

Wellness Live Streaming Class Timetable

Breast Cancer — AWARENESS MONTH —



Yin Yoga

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

Date: 21, 28 Oct (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



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**

Together
We Can!



12 OCT
Tue

Time: 10:30am-12:00nn

Programme: Yoga for Knee Pain Prevention
(English & Cantonese)* Replay

Facilitator: Ivy Ngan

Props: yoga mat and 1 chair, 1 yoga block/book



21 OCT
Thur

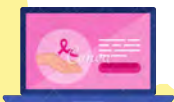
28 OCT
Thur



Time: 2:30-4:00pm

Programme: Yin Yoga
(English & Cantonese)

Facilitator: Loretta Teo

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



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).

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



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，請點擊此處加入會議。

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



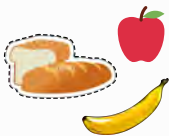
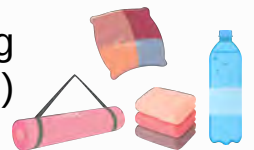
Wellness and Holistic Health Care Live Streaming Programme

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.

