

Hong Kong Cancer Fund
Wellness Programme Timetable for Jul to Sep 2019
116 Programmes
(66 Classes + 46 Workshops + 4 Guide Tours)

Outreach venues & 5 Support Centres :
C = Central
NP = North Point
WTS = Wong Tai Sin
KC = Kwai Chung
TSW = Tin Shui Wai

Mon	Tue	Wed	Thu	Fri	Sat
Yoga for Beginners Class Hang Hau 10 sessions	Awareness Through Movement - The Feldenkrais Method Workshop (English w/ Cantonese translation) Central 5 sessions	Restorative Yoga Class (In Cantonese/English) Central 10 sessions	Yoga for the Experienced Class (In Cantonese/English) Central 10 sessions	Iyengar Yoga Workshop (In Cantonese/English) Central 2 sessions	Bring Some Juice into Your Life Workshop (In English) Support Centre (NP) 1 session
Yoga for Beginners Class Tin Shui Wai 10 sessions	Yoga for Beginners Class Causeway Bay 10 sessions	Chanting Class (Teach in Putonghua/English) Support Centre (NP) 8 sessions	Yoga for Body Mind Balancing Workshop (In English) Central 1 session	Pilates for Spinal Alignment Workshop (In Cantonese/English) Central 2 sessions	Yoga for Members at Work Beginners Class Quarry Bay 9 sessions
Yoga for the Experienced Class Tin Shui Wai 10 sessions	Yoga for Beginners Class Support Centre (WTS) 9 sessions	Yoga for Beginners Class Quarry Bay 10 sessions	Yoga for Happy Spine Workshop (In Cantonese/English) Mong Kok 1 session	Yoga for Beginners Class Central 10 sessions	Yoga for Members at Work Beginners Class Support Centre (WTS) 9 sessions
Pink Yoga Class Jockey Club Support Centre (KC) 10 sessions	Yoga for Beginners Class Jockey Club Support Centre (KC) 8 sessions	Yoga for Beginners Class Mong Kok 10 sessions	Yoga for Beginners Class Mong Kok 9 sessions	Yoga for Beginners Class Tai Wai 10 sessions	Yoga for Members at Work - The Experienced Class Quarry Bay 9 sessions
Yin Yoga Class Central 10 sessions	Pink Yoga Class Mong Kok 9 sessions	Pink Yoga Class Quarry Bay 10 sessions	Yoga for the Experienced Class Kwun Tong 10 sessions	Pink Yoga Class Mong Kok 9 sessions	Yoga for Members at Work - The Experienced Class Support Centre (WTS) 9 sessions
Chair Yoga Workshop Support Centre (NP) 3 sessions	Yoga for Men Class Jockey Club Support Centre (KC) 6 sessions	Pink Yoga Class Tuen Mun 10 sessions	Laughter Yoga Class Jockey Club Support Centre (KC) 6 sessions	Yin Yoga Class Jockey Club Support Centre (KC) 9 sessions	Yoga for Members at Work - The Experienced Class Support Centre (WTS) 9 sessions
Laughter Yoga Class Support Centre (WTS) 4 sessions	Yoga for Joints & Glands Workshop Mong Kok 2 sessions	Yoga for Men Class Support Centre (NP) 8 sessions	Release the Chain of Anxiety Mindfulness - Based Cognitive Therapy (MBCT) - Class Support Centre (NP) 10 sessions	Yoga for Lower Back Pain Workshop Mong Kok 2 sessions	Mindfulness Yoga Workshop Support Centre (TSW) 3 sessions
Laughter Yoga Class Support Centre (TSW) 6 sessions	Yoga for Abdominal Breathing & Relaxation Workshop Causeway Bay 1 session	Chair Yoga Class Support Centre (WTS) 6 sessions	Chen Style Taiji for Beginners Class Tin Shui Wai 12 sessions	Yoga for Happy Spine Workshop Jockey Club Support Centre (KC) 2 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part 1 Class Sai Wan Ho 9 sessions
Yoga for Abdominal Breathing & Relaxation Workshop Central 1 session	Breathing and Relaxation for Beginners Class Quarry Bay 10 sessions	Breathing and Relaxation for Beginners Class Jordan 10 sessions	Yi Jin Bang 1 & 2 North Point 8 sessions	Laughter Yoga Class Sheung Wan 5 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part 1 Revision Class Sai Wan Ho 2 sessions
Yoga for Better Sleep Workshop Support Centre (WTS) 3 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part 1 Class Tiu Keng Leng 10 sessions	Breathing and Relaxation for Beginners Class Support Centre (TSW) 10 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part 1 Class Shek Tong Tsui 10 sessions	Guo Lin Qigong Class Jockey Club Support Centre (KC) 8 sessions	Qigong 12 Forms & Yi Jin Bang Exercise Part 2 Class Sai Wan Ho 9 sessions
Mindfulness Self-Compassion Workshop Jockey Club Support Centre (KC) 3 sessions	8 Movement of Taiji & 13 Zi Jue for Health Cultivation Class Support Centre (WTS)	Meditation for Beginners Class Tsim Sha Tsui 8 sessions	Qigong 12 Forms & Yi Jin Bang Exercise Part 2 Class Shek Tong Tsui 10 sessions	Guo Lin Qigong Revision Class Jockey Club Support Centre (KC) 2 sessions	Qigong 12 Forms & Yi Jin Bang Exercise Part 2 Revision Class Sai Wan Ho 2 sessions
Guo Lin Qigong Class Sai Ying Pun 8 sessions	Pilates Exercise for Beginners Class Jockey Club Support Centre (KC) 9 sessions	Meditation for the Experienced Class Tsim Sha Tsui 8 sessions	Qigong 12 Forms & Yi Jin Bang Exercise Part 2 Class Support Centre (WTS) 8 sessions	Qigong Workshop Revision Jockey Club Support Centre (KC) 1 session	Relaxing & Rejuvenating Energy Healing Practice for the Experienced Class Support Centre (C) 6 sessions
Guo Lin Qigong Revision Class Sai Ying Pun 2 sessions	Eat Wise Healthy Cooking Workshop - Bitter Melon in Summer Jockey Club Support Centre (KC) 1 session	Wu Style Taiji Class Jockey Club Support Centre (KC) 35 sessions	Pilates Exercise for Beginners A Class Wong Tai Sin 9 sessions	Pilates Exercise for Beginners Class Central 9 sessions	Pilates Exercise Workshop Support Centre (TSW) 3 sessions
Wan's Meridian Harmony Movement Workshop Support Centre (WTS) 1 session	Eat Wise Healthy Cooking Workshop - Veggie Promotes Digestion Jockey Club Support Centre (KC) 1 session	Chen Style Taiji for Beginners Class Cheung Sha Wan 12 sessions	Pilates Exercise for Beginners B Class Wong Tai Sin 9 sessions	Zentangle Workshop Support Centre (C) 3 sessions	Mandala Exhibition Tour C Support Centre (C) 1 session

