

**Hong Kong Cancer Fund
Wellness Programme Timetable for Apr to Jun 2022
53 Programmes**

Outreach venues & 4 Support Centres :
C = Central
NP = North Point
WTS = Wong Tai Sin
KC = Kwai Chung
(Outreach programmes will be suspended this quarter)

Mon	Tue	Wed	Thu	Fri	Sat
Yin Yoga Class K063 Jockey Club Support Centre (KC) 3 sessions	Freeing the Neck and Shoulders - The Feldenkrais Method Class C068 (English w/ Cantonese translation) Central 6 sessions	Tibetan Singing Bowls Healing Workshop A C062 (In English) Support Centre (NP) 1 session	Niyama Yoga Workshop W063 Support Centre (WTS) 3 sessions	Yoga for Waist and Back Pain Workshop K066 Jockey Club Support Centre (KC) 2 sessions	Mindfulness Yoga Workshop K064 Jockey Club Support Centre (KC) 2 sessions
Yoga for Lower Back Pain Workshop W064 Support Centre (WTS) 2 sessions	Yoga for Beginners Class K061 Jockey Club Support Centre (KC) 8 sessions	Tibetan Singing Bowls Healing Workshop B C063 (In English) Support Centre (NP) 1 session	Healthy Qigong Ba Duan Jin & Yi Jin Bang Exercise Part II Class K070 Jockey Club Support Centre (KC) 10 sessions	Chen Style Taiji for Beginners Class K069 Jockey Club Support Centre (KC) 10 sessions	Introductory Workshop on Mindfulness Body-Mind Awareness and Connection W066 Support Centre (WTS) 1 session
Yoga for Knee Pain Prevention Workshop W065 Support Centre (WTS) 2 sessions	Pink Yoga Class W060 Support Centre (WTS) 5 sessions	Pink Yoga Class K062 Jockey Club Support Centre (KC) 8 sessions	Wan's Meridian Harmony Movement Workshop W068 Support Centre (WTS) 2 sessions	Guo Lin Qigong Class K071 Jockey Club Support Centre (KC) 8 sessions	Mandala Arts Healing Workshop K075 Jockey Club Support Centre (KC) 1 session
Release the Chain of Anxiety Mindfulness-Based Cognitive Therapy (MBCT) Class C059 (In Putonghua) Support Centre (NP) 10 sessions	Laughter Yoga Class K061 Support Centre (WTS) 4 sessions	Yoga for Men Class C057 Support Centre (NP) 10 sessions	Pilates Exercise for Beginners Class W069 Support Centre (WTS) 7 sessions	Travelling Mandala Workshop F031 Support Centre (C) 1 session	Mandala Practice Day Workshop K076 Jockey Club Support Centre (KC) 1 session
Guo Lin Qigong Workshop W067 Support Centre (WTS) 5 sessions	Chair Yoga Workshop C058 Support Centre (NP) 3 sessions	Mindfulness Yoga Workshop: Take Care of Our Inner Self K068 Jockey Club Support Centre (KC) 1 session	Introductory Workshop of Pilates Exercise W070 Support Centre (WTS) 4 sessions	Zentangel Workshop F032 Support Centre (C) 3 sessions	Singing Bowl Self-Healing Workshop K080 Jockey Club Support Centre (KC) 3 sessions
Pilates Exercise for Beginners Class A K072 Jockey Club Support Centre (KC) 7 sessions	Chair Yoga Workshop W062 Support Centre (WTS) 4 sessions	Tibetan Singing Bowls Healing Workshop A C064 Support Centre (NP) 1 session	Tibetan Singing Bowls Healing Workshop A C066 Support Centre (NP) 1 session		Energy Healing Workshop K083 Jockey Club Support Centre (KC) 1 session
Pilates Exercise for Beginners Class B K073 Jockey Club Support Centre (KC) 7 sessions	Yoga for Managing Lymphoedema in Upper and Lower Limbs Workshop K065 Jockey Club Support Centre (KC) 2 sessions	Tibetan Singing Bowls Healing Workshop B C065 Support Centre (NP) 1 session	Tibetan Singing Bowls Healing Workshop B C067 Support Centre (NP) 1 session		
Introductory Workshop of Pilates Exercise K074 Jockey Club Support Centre (KC) 3 sessions	Yin Yang Yoga Workshop K067 Jockey Club Support Centre (KC) 3 sessions	Gong Bath Healing Workshop W072 Support Centre (WTS) 1 session	Reorganising Your Home and Life Detach Discard Dissolve Workshop F033 Support Centre (C) 1 session		
Tibetan Singing Bowls Healing Workshop W071 Support Centre (WTS) 2 sessions	Guo Lin Qigong Workshop C060 Support Centre (NP) 5 sessions	Gong Bath Healing Workshop K078 Jockey Club Support Centre (KC) 1 session	Eat Wise Workshop - Homemade Healthy Dim Sum K085 Zoom Class 1 session		
Massage Exercise Ball Workshop K082 Jockey Club Support Centre (KC) 2 sessions	Guo Lin Qigong Workshop for the Experienced C061 Support Centre (NP) 5 sessions	Jazz x Mindfulness Music Journey Workshop K079 Jockey Club Support Centre (KC) 1 session			
	Tibetan Singing Bowls Healing Workshop K077 Jockey Club Support Centre (KC) 2 sessions	Water Kefir Workshop K081 Jockey Club Support Centre (KC) 2 sessions			
	Eat Wise Workshop - Rainbow Diet K084 Zoom Class 1 session				

11 types

Yoga Therapy
Breathing and Relaxation
Mindfulness
Qigong and Taiji
Body Awareness
Pilates Exercise
Arts Healing
Sound Healing
Holistic Living
Healthy Diet
Others