

Or-Yah Anvi

Or-Yah (Ory) is a professional dancer and Pilates instructor who moved to Bangkok three years ago. She started teaching private yoga and Pilates, then opened the Pilates Studio in early 2005 to cater for an increasing demand for proper instruction. The studio currently offers a range of one-to-one and group Pilates and yoga classes, plus shiatsu massage. For more information visit www.pilatesbangkok.com

Where do you live?

I live in a low-rise building in Nanglinchee Road, Soi 2. We love the neighbourhood because it's quiet, green and peaceful. There's also a great playground for my daughter.

Where are your favourite eateries?

Crepes and Co on Sukhumvit Soi 12 serves the best brunch and is child friendly; Via Vai on Sukhumvit Soi 8 is a wonderful Italian restaurant; and A l'etage on Sukhumvit Soi 39 has the best French cuisine I have ever eaten in my life – this is a restaurant for special occasions.

What projects are you working on next?

I want to expand the studio and to open more branches. I'd like to create greater awareness for exercise in general and Pilates in particular. I want to educate people in looking for certified and professional instructors, who will teach them both safely and correctly.

Where do you go to escape?

If we want to relax, we have to go out of the city – any of the islands will do.

What brought you to Bangkok?

My husband's work. Naturally, I joined him.

Where's your favourite place to shop in Bangkok?

Chatuchak Market and Chinatown – no question!

What's your latest purchase?

We bought antique Chinese furniture in Baan Tawai, up north.

What are your extravagances?

Books, music and things for my daughter.

What advice would you give to visitors of the city?

Take it one step at a time. Bangkok has a lot to offer, much more than people think, but it can be intimidating at first. You need to get into the *sabai-sabai* way of thinking.

What do you miss most about Bangkok when away from the city?

I love the contrasts here – super-modern and advanced versus simple and basic. I haven't see it as much anywhere else. Oh, and the wonderful fruit!



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