

Hong Kong Cancer Fund
Wellness Programme Timetable for Oct to Dec 2019
117 Programmes
(60 Classes + 57 Workshops)

Mon	Tue	Wed	Thu	Fri	Sat
Healing with Nature One-Day Workshop (English w/ Cantonese translation) Tai Po 1 session	Yoga for Beginners Class (In Cantonese/English) Causeway Bay 9 sessions	Restorative Yoga Class (In Cantonese/English) Central 9 sessions	Yoga for Beginners Class (In English) Central 9 sessions	Iyengar Yoga Workshop (In Cantonese/English) Central 2 sessions	Pratyahara and Concentration Workshop (In Cantonese/English) Support Centre (NP) 1 session
Yoga for Beginners Class Hang Hau 8 sessions	Therapeutic Yoga Class (In English) Quarry Bay 9 sessions	Pilates Exercise for Beginners Class (In English) Admiralty 9 sessions	Yoga for Lower Back Pain Workshop (In Cantonese/English) Mong Kok 2 sessions	Yoga for Beginners Class Sha Tin 9 sessions	Bring Some Juice into Your Life Workshop (In English) Support Centre (NP) 1 session
Yoga for Beginners Class Tin Shui Wai 10 sessions	Mindfulness Yoga Workshop (In Cantonese/English) Causeway Bay 1 session	Pilates Exercise for the Experienced Class (In English) Admiralty 9 sessions	Yoga for the Beginners Class Kwun Tong 10 sessions	Pink Yoga Class Mong Kok 8 sessions	Yoga for Members at Work-Beginners Class Wan Chai 8 sessions
Yoga for the Experienced Class Tin Shui Wai 10 sessions	Awareness Through Movement - The Feldenkrais Method Class (English w/ Cantonese translation) Central 5 sessions	Chanting Class (In Putonghua/English) Support Centre (NP) 9 sessions	Yin Yoga Class Mong Kok 7 sessions	Yin Yoga Class Jockey Club Support Centre (KC) 8 sessions	Yoga for Members at Work-Beginners Class A Support Centre (WTS) 9 sessions
Pink Yoga Class Jockey Club Support Centre (KC) 10 sessions	Yoga for Beginners Class Support Centre (WTS) 8 sessions	Tea Meditation with Singing Bowls Sound Spa Workshop (In English/Putonghua) Support Centre (C) 3 sessions	Laughter Yoga Class Jockey Club Support Centre (KC) 9 sessions	Laughter Yoga Class Sheung Wan 9 sessions	Yoga for Members at Work-Beginners Class B Support Centre (WTS) 9 sessions
Pink Yoga Workshop Support Centre (NP) 3 sessions	Yoga for Beginners Class Jockey Club Support Centre (KC) 9 sessions	Yoga for Beginners Class Mong Kok 9 sessions	Yoga for Body Mind Balancing Workshop Central 1 session	Laughter Yoga Class Support Centre (WTS) 7 sessions	Yoga for Strengthening Pelvic Floor Muscles Workshop Support Centre (TSW) 2 sessions
Yin Yoga Class Central 9 sessions	Pink Yoga Class Mong Kok 8 sessions	Pink Yoga Class Tuen Mun 10 sessions	Yoga for Better Sleep Workshop A Support Centre (WTS) 3 sessions	Yoga for Knee Pain Prevention Workshop Mong Kok 2 sessions	Mindfulness Yoga Workshop Support Centre (TSW) 2 sessions
Chair Yoga Workshop Support Centre (NP) 3 sessions	Pink Yoga Workshop Support Centre (NP) 3 sessions	Yoga for Men Class Support Centre (NP) 9 sessions	Yoga for Better Sleep Workshop B Support Centre (WTS) 3 sessions	Breathing and Relaxation for Beginners Class Central 9 sessions	Introductory Workshop on Mindfulness Body-Mind Awareness and Connection Jockey Club Support Centre (KC) 1 session
Laughter Yoga Class Support Centre (TSW) 9 sessions	Yoga for Men Class Jockey Club Support Centre (KC) 9 sessions	Chair Yoga Class Support Centre (WTS) 5 sessions	Chen Style Taiji for Beginners Class Tin Shui Wai 11 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part 1 Class Shek Tong Tsui 9 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part 1 Class Sai Wan Ho 10 sessions
Guo Lin Qigong Class Sai Ying Pun 6 sessions	Yoga for Joints & Glands Workshop Mong Kok 2 sessions	Yoga for Back, Neck & Shoulder Relaxation Workshop Jockey Club Support Centre (KC) 3 sessions	Qigong Workshop Jockey Club Support Centre (KC) 2 sessions	Qigong 12 Forms & Yi Jin Bang Exercise Part 2 Class Shek Tong Tsui 9 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part 1 Revision Class Sai Wan Ho 2 sessions
Pilates Exercise for Beginners Class Jockey Club Support Centre (KC) 7 sessions	Qigong 12 Forms & Yi Jin Bang Exercise Part 2 Class Support Centre (WTS) 8 sessions	Breathing and Relaxation for Beginners Class Jordan 10 sessions	Pilates Exercise for Beginners A Class Wong Tai Sin 9 sessions	Guo Lin Qigong Class Jockey Club Support Centre (KC) 7 sessions	Qigong 12 Forms & Yi Jin Bang Exercise Part 2 Class Sai Wan Ho 10 sessions
Introductory Workshop of Pilates Exercise Jockey Club Support Centre (KC) 3 sessions	Eat Wise Healthy Cooking Workshop - Chinese Dim Sum Support Centre (WTS) 1 session	Breathing and Relaxation for Beginners Class Support Centre (TSW) 10 sessions	Pilates Exercise for Beginners B Class Wong Tai Sin 9 sessions	Yang Style Taiji Class Tai Po 30 sessions	Qigong 12 Forms & Yi Jin Bang Exercise Part 2 Revision Class Sai Wan Ho 2 sessions
Tibetan Singing Bowls Healing Workshop A Support Centre (NP) 1 session	Eat Wise Healthy Cooking Workshop - Fibre Rich Sweet Potato Support Centre (WTS) 1 session	Meditation for Beginners Class (In Putonghua) Tsim Sha Tsui 8 sessions	Mandala Practice Day Workshop A Jockey Club Support Centre (KC) 1 session	Pilates Exercise for Beginners Class Central 8 sessions	Relaxing & Rejuvenating Energy Healing Practice for the Experienced Class Support Centre (C) 6 sessions

