

| <div> <div>Hong Kong Cancer Fund</div> <div>Wellness Programme Timetable for Jan to Mar 2020</div> <div>121 Programmes</div> <div>(66 Classes + 55 Workshops)</div> </div> |   |  |   |   |  |
|--|---|--|---|---|--|
| Mon  | Tue   | Wed  | Thu   | Fri   | Sat  |
| <u>Yoga for Beginners Class</u><br>Hang Hau<br>8 sessions  | <u>Therapeutic Yoga Class</u><br>(In English)<br>Quarry Bay<br>9 sessions   | <u>Restorative Yoga Workshop</u><br>(In Cantonese/English)<br>Central<br>9 sessions                            | <u>Yoga for the Experienced Class</u><br>(In Cantonese/English)<br>Central<br>10 sessions                                 | <u>Iyengar Yoga Workshop</u><br>(In Cantonese/English)<br>Central<br>2 sessions                             | <u>Yoga for Members at Work Beginners Class</u><br>Quarry Bay<br>9 sessions  |
| <u>Yoga for Beginners Class</u><br>Tin Shui Wai<br>9 sessions  | <u>Mindfulness Yoga Workshop</u><br>(In Cantonese/English)<br>Causeway Bay<br>1 session   | <u>Pilates Exercise for Beginners Class</u><br>(In English)<br>Admiralty<br>9 sessions                         | <u>Tea Meditation with Singing Bowls Sound Spa</u><br>(In Putonghua/English)<br>Support Centre (NP)<br>3 sessions         | <u>Yoga for Beginners Class</u><br>Shatin<br>9 sessions   | <u>Yoga for Members at Work Beginners Class A</u><br>Support Centre (WTS)<br>9 sessions  |
| <u>Yoga for the Experienced Class</u><br>Tin Shui Wai<br>9 sessions  | <u>Awareness Through Movement - The Feldenkrais Method Class</u><br>(English w/ Cantonese translation)<br>Central<br>6 sessions | <u>Pilates Exercise for the Experienced Class</u><br>(In English)<br>Admiralty<br>9 sessions                   | <u>Yoga for the Beginners Class</u><br>Kwun Tong<br>9 sessions  | <u>Pink Yoga Class</u><br>Mong Kok<br>8 sessions  | <u>Yoga for Members at Work Beginners Class B</u><br>Support Centre (WTS)<br>9 sessions  |
| <u>Pink Yoga Class</u><br>Jockey Club Support Centre (KC)<br>9 sessions  | <u>Yoga for Beginners Class</u><br>Causeway Bay<br>9 sessions   | <u>Chanting Class</u><br>(In Putonghua/English)<br>Support Centre (NP)<br>7 sessions                           | <u>Yin Yoga Class</u><br>Mong Kok<br>10 sessions  | <u>Yin Yoga Class</u><br>Jockey Club Support Centre (KC)<br>9 sessions                                      | <u>Yoga for Members at Work The Experienced Class</u><br>Quarry Bay<br>9 sessions  |
| <u>Yin Yoga Class</u><br>Central<br>8 sessions   | <u>Yoga for Beginners Class</u><br>Support Centre (WTS)<br>9 sessions   | <u>Yoga for the Beginners Class</u><br>Quarry Bay<br>8 sessions  | <u>Laughter Yoga Class</u><br>Jockey Club Support Centre (KC)<br>9 sessions   | <u>Laughter Yoga Class</u><br>Sheung Wan<br>9 sessions  | <u>Mindfulness Yoga Workshop</u><br>Support Centre (TSW)<br>3 sessions   |
| <u>Chair Yoga Workshop</u><br>Support Centre (NP)<br>3 sessions  | <u>Yoga for Beginners Class</u><br>Jockey Club Support Centre (KC)<br>9 sessions  | <u>Yoga for Beginners Class</u><br>Mong Kok<br>9 sessions  | <u>Yoga for Body Mind Balancing Workshop</u><br>Central<br>1 session  | <u>Yoga for Managing Lymphoedema in Upper and Lower Limbs Workshop</u><br>Support Centre (NP)<br>2 sessions | <u>Introductory Workshop on Mindfulness Body-Mind Awareness and Connection</u><br>Jockey Club Support Centre (KC)<br>1 session |