11 types

Yoga Therapy
Breathing and Relaxation
Meditation
Qigong and Taiji
Body Awareness
Pilates Exercise
Arts Healing
Sound Healing
Holistic Living
Healthy Diet
Others

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Tibetan Singing Bowls Healing Workshop A Support Centre (NP) 1 session	Eat Wise Healthy Cooking Workshop - Tasty Mushrooms Jockey Club Support Centre (KC) 1 session	Chen Style Taiji for the Experienced Class Cheung Sha Wan 12 sessions	Mandala Exhibition Tour A Support Centre (Central) 1 session	Mandala Practice Day Workshop B Jockey Club Support Centre (KC) 1 session	Mandala Exhibition Tour D Support Centre (C) 1 session
Tibetan Singing Bowls Healing Workshop B Support Centre (NP) 1 session	Water Kefir Workshop Jockey Club Support Centre (KC) 2 sessions	Pilates Exercise for Beginners Class Admiralty 10 sessions	Mandala Exhibition Tour B Support Centre (C) 1 session	Healthy Sprouting Workshop Support Centre (NP) 1 session	Mandala Practice Day Workshop C Jockey Club Support Centre (KC) 1 session
Workshop for Reorganising Your Home and Life Detach Discard Dissolve Support Centre (WTS) 1 session		Pilates Exercise for the Experienced Admiralty 10 sessions	Mandala Arts Healing Workshop Jockey Club Support Centre (KC) 3 session		Mindful Tea Appreciation Workshop A Support Centre (C) 1 session
Energy Healing Workshop Support Centre (WTS) 3 sessions		Tibetan Singing Bowls Healing Workshop Jockey Club Support Centre (KC) 1 session	Mandala Practice Day Workshop A Jockey Club Support Centre (KC) 1 session		Mindful Tea Appreciation Workshop B Support Centre (C) 1 session
Massage Exercise Ball Workshop Jockey Club Support Centre (KC) 2 sessions		Gong Bath Healing Workshop Jockey Club Support Centre (KC) 1 session	Tibetan Singing Bowl 1 on 1 Workshop A Support Centre (NP) 5 sessions		Eat Wise Healthy Cooking Workshop - The Taste of Southeast Asia Jockey Club Support Centre (KC) 1 session
		Food for the Heart (Book Club) Class Support Centre (NP) 4 sessions	Tibetan Singing Bowl 1 on 1 Workshop B Support Centre (NP) 5 sessions		
		DIY Natural Detergent for Household Workshop Jockey Club Support Centre (KC) 1 session	Healthy Sprouting Workshop Support Centre (TSW) 1 session		
			Eat Wise Healthy Cooking Workshop - Fruits in Summer Support Centre (WTS) 1 session		
			Eat Wise Healthy Cooking Workshop - Melons in Summer Support Centre (WTS) 1 session		
			Eat Wise Healthy Cooking Workshop - Nuts and Seeds Support Centre (WTS) 1 session		
			Talk - Healthy Soup and Tea for Autumn Jockey Club Support Centre (KC) 1 session		
			Mindful Eating Raw Food Kitchen Workshop Jockey Club Support Centre (KC) 1 session		

11 types

Qigong and Taiji
Arts Healing
Sound Healing
Holistic Living
Healthy Diet
Others