



PRACTITIONER COLLECTIVE

LONDON'S LEADING MOVEMENT, MEDITATION + SPA SPECIALISTS

Each practitioner within The Yoga Class x Mandarin Oriental Mayfair collective brings deep expertise, intuitive presence, and a shared philosophy — that true wellbeing begins with connection: to the body, breath, and self.



MANDARIN ORIENTAL

THE YOGA CLASS



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MODERN MOVEMENT MEETS RITUAL, RECOVERY + PRESENCE

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Hand-selected by Laura Dodd, Founder of The Yoga Class and Global Wellness Expert for Mandarin Oriental Hotel Group, this team represents the pinnacle of holistic practice in London. Each practitioner integrates evidence-informed movement and recovery science with timeless ritual and mindful presence.

Our collective includes specialists in yoga, Pilates, mobility, meditation, spa, bodywork, and sound healing, ensuring that every session and ritual is guided by the right expert for each guest's goals.

## MEET THE PRACTITIONERS

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LAURA DODD | FOUNDER OF THE YOGA CLASS + GLOBAL WELLNESS PARTNER, MO

With a background in yoga, meditation, and modern wellness science, Laura's approach blends breath-led movement and mindful ritual with evidence-based nervous system regulation. Her sessions cultivate deep release, clarity, and connection. Laura Dodd is the founder of The Yoga Class, an award-winning digital wellness platform now featured in-room across all Mandarin Oriental hotels worldwide. As MO's Global Wellness Expert, Laura also curates transformative retreats at MO destinations globally, blending her unique approach to movement, meditation, and ritual.

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JOSEPH | SOUND + FREQUENCY FACILITATOR

Named Best Sound Bath in London by Conde Nast Traveller, Joseph is an intuitive sound alchemist whose immersive sessions transport guests into deep resonance. His offerings include floating sound therapy in the vitality pool or spa suite—infused with vibration, presence, and ambient stillness. Joseph believes sound is healing through vibration. His sonic journeys dissolve tension, reset energy fields, and guide guests into a restorative frequency that opens both body and mind.

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MILLIE | PILATES + FUNCTIONAL MOBILITY

Millie is a London-based Pilates teacher and movement coach with a distinctive style that blends classical technique with soft strength and body awareness. Her teaching spans dynamic mat Pilates, Reformer Pilates, deep stretching, and breath-led stillness. Millie leads elegant, intelligent sessions designed to create strength, space, build core integrity, and support both mobility and mental clarity. Her sessions are quietly powerful, an invitation to pause, realign, and reconnect.

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### AMY | SAUNA RITUAL, MEDITATION + BREATH-WORK

Amy is a sauna master, meditation, and nature therapy guide whose work draws on seasonal energetics, nervous system support, and immersive breath practices. With a background in nature-based healing and retreat facilitation, her sessions offer guests sanctuary, reflection, and deep exhale.

At MO, Amy specialises in breath-led sauna sessions, slow contrast therapy, and emotional reset through somatic awareness. She invites guests into rituals of stillness and reconnection, where warmth meets breath, and clarity returns.

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### BHAVISHA | YOGA, ASSISTED STRETCH, BREATH + MEDITATION

Awarded Favourite Yoga Teacher by OM Yoga Magazine, Bhavisha is a breath coach and movement facilitator who leads holistic sessions in meditation, pranayama, Yin yoga, fascia release, and mobility. She combines boundary-pushing emotional regulation work with grounded, accessible instruction.

Bhavisha creates safe spaces for presence and transformation. Her yin-based, breath-led approach is deeply connective, inviting guests into their own inner rhythm and healing.

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### RUBEN | YOGA, MOBILITY + FUNCTIONAL MOVEMENT

A former ballet dancer, Ruben is a mobility specialist and personal trainer with a strong Instagram following among London's wellness community. He brings fluid athleticism and anatomical precision to his work, teaching Yoga, Movement, and deep mobility sessions tailored to posture, performance, and longevity.

Ruben's classes are intelligent and transformative. He uses evidence-based biomechanics to unlock range, fluidity, and resilience, where precision meets breath and alignment.

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### KSENIJA | PILATES, LYMPHATIC SPECIALIST + FACIAL SCULPTING

Ksenija is a specialist in lymphatic activation and facial self-massage, renowned for her holistic approach to beauty and self-care. She delivers sessions featuring mat or Reformer work, gua sha, dry brushing, and drainage techniques, a signature fit for mindful, detox-oriented rituals. With nearly a decade of experience in the beauty industry, she specialises in facial and body massage techniques that promote tension relief, detoxification, and sculpting for a youthful, glowing complexion.

