

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 and February, welcome to join the Live-Streamed Programmes, click here for more details:

<https://www.cancer-fund.org/en/our-wellness-programmes-2/>

Outreach venues & 4 Support Centres :
 C = Central
 NP = North Point
 WTS = Wong Tai Sin
 KC = Kwai Chung

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