to offer professional yoga and massage therapy. We are proud to be the first and only sports company in Hong Kong to offer this comprehensive service with the aim of benefitting your tennis game and well-being.

### **Mark Francisco Soler Ponferrada - Massage Therapist**



Mark has been in the health and wellness industry for over 15 years. Right after graduating with a degree in Physical Therapy from the Capitol University in the Philippines, he started working in the renowned Four Seasons Hotel and Resorts in the Islands of the Maldives. He then worked in other luxurious hotel and resort spas like the Four Seasons Hotel in Hong Kong, Elbow Beach Resort in Bermuda (formerly Mandarin Oriental Resort Bermuda) and The Landmark Mandarin Oriental in Hong Kong.

Driven by passion, Mark advanced his knowledge in various institutions from Australia, Thailand, Hong Kong and the United Kingdom, among others. He is a fully-qualified therapist for Swedish, Thai, Deep Tissue, Sports Therapeutic, Aromatherapy, Acupressure, Balinese and Hawaiian massages and offers a wellness experience based on individual preferences of every client.

Mark is available for professional massage services by appointment at the convenience of your home or at his private location in Causeway Bay.

Exclusive offer for Tennis Elite customers: Complimentary 30-minute upgrade for the first treatment.

In-call rates for massage services : 60 minutes - HK\$400      120 minutes - HK\$700  
90 minutes - HK\$550      180 minutes - HK\$1,000

An additional HK\$300 surcharge will be applied for out-call appointments (professional massage bed will be provided).

### **Nadine Bubner - Yoga Instructor**

Originally from Berlin - Germany, Nadine is an avid runner and triathlete. Yoga came into Nadine's life during her search for additional forms of exercise and she has practiced ever since. Working in a stressful business role, she experienced the effects of yoga's calming and introspective qualities which inspired her to share her yoga passion and experience by focusing her teaching abilities, especially to assist athletes and runners.

She is registered as a Yoga Teacher by the International Yoga Alliance (E-RYT 200), Prenatal certified with Dr. Jean Byrne - theyogospace and is an IRONMAN Certified Coach and Holistic Health Coach. Nadine enjoys teaching yoga for tennis players focusing on stretching and releasing tension that tends to develop in the hamstrings, hips, back, shoulders and combines it with yin yoga and the insights that come with a slower, deeper, more introspective yoga practice.



Nadine is available by appointments for customised private yoga classes with up to 4 students at the convenience of your home or at your private gym facility.

Exclusive offer for Tennis Elite customers: HK\$100 discount for the first session

Rates: HK\$900 per 60-minute class with up to 4 participants  
HK\$850 per 60-minute class if pre-purchased as a 5-session package  
HK\$800 per 60-minute class if pre-purchased as a 10-session package

For more information, please email us to: [info@tennis-elite.com](mailto:info@tennis-elite.com) or call: +852 6681 4478

**DISCLAIMER: Massage and yoga services stated above are offered by independent service providers who are not employees of Tennis Elite. Tennis Elite acts only as a referrer and takes no legal or financial responsibility for any claims, accidents, injury, death, loss, damage to person or property, or other consequences arising from services provided by the independent service providers.**