

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: 31 May, 7 Jun (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>



Wellness Live Streaming Class Timetable

Yin Yoga

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

Date: 21, 28 Jun (Tue) 2:30-4:00pm

Facilitator: Ms Loretta Teo

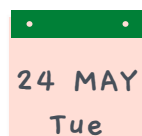
Props: one yoga mat, two-three blankets or towels, two-three cushions or pillows and one strap or belt



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: 11:30am-13:00pm

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

Facilitator: Sean Curran

Props: yoga mat, blanket





Time: 2:30-4:00pm

**Programme: Yin Yoga
(English & Cantonese)**

Facilitator: Loretta Teo

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



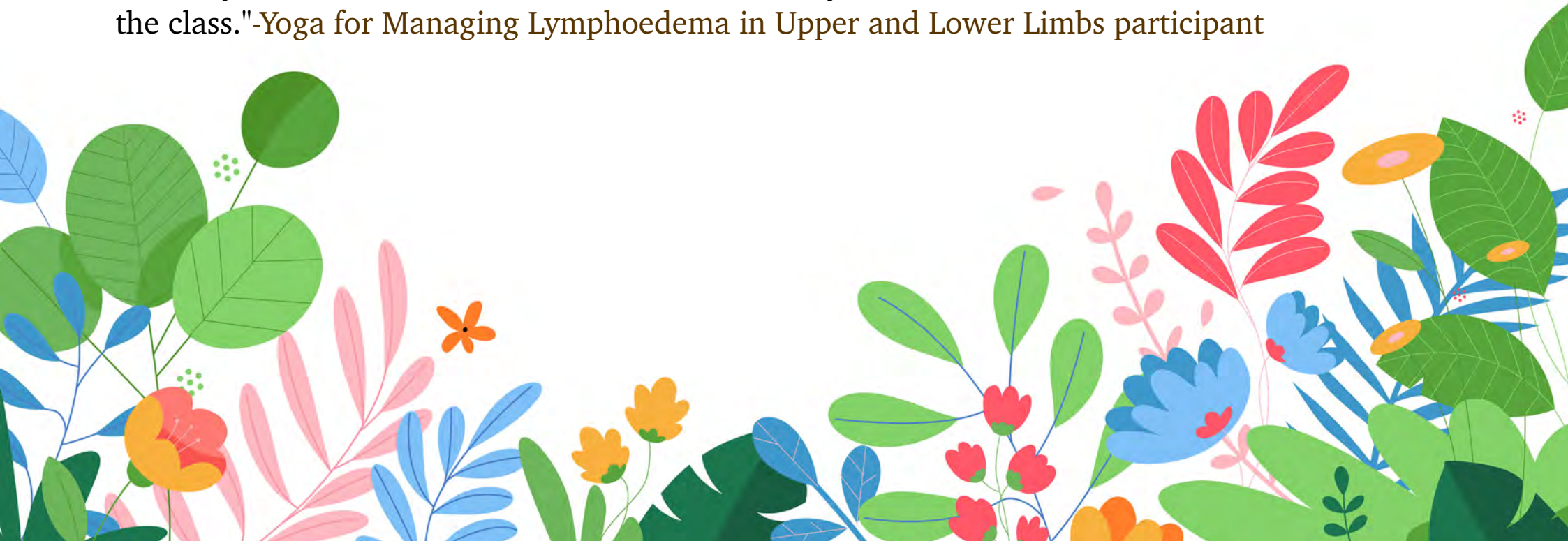
For any enquiries, please contact the Wellness and Holistic Health Care staff at  3667-3211 or  WhatsApp 5625-1273 (For enquiry about service user card no. only).

Feedback from Our Users


"From the programme, I find that awareness of movements can bring a peaceful and calm mind which is great. I also realise that our capability to learn can bring different solutions our problems. The solutions may not be perfect but there is lots of fun to explore." - The Feldenkrais Method participant

"Muscles well strengthened. Excellent exercise. Thank you very much." - Pilates Exercise for Beginners participant

"Thank you Jessica and Cancer Fund staff. I feel very relaxed, calm and tension is released after the class."-Yoga for Managing Lymphoedema in Upper and Lower Limbs 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 :



★Correct entry format
Service User Card No.+Space+Your Name

For any queries, please contact Wellness & Holistic Health Care Team at 36673211

