

**Hong Kong Cancer Fund**  
**Wellness Programme Timetable for Jan to Mar 2021**  
**72 Programmes**  
**(36 Classes + 36 Workshops)**

**Due to the public health concern, we cancelled all In-Person Programmes for January, welcome to join the Live-Streamed Programmes, click here for more details:**

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**Outreach venues & 4 Support Centres :**  
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| Mon   | Tue   | Wed   | Thu  | Fri   | Sat  |
|---|---|---|--|---|--|
| <b>Yoga for Beginners Class</b><br>Tseung Kwan O<br>9 sessions                                    | <b>Awareness Through Movement - The Feldenkrais Method Class</b><br>(English w/ Cantonese translation)<br>Central<br>6 sessions | <b>Chanting Class</b><br>(In English/Putonghua)<br>Support Centre (NP)<br>10 sessions         | <b>Laughter Yoga Class</b><br>Jockey Club Support Centre (KC)<br>9 sessions                                  | <b>Tibetan Singing Bowls Healing Workshop</b><br>(In English/Cantonese)<br>Support Centre (NP)<br>1 session | <b>Yoga for Pelvic Muscle Workshop</b><br>Jockey Club Support Centre (KC)<br>2 sessions  |
| <b>Pink Yoga Class</b><br>Jockey Club Support Centre (KC)<br>9 sessions                           | <b>Yoga for Beginners Class</b><br>Jockey Club Support Centre (KC)<br>9 sessions  | <b>Pink Yoga Class</b><br>Tuen Mun<br>6 sessions  | <b>Qigong Warm-up Session Class</b><br>Jockey Club Support Centre (KC)<br>9 sessions                         | <b>Yoga for Beginners Class</b><br>Shatin<br>9 sessions   | <b>Introductory Workshop on Mindfulness Body-Mind Awareness and Connection</b><br>Jockey Club Support Centre (KC)<br>1 session |
| <b>Chair Yoga Workshop</b><br>Support Centre (NP)<br>3 sessions                                   | <b>Pink Yoga Class</b><br>Wong Tai Sin<br>8 sessions  | <b>Chair Yoga Workshop</b><br>Support Centre (WTS)<br>4 sessions                              | <b>Pilates Exercise for Beginners Class A</b><br>Support Centre (WTS)<br>8 sessions                          | <b>Yin Yoga Class</b><br>Jockey Club Support Centre (KC)<br>9 sessions                                      | <b>Health Qigong Ba Duan Jin &amp; Yi Jin Bang Exercise Part 1 Class</b><br>Sai Wai Ho<br>9 sessions                           |
| <b>Yoga for Men Class</b><br>Jockey Club Support Centre (KC)<br>9 sessions                        | <b>Laughter Yoga Class</b><br>Support Centre (WTS)<br>7 sessions  | <b>Yoga for Men Class</b><br>Support Centre (NP)<br>10 sessions                               | <b>Pilates Exercise for Beginners Class B</b><br>Support Centre (WTS)<br>8 sessions                          | <b>Laughter Yoga Class</b><br>Sheung Wan<br>8 sessions  | <b>Dawu Exercises Class</b><br>Sai Wai Ho<br>9 sessions  |
| <b>Laughter Yoga Class</b><br>Tin Shui Wai<br>9 sessions  | <b>Breathing and Relaxation for Beginners Class</b><br>Jordan<br>9 sessions   | <b>Yoga for Joints and Glands Workshop</b><br>Support Centre (WTS)<br>2 sessions              | <b>Zentangle Advanced Workshop</b><br>Jockey Club Support Centre (KC)<br>3 sessions                          | <b>Yoga for Knee Pain Prevention Workshop</b><br>Support Centre (NP)<br>1 session                           | <b>Introductory Workshop of Pilates Exercise A</b><br>Support Centre (WTS)<br>3 sessions                                       |
| <b>Chen Style Taiji for Beginners Class</b><br>Tin Shui Wai<br>9 sessions                         | <b>Release the Chain of Anxiety Mindfulness Class</b><br>(In Putonghua)<br>Support Centre (NP)<br>10 sessions                   | <b>Breathing and Relaxation for Beginners Class</b><br>Tuen Mun<br>5 sessions                 | <b>Tibetan Singing Bowls Healing Workshop A</b><br>Support Centre (NP)<br>1 session                          | <b>Yoga for Knee Pain Prevention Workshop</b><br>Support Centre (WTS)<br>2 sessions                         | <b>Introductory Workshop of Pilates Exercise B</b><br>Support Centre (WTS)<br>3 sessions                                       |
| <b>Guo Lin Qigong Workshop A</b><br>Support Centre (NP)<br>5 sessions                             | <b>Health Qigong Ba Duan Jin &amp; Yi Jin Bang Exercise Part 1 Class</b><br>Tiu Keng Leng<br>9 sessions                         | <b>Meditation for Beginners Class</b><br>(In Putonghua)<br>Tsim Sha Tsui<br>10 sessions       | <b>Tibetan Singing Bowls Healing Workshop B</b><br>Support Centre (NP)<br>1 session                          | <b>Taiji Qigong 8 Forms Class</b><br>Tai Po<br>10 sessions  | <b>Mandala Practice Day Workshop B</b><br>Jockey Club Support Centre (KC)<br>1 session   |
| <b>Guo Lin Qigong Workshop B</b><br>Support Centre (NP)<br>5 sessions                             | <b>Mandala Starry Sky Painting Workshop</b><br>Jockey Club Support Centre (KC)<br>1 session                                     | <b>Meditation for the Experienced Class</b><br>(In Putonghua)<br>Tsim Sha Tsui<br>10 sessions | <b>Eat Wise Workshop - Healthy Dessert</b><br>(In Putonghua)<br>Jockey Club Support Centre (KC)<br>1 session | <b>Health Qigong Ba Duan Jin &amp; Yi Jin Bang Exercise Part 1 Class</b><br>Shek Tong Tsui<br>9 sessions    | <b>Mindful Circle Painting Workshop</b><br>Jockey Club Support Centre (KC)<br>1 session  |
| <b>Pilates Exercise for Beginners Class</b><br>Jockey Club Support Centre (KC)<br>8 sessions      | <b>Eat Wise Workshop - Chinese New Year Pudding</b><br>Jockey Club Support Centre (KC)<br>1 session                             | <b>Chen Style Taiji for Beginners Class</b><br>Cheung Sha Wan<br>11 sessions                  |  | <b>Qigong 12 Forms &amp; Yi Jin Bang Exercise II Class</b><br>Shek Tong Tsui<br>9 sessions                  | <b>Singing Bowl Self-Healing Workshop</b><br>Jockey Club Support Centre (KC)<br>3 sessions                                     |
| <b>Introductory Workshop of Pilates Exercise</b><br>Jockey Club Support Centre (KC)<br>3 sessions | <b>Eat Wise Workshop - Chinese Dim Sum</b><br>Jockey Club Support Centre (KC)<br>1 session                                      | <b>Chen Style Taiji for The Experienced Class</b><br>Cheung Sha Wan<br>11 sessions            |  | <b>Guo Lin Qigong Class</b><br>Jockey Club Support Centre (KC)<br>10 sessions                               | <b>Aromatherapy for Cancer Care Workshop</b><br>Support Centre (NP)<br>1 session   |
| <b>Tibetan Singing Bowls Healing Workshop</b><br>Support Centre (WTS)<br>1 session                | <b>Eat Wise Workshop - Healthy Bun</b><br>Jockey Club Support Centre (KC)<br>1 session  | <b>Wan's Meridian Harmony Movement Workshop</b><br>Support Centre (WTS)<br>2 sessions         |  | <b>Guo Lin Qigong Revision Class</b><br>Jockey Club Support Centre (KC)<br>2 sessions                       | <b>Eat Wise Workshop - The Taste of Japanese Cuisines</b><br>Support Centre (WTS)<br>1 session                                 |