Ksenija's precision and warmth guide clients into deeper circulation and lymph flow. Her sessions feel slim and sculpted: they tone while they calm, and leave the body feeling radiant.

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### STEFAN | THERMAL + CONTRAST THERAPY SPECIALIST

Stefan is a recovery specialist with a background in performance movement and breath-led training, as well as a professional boxing coach; he brings intensity, presence, and grounded leadership to his thermal therapy sessions.

Stefan's approach to contrast therapy combines sauna ritual, cold immersion, and functional breathwork to recalibrate the nervous system and enhance mental and physical recovery. His sessions are disciplined yet immersive, drawing on science and ceremony to leave guests fully reset.

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### BETHANY | YOGA, PILATES, BARRE

Bethany is a highly experienced London-based movement teacher and head trainer at some of the city's leading studios. With deep expertise across Mat and Reformer Pilates, Barre, Water Barre, mobility, and breath work, she brings both precision and intuition to every session.

A core teacher on TYC retreats, Bethany blends strength, fluidity, and stillness to support both physical evolution and inner recalibration. Her teaching is grounded, expansive, and quietly transformative — whether you meet her at the Reformer, on the mat, in the water, or in stillness.

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## MEET THE PRACTITIONERS

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### SASHA | PILATES, YOGA + BARRE

Sasha is a Pilates, yoga and barre teacher known for her refined, intelligent approach to movement. Her sessions blend strength, control and fluidity- weaving classical Pilates precision with the softness of yoga and the sculpting burn of barre. The result is a practice that feels both elegant and deeply effective, designed to support posture, longevity and embodied ease.

Her classes are quietly challenging yet accessible, inviting focus, breath and subtle strength. Expect a sense of lift and length through the body, paired with a steadier nervous system.

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### AMELIA | PILATES + FUNCTIONAL MOBILITY

Amelia is a Pilates teacher known for her calm, considered approach to movement and her ability to make strength feel spacious rather than strained. Her sessions centre on controlled, low-impact Pilates that builds deep core stability, postural awareness and long-term resilience, supporting the body to feel strong, supple and balanced.

With a gentle, grounding teaching style, Amelia creates classes that are quietly powerful.- practices that strengthen from the inside out.

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### PADDY | BREATH-WORK + MEDITATION

Paddy is a breath-work and meditation facilitator whose teaching centres on reconnecting the body and mind through conscious breath. Drawing on his own journey from chronic tension to embodied ease, he guides sessions that blend rhythmic breathing, mindful awareness and stillness to support stress reduction, nervous-system calm and emotional release.

With a grounded, reassuring presence, Paddy helps clients explore breath as a powerful tool for resilience, clarity and inner balance.

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### SOPHIE | YOGA, MOBILITY + PRE/ POST-NATAL SPECIALIST

Sophie is a yoga teacher and movement guide known for her warm, grounding presence and intelligent, functional approach to practice. With a background in strength-based vinyasa, mobility and pre/post-natal, she offers supportive, empowering sessions that meet clients exactly where they are.

At MO Mayfair, Sophie specialises in embodied movement designed to honour transitions, restore energy, and build sustainable strength from within. Her teaching is thoughtful, stabilising, and deeply attuned to the individual.

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### ZOE | PILATES + FUNCTIONAL MOBILITY

Zoe is a Pilates specialist and Reformer teacher known for her precise, empowering, and technically refined approach to movement. With experience teaching at London's leading studios, she combines intelligent sequencing with a focus on alignment, control, and mindful strength.

At MO Mayfair, Zoe offers dynamic yet supportive sessions that balance tone with mobility — improving posture, joint stability, and body awareness, creating sessions that feel both challenging and restorative, tailored to every individual.

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### KATE | SOUND + FREQUENCY FACILITATOR

Kate is a yoga teacher and sound healer whose work centres on nervous-system regulation, ritual and deep rest. Her sessions blend gentle, breath with immersive sound, using vibration as a pathway to release, recalibration and inner stillness.

With a calm, grounding presence, Kate creates spaces that feel ceremonial yet accessible, she invites the body to soften out of effort and into resonance. Her sessions feel expansive and restorative, leaving clients deeply settled, open and renewed.

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### MILLIE | PILATES + BARRE

Millie is a Pilates and barre teacher celebrated for her energising yet considered approach to movement. Her sessions combine dynamic Pilates foundations with the sculpting intensity of barre, creating practices that build strength, coordination and confidence while remaining mindful and controlled.

With an uplifting presence and clear, motivating cueing, Millie guides clients through intelligently structured sequences that target the deep core, glutes and postural muscles. Her classes feel strong and purposeful, leaving the body toned and empowered.

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