

Wellness Live Streaming Class Timetable

Talk on Qualities of Nature for Self-Transformation

The more challenges and uncertainties we face in life, the more importance we strengthen our positive energy. The speaker will share various methods and tips which can uplift ourselves, deepen positive thinking and connect with the beautiful qualities found in nature and us, such as happiness, the joy of being, playfulness, wonder, lightness, peacefulness, steadiness and gratitude. This talk will help diffuse the heavy energy of fear, anxiety and stress, increase our body-mind vitality and experience the beauty of life.



Date: 27 Apr (Wed)

Time: 2:30-4:00pm

Facilitator: Ms Claire Elouard



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Yin Yoga

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

Date: 31 Mar (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: 7, 21, 28 Apr (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

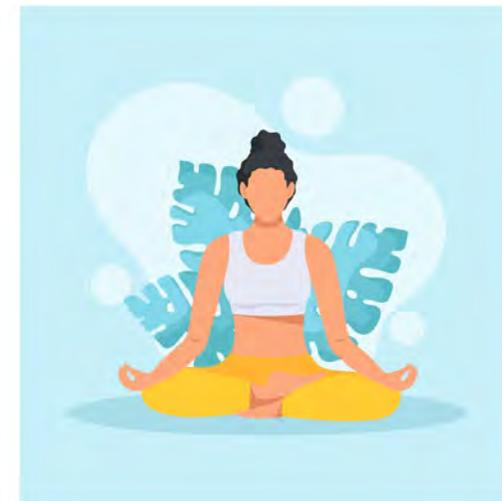
Restorative Yoga

Combining the supportive postures with conscious breathing, this class stimulates the parasympathetic nervous system, allowing the organs of the body to work to their maximum efficiency. Restorative yoga rejuvenates and restores the body both physically and mentally, leaving you feeling renewed and energised for the rest of your day.

Date: 7, 14 Apr (Thu) 10:30am-12:00nn

Facilitator: Ms Tiffany Lau

Props: one yoga mat, two yoga blocks, one blanket or towel, two cushions and one chair (optional)





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**

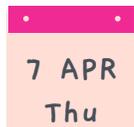


Time: 2:30-4:00pm

Programme: Yin Yoga (English & Cantonese)

Facilitator: Loretta Teo

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



Time: 10:30am-12:00nn

Programme: Restorative Yoga (English & Cantonese)

Facilitator: Tiffany Lau

Props: yoga mat, 2 yoga blocks, 2 bolsters, 1 blanket or towel, chair (if possible)



Time: 2:30-4:00pm

Programme: Breathing & Relaxation (English & Cantonese)

Facilitator: Loretta Teo

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



Time: 2:30-4:00pm

Programme: Talk on Quality of Nature for Self-Transformation (English & Cantonese)

Facilitator: Claire Elouard

NEW!



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).

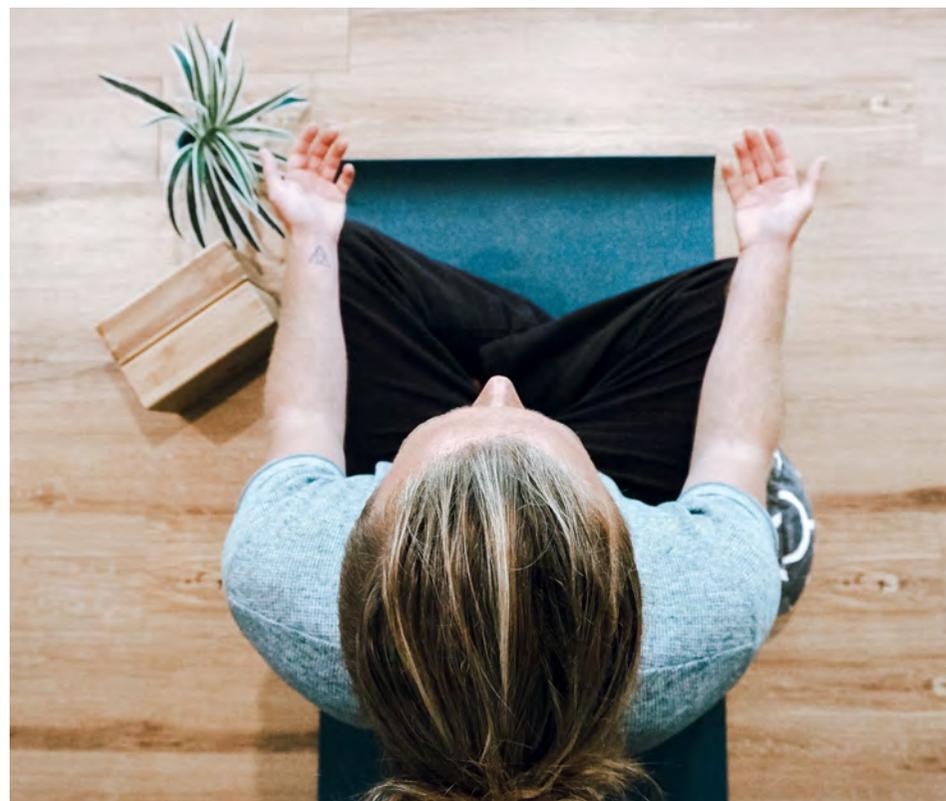
Feedback from Our Users



"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



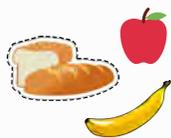
Wellness and Holistic Health Care Live Streaming Programme

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.