|                          |
|--------------------------|
| 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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| <p><b><u>Massage Exercise Ball Workshop</u></b><br/>Jockey Club Support Centre (KC)<br/>2 sessions</p> |     | <p><b><u>Gong Bath Healing Workshop</u></b><br/>Jockey Club Support Centre (KC)<br/>1 session</p>                          |     | <p><b><u>Mandala Arts Healing Workshop</u></b><br/>Jockey Club Support Centre (KC)<br/>2 sessions</p>      | <p><b><u>Energy Healing Workshop</u></b><br/>Jockey Club Support Centre (KC)<br/>1 session</p> |
|  |     | <p><b><u>Food for the Heart Class (Book Club)</u></b><br/><b>(In Putonghua)</b><br/>Support Centre (NP)<br/>5 sessions</p> |     | <p><b><u>Mandala Practice Day Workshop A</u></b><br/>Jockey Club Support Centre (KC)<br/>1 session</p>     |  |
|  |     | <p><b><u>Talk - Seasonal Healthy Soup and Tea</u></b><br/>Jockey Club Support Centre (KC)<br/>1 session</p>                |     | <p><b><u>DIY Natural Detergent for Household Workshop</u></b><br/>Support Centre (WTS)<br/>1 session</p>   |  |
|  |     |  |     | <p><b><u>Eat Wise Workshop - Chinese Dim Sum</u></b><br/>Jockey Club Support Centre (KC)<br/>1 session</p> |  |