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

11 types

Yoga Therapy

Breathing and Relaxation

Mindfulness

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 B Support Centre (NP) 1 session	Eat Wise Healthy Cooking Workshop - Tasty Mushrooms Support Centre (WTS) 1 session	Meditation for the Experienced Class (In Putonghua) Tsim Sha Tsui 8 sessions	Tibetan Singing Bowl 1 on 1 Workshop Support Centre (NP) 5 sessions	Introductory Workshop of Pilates Exercise Central 2 sessions	Pingshuai Workshop (In Putonghua) Jockey Club Support Centre (KC) 1 session
Healthy Sprouting Workshop Support Centre (NP) 1 session	Water Kefir Workshop Jockey Club Support Centre (KC) 2 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part 1 Class Tiu Keng Leng 10 sessions	Eat Wise Healthy Cooking Workshop - Raw Food School Support Centre (NP) 1 session	Zentangle Advanced Workshop Support Centre (C) 3 sessions	Pilates Exercise for Beginners Class Support Centre (TSW) 3 sessions
Massage Exercise Ball Workshop Jockey Club Support Centre (KC) 2 sessions		Yi Jin Bang Exercise Part 1 & 2 Class North Point 8 sessions	Eat Wise Healthy Cooking Workshop - Tasty Lotusroot (In Putonghua) Jockey Club Support Centre (KC) 1 session	Mandala Practice Day Workshop B Jockey Club Support Centre (KC) 1 session	Introductory Workshop of Pilates Exercise Wong Tai Sin 3 sessions
		Chen Style Taiji for Beginners Class Cheung Sha Wan 11 sessions	Eat Wise Healthy Cooking Workshop - Healthy Turmeric (In Putonghua) Jockey Club Support Centre (KC) 1 session	Talk - Healthy Soup and Tea for Winter Support Centre (WTS) 1 session	Mandala Practice Day Workshop C Jockey Club Support Centre (KC) 1 session
		Chen Style Taiji for the Experienced Class Cheung Sha Wan 11 sessions	Eat Wise Healthy Cooking Workshop - Desserts for X'mas (In Putonghua) Jockey Club Support Centre (KC) 1 session	Eat Wise Healthy Cooking Workshop - Japanese Cuisines Support Centre (WTS) 1 session	Singing Bowl Self-Healing Workshop Jockey Club Support Centre (KC) 3 sessions
		Wan's Meridian Harmony Movement Workshop Support Centre (WTS) 2 sessions	Energy Healing Workshop Support Centre (WTS) 3 sessions	Mindful Eating Workshop Support Centre (C) 1 session	Tibetan Singing Bowls Healing Workshop A Jockey Club Support Centre (KC) 1 session
		Gong Bath Healing Workshop Jockey Club Support Centre (KC) 1 session			Tibetan Singing Bowls Healing Workshop B Jockey Club Support Centre (KC) 1 session
		Food for the Heart (Book Club) Class (In Putonghua) Support Centre (NP) 5 sessions			Mindful Tea Appreciation Workshop A Support Centre (C) 1 session
		DIY Natural Detergent for Household Workshop Support Centre (WTS) 1 session			Mindful Tea Appreciation Workshop B Support Centre (C) 1 session
		Healthy Sprouting Workshop Support Centre (WTS) 1 session			Eat Wise Healthy Cooking Workshop - The Taste of Chinese Cuisines Jockey Club Support Centre (KC) 1 session
		Herbs Kitchen Workshop Jockey Club Support Centre (KC) 3 sessions			Eat Wise Healthy Cooking Workshop - The Taste of Vietnam Jockey Club Support Centre (KC) 1 session

Qigong and Taiji
Body Awareness
Pilates Exercise
Arts Healing
Sound Healing
Holistic Living
Healthy Diet
Others