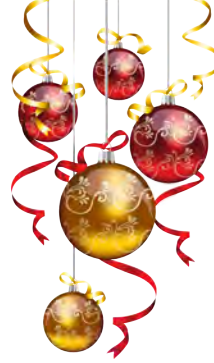


# Wellness Live Streaming Class Timetable



## 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:** 7 Dec (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>



## Yoga Stretching for Back Pain

We will share yoga practices that will help you stretch your back, relief the tightness of the back and improve your lower back pain issues.

**Date:** 10 Dec (Fri) 2:30-4:00pm

**Facilitator:** Mr Anjan Kundu

**Props:** one yoga mat, one medium-sized towel, one tennis ball





# Wellness Live Streaming Class Timetable



## Yin Yoga

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

**Date:** 16 Dec (Thu) 2:30-4:00pm

**Facilitator:** Ms Loretta Teo

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



## Breathing and Relaxation

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

**Date:** 9, 23 Dec (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>



# 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**

REPLAY

30 NOV  
Tue

7 DEC  
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**



9 DEC  
Thur

23 DEC  
Thur

**Time: 2:30-4:00pm**

**Programme: Breathing & Relaxation (English & Cantonese)**

**Facilitator: Loretta Teo**

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



10 DEC  
Fri

**Time: 2:30-4:00pm**

**Programme: Yoga Stretching for Back Pain**

**Facilitator: Anjan Kundu**

**Props: yoga mat, 1 medium-sized towel, 1 tennis ball**



16 DEC  
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




"It is my first time to join this course. Feel great and happy. Thank you so much for giving me a fresh and joyful start in the morning. In the beginning, I felt strange to laugh on my own. Need some time to warm up and take up peacefully and happily." - Ms. Lin, Laughter Yoga participant

"I feel very free, relaxed and happy like a bird flying in the sky." - Ms. Wong, Expert Talk on Connecting with the Healing Powers Of Nature participant

"Very benefited from the detail and useful instruction. Enjoy the lesson very much. Thanks a lot."-Ms. Lai, Pink Yoga 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，請點擊鏈接加入會議。

加會選項

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



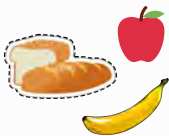
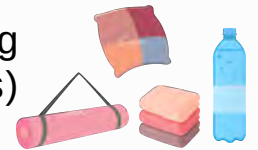
# Wellness and Holistic Health Care Live Streaming Programme

## 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.