| <u>Laughter Yoga Class</u><br>Support Centre (WTS)<br>4 sessions   | <u>Pink Yoga Class</u><br>Mong Kok<br>8 sessions  | <u>Pink Yoga Class</u><br>Quarry Bay<br>8 sessions   | <u>Yoga for Better Sleep Workshop A</u><br>Support Centre (WTS)<br>3 sessions   | <u>Yoga for Lower Back Pain Workshop</u><br>Mongkok<br>2 sessions   | <u>Health Qigong Ba Duan Jin &amp; Yi Jin Bang Exercise Part 1 Class</u><br>Sai Wan Ho<br>9 sessions                           |
| <u>Laughter Yoga Class</u><br>Support Centre (TSW)<br>6 sessions   | <u>Yoga for Men Class</u><br>Jockey Club Support Centre (KC)<br>9 sessions  | <u>Pink Yoga Class</u><br>Tuen Mun<br>9 sessions   | <u>Yoga for Better Sleep Workshop B</u><br>Support Centre (WTS)<br>3 sessions   | <u>Yoga for Knee Pain Prevention Workshop</u><br>Support Centre (WTS)<br>1 session                          | <u>Health Qigong Ba Duan Jin &amp; Yi Jin Bang Exercise Part 1 Revision Class</u><br>Sai Wan Ho<br>2 sessions                  |
| <u>Yoga for Better Sleep Workshop</u><br>Central<br>2 sessions   | <u>Yoga for Joints &amp; Glands Workshop</u><br>Mong Kok<br>2 sessions  | <u>Yoga for Men Class</u><br>Support Centre (NP)<br>9 sessions   | <u>Body Mind Spirit Workshop &amp; Day Camp</u><br>Jockey Club Support Centre (KC)<br>4 sessions                          | <u>Yoga for Back, Neck &amp; Shoulder Relaxation Workshop</u><br>Central<br>2 sessions                      | <u>Qigong 12 Forms &amp; Yi Jin Bang Exercise Part 2 Class</u><br>Sai Wan Ho<br>9 sessions                                     |
| <u>Release the Chain of Anxiety Mindfulness - Based Cognitive Therapy (MBCT) - Class</u><br>Support Centre (NP)<br>9 sessions  | <u>Qigong 12 Forms &amp; Yi Jin Bang Exercise Part 1 Class</u><br>Tiu Keng Leng<br>8 sessions                                   | <u>Chair Yoga Class</u><br>Support Centre (WTS)<br>5 sessions  | <u>Chen Style Taiji for Beginners Class</u><br>Tin Shui Wai<br>12 sessions  | <u>Breathing and Relaxation for Beginners Class</u><br>Central<br>9 sessions                                | <u>Qigong 12 Forms &amp; Yi Jin Bang Exercise Part 2 Revision Class</u><br>Sai Wan Ho<br>2 sessions                            |
| <u>Guo Lin Qigong Class</u><br>Sai Ying Pun<br>9 sessions  | <u>Eat Wise Healthy Cooking Workshop - Raw Food School</u><br>Support Centre (NP)<br>1 session                                  | <u>Yoga for Back, Neck &amp; Shoulder Relaxation Workshop</u><br>Jockey Club Support Centre (KC)<br>3 sessions | <u>Health Qigong Ba Duan Jin &amp; Yi Jin Bang Exercise Part 1 Class</u><br>Jockey Club Support Centre (KC)<br>8 sessions | <u>Health Qigong Ba Duan Jin &amp; Yi Jin Bang Exercise Part 1 Class</u><br>Shek Tong Tsui<br>9 sessions    | <u>Relaxing &amp; Rejuvenating Energy Healing Practice Class</u><br>Support Centre (C)<br>6 sessions                           |
| <u>Guo Lin Qigong Revision Class</u><br>Sai Ying Pun<br>1 session  | <u>Eat Wise Healthy Cooking Workshop - Chinese New Year Pudding</u><br>Jockey Club Support Centre (KC)<br>1 session             | <u>Breathing and Relaxation for Beginners Class</u><br>Jordan<br>9 sessions                                    | <u>Qigong 12 Forms &amp; Yi Jin Bang Exercise Part 2 Revision Class</u><br>Support Centre (WTS)<br>2 sessions             | <u>Qigong 12 Forms &amp; Yi Jin Bang Exercise Part 2 Class</u><br>Shek Tong Tsui<br>9 sessions              | <u>Relaxing &amp; Rejuvenating Energy Healing Practice - Revision Class</u><br>Support Centre (C)<br>6 sessions                |
