

Wellness Live Streaming Classes

Enrollment is
not required!

We provide a wide range of mindfulness-based Wellness programmes to help boost your immune system and find inner strength and peace. Classes range from yoga*, Pilates*, qigong and art healing.

We believe that it is important to build a healthy lifestyle and routine. We encourage you and your family to reserve 90 minutes of 'ME time' every day to nourish your body and mind.

* Wellness programmes are suitable for all cancer stage users and caregivers. For yoga and Pilates classes, if there is a surgical wound, it is better to wait until 3 months after surgery.



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](#))
7. For any enquiries, please contact us at 3667-3211 or WhatsApp 5625-1273 (For enquiry about service user card number only).

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



- 中環癌症服務中心
香港中環皇后大道中99號中環中心地下G03室
CancerLink Support Centre, Central
Unit J, Ground Floor, The Center, 99 Queen's Road Central, Hong Kong.
- 黃大仙癌症服務中心
九龍彌敦道下環龍匯樓地下C翼2-4號
CancerLink Support Centre, Wong Tai Sin
Unit 2-8, Wing C, G/F, Lung Cheong House, Lower Wong Tai Sin (II) Estate, Kowloon.
- 天水圍癌症服務中心
新界天水圍第12-14號富善樓第二期201C室
CancerLink Support Centre, Tin Shui Wai
Shop 201C, 2/F, Fortune Kingwood (Phase 2), 12-18 Tin Yan Road, Tin Shui Wai, New Territories.

到訪服務中心時，請攜帶此卡。 Please bring this card with you when you visit CancerLink.



Wellness Live Streaming Class Timetable

Yin Yang Yoga

Yang Yoga focuses mainly on training muscular endurance, improves cardiopulmonary function and metabolism; whereas Yin Yoga focuses on the stretching of connective tissue and releases tension through breathing. The purpose of Yin Yang Yoga is to learn how to balance Yin and Yang energy, and to explore life in a mindful way.

Date: 11 Oct (Tue) 10:30am-12:00nn

Facilitator: Ms Loretta Teo

Props: one yoga mat, one blanket, two cushions



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: 25 Oct (Tue) 10:30am-12:00nn

Facilitator: Ms Tiffany Lau

Props: one yoga mat, two yoga blocks, two cushions or pillows, one blanket or towel and a chair (if any)



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 learning capability allows us to explore different solutions to our problems." - 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



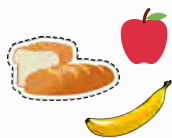
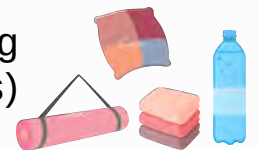
Wellness and Holistic Health Care Live Streaming Programme

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.

