

Wellness Live Streaming Class Timetable

Breathing and Relaxation for Beginners

Learn different yoga breathing techniques to revitalise your body and calm your mind.

Date: 5, 12 Jan (Tue) 2:30-4:00pm ;
19, 26 Jan (Tue) 10:30am-12:00nn

Facilitator: Ms Loretta Teo

Props: one yoga mat or chair, two cushions, one blanket to keep warm



Yoga Stretching

Through gentle postures and mindful breathing, this session enhances the vitality and relaxation of the body and mind for self-healing.

Date: 8 Jan (Fri) 10:30am-12:00nn

Facilitator: Mr Anjan Kundu

Props: one yoga mat or chair, yoga block or books, medium-sized towel



Hong Kong Cancer Fund

Wellness and Holistic Health Care English Online Programme

- Suitable for all cancer stages users. (For Yoga and Pilates exercise, if there is a surgical wound, it is better to join after 3 months of recovery.)
- Enrollment is NOT required, install ZOOM before class, enter ID: **3667321100**, user card no. & name, password: **686013**

5 JAN
Tue

Time: 2:30-4:00pm
Programme: Breathing & Relaxation (Cantonese & English)
Facilitator: Loretta Teo
Props: yoga mat/chair, 2 cushions, blanket to keep warm



8 JAN
Fri

Time: 10:30am-12:00nn
Programme: Yoga Stretching
Facilitator: Anjan Kundu
Props: yoga mat/chair, medium-sized towel, yoga blocks/books



12 JAN
Tue

Time: 2:30-4:00pm
Programme: Breathing & Relaxation (Cantonese & English) *Replay
Facilitator: Loretta Teo
Props: yoga mat/chair, 2 cushions, blanket to keep warm

19 JAN
Tue

Time: 10:30am-12:00nn
Programme: Breathing & Relaxation (Cantonese & English)
Facilitator: Loretta Teo
Props: yoga mat/chair, 2 cushions, blanket to keep warm



26 JAN
Tue

Time: 10:30am-12:00nn
Programme: Breathing & Relaxation (Cantonese & English) *Replay
Facilitator: Loretta Teo
Props: yoga mat/chair, 2 cushions, blanket to keep warm

29 JAN
Fri

Time: 10:30am-12:00nn
Programme: Stretching for Lower Body (Cantonese & English)
Facilitator: Ivy Ngan
Props: yoga mat, yoga strap/towel, yoga blocks/books



For any enquiries, please contact the Wellness and Holistic Health Care staff
at **3667-3211** or **WhatsApp 5625-1273** (For enquiry about service user card no. only).

Homemade Cashew Milk Recipe

Have a great and healthy start to the New Year, try this creamy homemade milk recipe to share with your family!

Ingredients:

3/4 cups of raw cashew nuts, 4 dates or 1 tablespoon of honey, 1/4 teaspoon of salt, 4 cups of drinking water.

Directions:

1. Wash the raw cashew nuts and put them into the blender. Add 1 cup of water into the blender to mix together with the cashew nuts until very smooth, for around 5 minutes.
2. Add 3 cups of water and the rest of ingredients into the blender and mix until smooth. The homemade cashew milk is ready to serve!



Recipe provided by Chef Cheung

Feedback from Our Users



"Thank you for your teaching. I learned how to use loving-kindness and acceptance to face pain and reduce suffering in life. By practicing more awareness and cultivating wisdom, we can embrace life, even if there is pain, we can alleviate suffering." - Meditation participant Poon

"Dear Ms Woo, Thank you for your class. This is my first time taking it. Besides exercise classes, positive psychology classes are just as important during this critical period. Emotional and mental health affect our well-being. Thank you for your encouragement and the positive energy. Much appreciated." - Body Mind Spirit Workshop participant Fong

"I feel lighter after the class, the targeted stretching moves in the triangle position & pelvic turns helped me feel more relaxed." - The Feldenkrais Method® participant Stella

"Thanks Anjan. Very relaxing exercise and it eased my lower back pain." - Yoga Stretching participant

How to Join? Enrollment is not required!