| <u>Pilates Exercise for Beginners Class</u><br>Jockey Club Support Centre (KC)<br>7 sessions   | <u>Eat Wise Healthy Cooking Workshop - Beans</u><br>Jockey Club Support Centre (KC)<br>1 session                                | <u>Breathing and Relaxation for Beginners Class</u><br>Support Centre (TSW)<br>7 sessions                      | <u>Yi Jin Bang Exercise Part 1 &amp; 2 Revision Class</u><br>North Point<br>4 sessions                                    | <u>Guo Lin Qigong Class</u><br>Jockey Club Support Centre (KC)<br>10 sessions                               | <u>Pilates Exercise for Beginners Class</u><br>Support Centre (TSW)<br>3 sessions  |
| <u>Introductory Workshop of Pilates Exercise</u><br>Jockey Club Support Centre (KC)<br>3 sessions  | <u>Eat Wise Healthy Cooking Workshop - Rainbow Diet</u><br>Jockey Club Support Centre (KC)<br>1 session                         | <u>Meditation for Beginners Class</u><br>(In Putonghua)<br>Tsim Sha Tsui<br>7 sessions                         | <u>Pilates Exercise for Beginners Class A</u><br>Wong Tai Sin<br>9 sessions   | <u>Guo Lin Qigong Revision Class</u><br>Jockey Club Support Centre (KC)<br>2 sessions                       | <u>Introductory Workshop of Pilates Exercise A</u><br>Support Centre (WTS)<br>3 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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|--|-----|---|--|--|--|
| Mon  | Tue | Wed   | Thu  | Fri  | Sat  |
| <div> <div>Tibetan Singing Bowls Healing Workshop A</div> <div>Support Centre (NP)</div> <div>1 session</div> </div>   |     | <div> <div>Meditation for the Experienced Class</div> <div>(In Putonghua)</div> <div>Tsim Sha Tsui</div> <div>7 sessions</div> </div>           | <div> <div>Pilates Exercise for Beginners Class B</div> <div>Wong Tai Sin</div> <div>9 sessions</div> </div>   | <div> <div>Pilates Exercise for Beginners Class</div> <div>Central</div> <div>8 sessions</div> </div>                        | <div> <div>Introductory Workshop of Pilates Exercise B</div> <div>Support Centre (WTS)</div> <div>3 sessions</div> </div>                                  |
| <div> <div>Tibetan Singing Bowls Healing Workshop B</div> <div>Support Centre (NP)</div> <div>1 session</div> </div>   |     | <div> <div>Chen Style Taiji for Beginners Class</div> <div>Cheung Sha Wan</div> <div>11 sessions</div> </div>                                   | <div> <div>Tibetan Singing Bowl 1 on 1 Workshop A</div> <div>Support Centre (NP)</div> <div>4 sessions</div> </div>  | <div> <div>Zentangle Advanced Workshop</div> <div>Support Centre (C)</div> <div>2 sessions</div> </div>                      | <div> <div>Mandala Practice Day Workshop B</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>                                    |
| <div> <div>Tibetan Singing Bowls Healing Workshop</div> <div>Club Support Centre (WTS)</div> <div>1 session</div> </div>   |     | <div> <div>Chen Style Taiji for the Experienced Class</div> <div>Cheung Sha Wan</div> <div>11 sessions</div> </div>                             | <div> <div>Tibetan Singing Bowl 1 on 1 Workshop B</div> <div>Support Centre (NP)</div> <div>4 sessions</div> </div>  | <div> <div>Mandala Arts Healing Workshop</div> <div>Jockey Club Support Centre (KC)</div> <div>2 sessions</div> </div>       | <div> <div>Mindful Circle Painting Workshop</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>                                   |
