

# Wellness Live Streaming Class Timetable

## Yin Yoga

A form of yoga that explores the body's subtle energies with long and deep stretches.

**Date:** 5 Aug (Thu) 2:30-4:00pm

**Facilitator:** Ms Loretta Teo

**Props:** one yoga mat, two-three blankets or towels, two-three cushions or pillow and one strap or belt



## Breathing and Relaxation

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

**Date:** 19, 26 Aug & 2 Sep (Thu) 2:30-4:00pm

**Facilitator:** Ms Loretta Teo

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

**Remarks:** Breathing and Relaxation online videos are available. Please visit Hong Kong Cancer Fund's website and YouTube Channel: <https://bit.ly/2NvoELI>



# Wellness Live Streaming Class Timetable

## Awareness through Movement (ATM™) - The Feldenkrais Method™

The Feldenkrais Method involves a range of diverse movement experiments and body awareness exercises that can help to release habitual tensions and reduce strain.

**Date:** 10, 17, 24, 31 Aug (Tue) 11:30am-1:00pm

**Facilitator:** Mr Sean Curran

**Props:** one yoga mat and one medium-sized towel

**Remarks:** The Feldenkrais Method online videos are available. Please visit Hong Kong Cancer Fund's website and YouTube Channel: <https://bit.ly/3vjXhoa>



## Chair Yoga

Designed for people who are not able to sit on the floor or stand for long periods, Chair Yoga modifies yoga poses so they can be done while seated. Benefits include improved breathing, stress reduction, better sleep and well-being.

**Date:** 27 Aug (Fri) 2:30-4:00pm

**Facilitator:** Ms Vivian Guan

**Props:** one yoga mat, one yoga block or books, one yoga belt or 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 AUG  
Thur

Time: 2:30-4:00pm

Programme: Yin Yoga (English & Cantonese)

Facilitator: Loretta Teo

Props: 2-3 blankets or towel, 2-3 cushions or pillows and a strap or belt



6 AUG  
Fri

Time: 2:30-4:00pm

Programme: Yoga for Better Sleep (English & Cantonese)

Facilitator: Ivy Ngan

Props: yoga mat, 2 yoga blocks or books, 1 medium-sized towel



10 AUG  
Tue

17 AUG  
Tue

24 AUG  
Tue

31 AUG  
Tue

Time: 11:30am-13:00pm

Programme: Awareness Through Movement (ATM™) - The Feldenkrais Method®  
(English & Cantonese)

Facilitator: Sean Curran

Props: yoga mat, medium-sized towel



13 AUG  
Fri

Time: 2:30-4:00pm

Programme: Yoga for Lower Back Pain Prevention (English & Cantonese)

Facilitator: Ivy Ngan

Props: yoga mat, 2 yoga blocks or books, 1 medium-sized towel



19 AUG  
Thur

26 AUG  
Thur

2 SEP  
Thur

Time: 2:30-4:00pm

Programme: Breathing & Relaxation (English & Cantonese)

Facilitator: Loretta Teo

Props: yoga mat/chair, 2 cushions, blanket to keep warm



27 AUG  
Fri



Time: 2:30-4:00pm

Programme: Chair Yoga (English & Cantonese)


Facilitator: Vivian Guan

Props: 1 yoga mat, 1 yoga block or books, 1 yoga strap or medium-sized towel



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).

## 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. Check out the videos on how to use the online Zoom software for both iPhone & Android users.  
Click for details ([iPhone version](#); [Android version](#))



### Change Display Name Before You Join :



加入會議

366 732 1100

使用個人會議名稱加入

CL-XXXXXX 陳大文

加入會議

如果您收到了邀請鏈接，請點擊鏈接加入會議。

加入選項

不自動接入音頻

保持視訊關閉

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

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



# Feedback from Our Users

"Thank you, Ms. Cheung, for your detailed guidance. The stretching poses are very helpful in relaxing my tendons and relieved my lymphedema side-effects! Thank you Cancer Fund for arranging this high-quality Zoom course! " - Ms. P Chan, Pink Yoga participant

"My body feels lighter and I can now move more smoothly. I can stand up with better balance after the class. I felt sleepy but good!" - Ms. N S Chan, Feldenkrais Method participant

"I like the practice of 'be joyful to be joyful' to intensify and amplify happy emotions. It is very useful to make happy memories be more sustainable in our mind. Thank you very much."-Ms. F L Tong, Expert Talk on Connecting with the Healing Powers of Nature participant



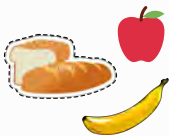
# Wellness and Holistic Health Care Live Streaming Programme

## 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.