1. Install the mobile app or computer software “Zoom” in advance on your mobile device or computer
2. Join the Zoom meeting 10 minutes before the class starts
3. Enter Zoom meeting ID : 366 732 1100
4. Enter personal name : User Card Number CL-XXXXXX Chinese/English Full Name
5. Enter password : **686013**
6. Please refer to the timetable and Zoom user guide



**Change Display
Name Before You
Join :**



★Correct entry format
Service User Card No.+**Space**+Your Name

For any queries, please contact Wellness & Holistic Health Care Team at 36673211



Wellness and Holistic Health Care Live Streaming Programme

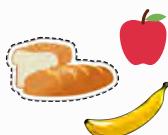
Guidelines for Participants Before Class



1. Wear loosen and comfortable clothing, which's not hinder the body movements, avoid wearing accessories. For Taiji and Qigong classes, prefer to wear light cloth shoes with thin soles or wear socks or barefoot, which's comfortable and not easy to fall, and loosening sports clothes and trousers.



2. Please prepare yoga mat, cushion, yoga block (if you have one), yoga strap or long towel (applicable for all classes of yoga, stretching, breathing and relaxation, pilates) and water bottle, to ensure the body with adequate water.



3. Don't eat too much before class, preferably for an apple or a piece of bread. It helps better performance under the empty stomach, therefore avoid eating for 2 hours before class (applicable for all classes of yoga, stretching, breathing and relaxation, meditation, Taiji and Qigong)



4. Participants who have a surgical wound, it is better to join after 3 months of recovery and choose what is appropriate for their status. Please seek medical advice before class if necessary. Cancer Fund shall not be liable for any injury that the participant may suffer during programmes.



5. If you feel tired or uncomfortable, please stop at any time or lay down for rest.



Prepare To Join Our Online Programme

網上課程，您準備好未？

Learn at home with our online classes and workshops!

Hong Kong Cancer Fund is offering a series of online programmes in late April to provide information on post-surgery/treatment care at home and to advise on how to cope better with the emotional side-effects of treatment. Please refer to our website for more information.

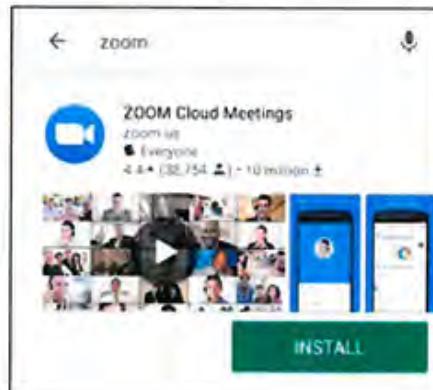
To participate in these online programmes, you must download the ZOOM App on your mobile phone or computer as follows:

停課不停學！患者即使在家抗疫也可以獲得癌症治療相關資訊、瞭解治療或手術後的護理，與及如何處理受病情或疫情所影響而帶來的負面情緒。本會將於4月下旬開展一系列的網上互動課程，詳情請留意本會網站。

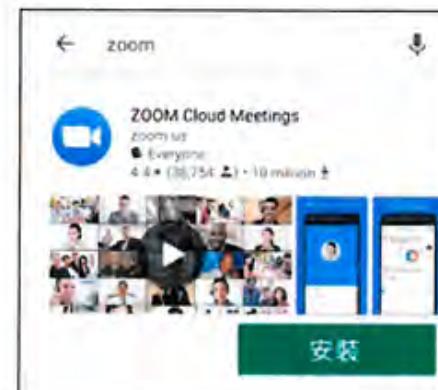
為了提高網上直播畫面的穩定性及導師及學員的互動，參加者須在手機或電腦安裝線上視訊會議軟體 - ZOOM，詳情如下：

The Usage of Zoom (Mobile Version) Zoom 使用方式 (手機版本)

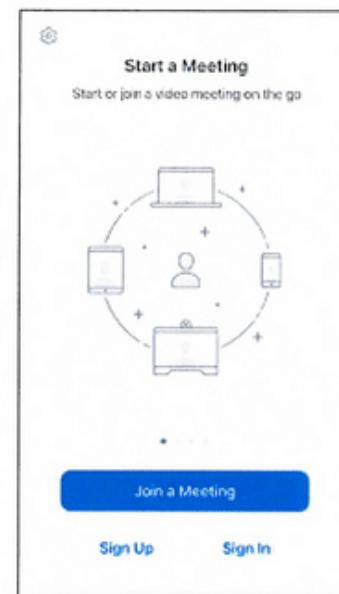
- 1** Download App
"Zoom Cloud Meetings"
(Google Play / iOS)