| <div> <div>Tibetan Singing Bowls Healing Workshop</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>   |     | <div> <div>Wan's Meridian Harmony Movement Workshop</div> <div>Support Centre (WTS)</div> <div>2 sessions</div> </div>                          | <div> <div>Eat Wise Healthy Cooking Workshop - Beans</div> <div>(In Putonghua)</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>                | <div> <div>Mandala Practice Day Workshop A</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>      | <div> <div>Singing Bowl Self-Healing Workshop</div> <div>Jockey Club Support Centre (KC)</div> <div>3 sessions</div> </div>                                |
| <div> <div>Massage Exercise Ball Workshop</div> <div>Jockey Club Support Centre (KC)</div> <div>2 sessions</div> </div>  |     | <div> <div>Guo Lin Qigong Workshop</div> <div>Tsim Sha Tsui</div> <div>4 sessions</div> </div>  | <div> <div>Eat Wise Healthy Cooking Workshop - Plant-Based Collagen</div> <div>(In Putonghua)</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div> | <div> <div>Mandala Starry Sky Painting Workshop</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div> | <div> <div>Mindful Tea Appreciation Workshop A</div> <div>Support Centre (C)</div> <div>1 session</div> </div>   |
|  |     | <div> <div>Gong Bath Healing Workshop</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>                              | <div> <div>Energy Healing Workshop</div> <div>Support Centre (WTS)</div> <div>2 sessions</div> </div>  |  | <div> <div>Mindful Tea Appreciation Workshop B</div> <div>Support Centre (C)</div> <div>1 session</div> </div>   |
|  |     | <div> <div>Food for the Heart (Book Club) Class</div> <div>(In Putonghua)</div> <div>Support Centre (NP)</div> <div>4 sessions</div> </div>     |  |  | <div> <div>Writing Workshop</div> <div>Support Centre (NP)</div> <div>1 session</div> </div>   |
|  |     | <div> <div>Herbs Kitchen Workshop</div> <div>Jockey Club Support Centre (KC)</div> <div>3 sessions</div> </div>                                 |  |  | <div> <div>Oncology Massage for Cancer Care Workshop</div> <div>Support Centre (NP)</div> <div>1 session</div> </div>                                      |
|  |     | <div> <div>Eat Wise Healthy Cooking Workshop - The Taste of Japanese Cuisines</div> <div>Support Centre (WTS)</div> <div>1 session</div> </div> |  |  | <div> <div>Eat Wise Healthy Cooking Workshop - The Taste of Japanese Cuisines</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div> |
|  |     | <div> <div>Mindful Eating Workshop</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>                                 |  |  | <div> <div>Transform Your Emotions Workshop</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>                                   |
|  |     | <div> <div>Seasonal Healthy Soup &amp; Tea Workshop</div> <div>Support Centre (C)</div> <div>1 session</div> </div>                             |  |  |  |

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| 11 types         |
|------------------|
| Pilates Exercise |
| Arts Healing     |
| Sound Healing    |
| Holistic Living  |
| Healthy Diet     |
| Others           |