

Wellness Live Streaming Class Timetable



Freeing the Neck and Shoulders - The Feldenkrais Method

A common ailment for many people in this day and age is discomfort in the upper back, shoulders and neck.

Learn how to ease this tension through a specifically designed gentle sequence of movements to help facilitate a healthier way of moving.

Over time learning with the Feldenkrais Method can ease discomfort, improve posture and have a more pleasurable movement experience.

Date: 3, 10, 17, 24, 31 May (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>



Delicious and Healthy Salad Dressing

Enjoy a delightful spring salad with a unique and healthy homemade salad dressing with your loved ones.

Fragrant Green Salad Dressing

Ingredients:

1/2 onion, 1/2 cup of cashew nuts, 1 tablespoon of lemon juice, 1 cucumber, 1 stem of spring onion, 1 stem of coriander, 1 stem of basil, 1 teaspoon of salt

Directions:

1. Chop onions and cucumbers into chunks. Chop all herbs into segments.
2. Blend cashew nuts in a blender until smooth. Add cucumbers, onions, spring onions, coriander, basil into the blender; and mix together until smooth. Add and mix lemon juice and salt in the mixture to season.



Recipe provided by Chef Cheung

Thousand Island Dressing

Ingredients:

3 tomatoes, 1/2 onion, 1/2 cup of cashew nuts, 4 gloves of garlic, 2 tablespoons of lemon juice, 1 tablespoon of honey, 2 teaspoons of salt


Directions:

Chop the tomatoes and onions into chunks. Blend the tomatoes and onion chunks in a blender; gradually add cashew nuts and the rest of the ingredients in the blender and mix together until smooth.

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**



28 APR
Thur

Time: 2:30-4:00pm

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

Facilitator: Loretta Teo

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



3 MAY
Tue

10 MAY
Tue

Time: 11:30am-13:00pm

**Programme: Feldenkrais-Freeing the Neck and Shoulders
(English & Cantonese)**

Facilitator: Sean Curran


Props: yoga mat, blanket



NEW!

17 MAY
Tue

24 MAY
Tue


31 MAY
Tue



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).



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



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



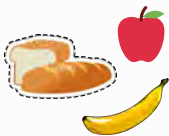
Wellness and Holistic Health Care Live Streaming Programme

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.