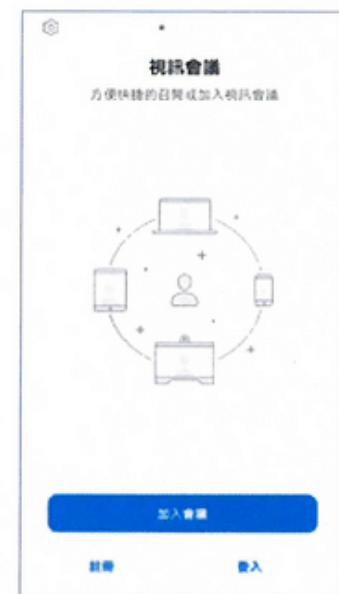
- 下載程式**
"Zoom Cloud Meetings"
(Google Play / iOS)



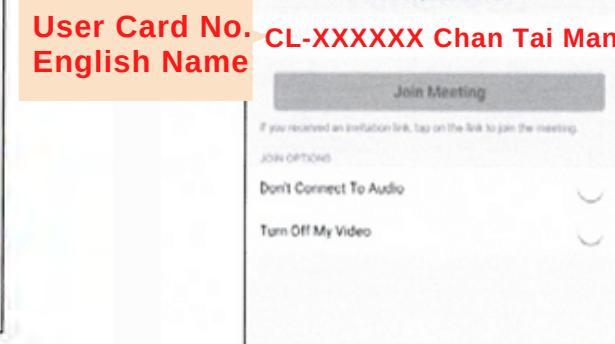
- 2** Installed then open the App,
"Join a Meeting".
(Registration is not necessary)



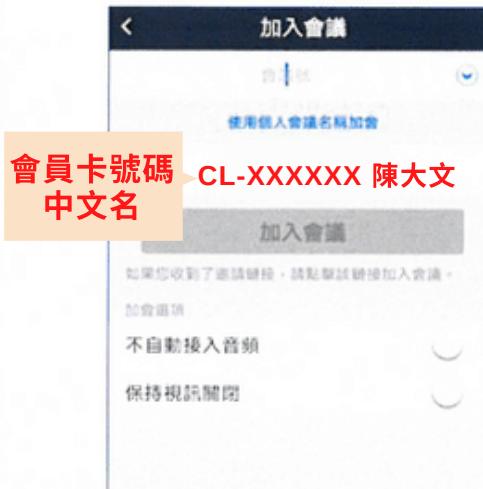
下載後開啟，
按“加入”/“加入會議”
(不需註冊可直接輸入)



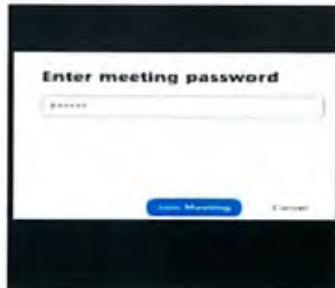
- 3** Enter "Meeting ID"
Enter your name, press "Join Meeting"



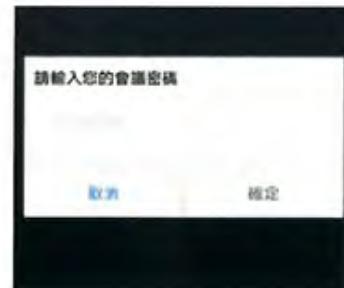
輸入「會議號碼」
設定姓名，然後按“加入會議”



4 Enter meeting password (if any)



輸入密碼
(如有)



* If this is the first time to use Zoom, it may request for access right of "picture and record video" and "record audio" in your device.
* 如果是第一次使用Zoom，您需要給予程式「拍攝相片和錄製影片」及「錄製音訊」的權限

In the meeting page 已進入會議頁面



Press "End" to leave the meeting
離開會議

Swipe to right on the screen, to see other participants

用手指在屏幕上向右滑可改為見到其他參加者



Function buttons 會議頁面下方按鈕

Press "Raise Hand", the host will be notified

Activate/
Deactivate
Audio



Unmute

Activate/
Deactivate
Video



Start Video



Share



Participants



More

Press once to switch



Unmute



Start Video

Enter to chat
with host
or other
participants



檢視完整轉錄文字

舉手

隱藏非視訊與會者

當與會者加入時顯示名稱

按“舉手”可向主持人示意

啟用/停止
語音發言



加入語音

啟用/停止
視訊



關閉視訊



分享



觀眾



更多

按一下變更



解除靜音



啟用視訊

進入文字
聊天與講
者或其他
參加者提
問或對話