

Hong Kong Cancer Fund
Wellness Programme Timetable for Oct to Dec 2021
61 Programmes
(26 Classes + 35 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 | Pink Yoga Class Tuen Mun 9 sessions | Pink Yoga Class Jockey Club Support Centre (KC) 8 sessions | Yoga for Members at Work-Beginners Class Quarry Bay 10 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 10 sessions | Dawu Exercises Jockey Club Support Centre (KC) 9 sessions | Mindfulness Yoga Class Shek Tong Tsui 10 sessions | Mindfulness Yoga Workshop Jockey Club Support Centre (KC) 2 sessions |
| Yoga for Knee Pain Prevention Workshop Jockey Club Support Centre (KC) 2 sessions | Chair Yoga Workshop Support Centre (NP) 3 sessions | Pink Yoga Class Quarry Bay 10 sessions | Pilates Exercise for Beginners Class Wong Tai Sin 9 sessions | Yoga for Happy Spine Workshop Support Centre (WTS) 2 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) 3 sessions | Chair Yoga Workshop Support Centre (WTS) 3 sessions | Yoga for Men Class Support Centre (NP) 9 sessions | Mindful Tea Appreciation Workshop Zoom Class 1 session | Yoga for Knee Pain Prevention Workshop-A Support Centre (NP) 2 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) Support Centre (NP) 10 sessions | Guo Lin Qigong Workshop A Support Centre (NP) 5 sessions | Meditation for Beginners Class (In Putonghua) Tsim Sha Tsui 10 sessions | Talk - Healthy Soup and Tea for Winter Support Centre (C) 1 session | Yoga for Knee Pain Prevention Workshop-B Support Centre (NP) 2 sessions | Dawu Exercises Sai Wan Ho 10 sessions |
| Chen Style Taiji for Beginners Class Tin Shui Wai 10 sessions | Guo Lin Qigong Workshop B Support Centre (NP) 5 sessions | Chen Style Taiji for Beginners Class Cheung Sha Wan 10 sessions | Eat Wise Workshop-Bean Curd (In Putonghua) Zoom Class 1 session | Qigong Warm-up Session & Yi Jin Bang Exercise Part 1 Class Support Centre (C) 10 sessions | Mandala Practice Day Workshop-A Jockey Club Support Centre (KC) 1 session |
| Pilates Exercise for Beginners Class Jockey Club Support Centre (KC) 8 sessions | Water Kefir Workshop Jockey Club Support Centre (KC) 2 sessions | Chen Style Taiji for The Experienced Class Cheung Sha Wan 10 sessions | | Qigong 12 Forms & Yi Jin Bang Exercise II Class Support Centre (C) 10 sessions | Mandala Starry Sky Painting Workshop Jockey Club Support Centre (KC) 1 session |
| Introductory Workshop of Pilates Exercise Jockey Club Support Centre (KC) 3 sessions | Eat Wise Workshop-Fibre Rich Sweet Potato Zoom Class 1 session | Guo Lin Qigong Workshop Support Centre (WTS) 5 sessions | | Guo Lin Qigong Class Jockey Club Support Centre (KC) 8 sessions | Singing Bowl Self-Healing Workshop Jockey Club Support Centre (KC) 3 sessions |
| Mandala Practice Day Workshop B Jockey Club Support Centre (KC) 1 session | | Wan's Meridian Harmony Movement Workshop Support Centre (WTS) 2 sessions | | Pilates Exercise for Beginners Class Sheung Wan 10 sessions | Energy Healing Workshop Jockey Club Support Centre (KC) 1 session |
| Tibetan Singing Bowls Healing Workshop Jockey Club Support Centre (KC) 1 session | | Tibetan Singing Bowls Healing Workshop Support Centre (WTS) 1 session | | Zentangle Advanced Workshop Support Centre (C) 3 sessions | |
| Massage Exercise Ball Workshop Jockey Club Support Centre (KC) 2 sessions | | Gong Bath Healing Workshop Jockey Club Support Centre (KC) 1 session | | Tibetan Singing Bowls Healing Workshop A Support Centre (NP) 1 session | |

11 types

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| 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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| | | | | <u>Tibetan Singing Bowls</u> <u>Healing Workshop B</u> Support Centre (NP) 1 session | |
| | | | | <u>Tibetan Singing Bowls</u> <u>Healing Workshop C</u> Support Centre (NP) 1 session | |
| | | | | <u>Tibetan Singing Bowls</u> <u>Healing Workshop D</u> Support Centre (NP) 1 session | |
| | | | | <u>Reorganising Your Home</u> <u>and Life Detach Discard</u> <u>Dissolve Workshop</u> Jockey Club Support Centre (KC) 1 session | |
| | | | | <u>Talk on Rainbow Diet</u> Support Centre (C) 1 session | |

11 types