

Hong Kong Cancer Fund
Wellness Programme Timetable for Jul to Sep 2021
51 Programmes
(22 Classes + 29 Workshops)

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 10 sessions	Awareness Through Movement - The Feldenkrais Method Class (English w/ Cantonese translation) Central 6 sessions	Yoga for Beginners Class Quarry Bay 10 sessions	Qigong 12 Forms & Yi Jin Bang Exercise II Class Jockey Club Support Centre (KC) 10 sessions	Pink Yoga Class Jockey Club Support Centre (KC) 10 sessions	Mindfulness Yoga Workshop Jockey Club Support Centre (KC) 2 sessions
Yin Yoga Class Jockey Club Support Centre (KC) 6 sessions	Yoga for Beginners Class Jockey Club Support Centre (KC) 9 sessions	Yoga for Beginners Class Tin Shui Wai 9 sessions	Pilates Exercise for Beginners Class Wong Tai Sin 10 sessions	Guo Lin Qigong Class Jockey Club Support Centre (KC) 9 sessions	Yoga for Strengthening Pelvic Floor Muscles Workshop Jockey Club Support Centre (KC) 2 sessions
Breathing and Relaxation for Beginners Class Jockey Club Support Centre (KC) 7 sessions	Chair Yoga Workshop Support Centre (NP) 3 sessions	Pink Yoga Class Quarry Bay 10 sessions	Tibetan Singing Bowls Healing Workshop A Support Centre (NP) 1 session	Pilates Exercise for Beginners Class Sheung Wan 10 sessions	Introductory Workshop on Mindfulness Body-Mind Awareness and Connection Jockey Club Support Centre (KC) 1 session
Release the Chain of Anxiety Mindfulness-Based Cognitive Therapy (MBCT) - Class (In Putonghua) Central 10 sessions	Chair Yoga Workshop Support Centre (WTS) 3 sessions	Yoga for Men Class Support Centre (NP) 9 sessions	Tibetan Singing Bowls Healing Workshop B Support Centre (NP) 1 session	Mandala Arts Healing Workshop Jockey Club Support Centre (KC) 2 sessions	Mandala Practice Day Workshop B Jockey Club Support Centre (KC) 1 session
Chen Style Taiji for Beginners Class Tin Shui Wai 10 sessions	Guo Lin Qigong Workshop A Support Centre (NP) 5 sessions	Yoga for Knee Pain Prevention Workshop Support Centre (NP) 2 sessions	Tibetan Singing Bowls Healing Workshop C Support Centre (NP) 1 session	Mandala Practice Day Workshop A Jockey Club Support Centre (KC) 1 session	Singing Bowl Self-Healing Workshop Jockey Club Support Centre (KC) 3 sessions
Pilates Exercise for Beginners Class Jockey Club Support Centre (KC) 7 sessions	Guo Lin Qigong Workshop B Support Centre (NP) 5 sessions	Yoga for Knee Pain Prevention Workshop Support Centre (WTS) 2 sessions	Tibetan Singing Bowls Healing Workshop D Support Centre (NP) 1 session	Zentangle Workshop Support Centre (C) 3 sessions	Mindful Tea Appreciation Workshop Zoom Class 1 session
Introductory Workshop of Pilates Exercise Jockey Club Support Centre (KC) 3 sessions	Raw Food School Jockey Club Support Centre (KC) 1 session	Meditation for Beginners Class (In Putonghua) Tsim Sha Tsui 9 sessions	Eat Wise Workshop-Summer Melons Zoom Class 1 session	Talk on Rainbow Diet Support Centre (C) 1 session	Energy Healing Workshop Jockey Club Support Centre (KC) 1 session
Tibetan Singing Bowls Healing Workshop Jockey Club Support Centre (KC) 1 session	Eat Wise Workshop-Summer Bittermelons Zoom Class 1 session	Chen Style Taiji for Beginners Class Cheung Sha Wan 10 sessions			
Massage Exercise Ball Workshop Jockey Club Support Centre (KC) 2 sessions		Chen Style Taiji for The Experienced Class Cheung Sha Wan 10 sessions			
		Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part 1 Class North Point 10 sessions			
		Qigong 12 Forms & Yi Jin Bang Exercise II Class North Point 10 sessions			
		Gong Bath Healing Workshop Jockey Club Support Centre (KC) 1 session			
		Talk - Seasonal Healthy Soup and Tea Jockey Club Support Centre (KC) 1 session			

11 types

Yoga Therapy

Breathing and Relaxation

Mindfulness

Qigong and Taiji

Body Awareness

Pilates Exercise

Arts Healing

Sound Healing

Holistic Living

Healthy Diet

Others