

Hong Kong Cancer Fund
Wellness Programme Timetable for Jan to Mar 2023
78 Programmes

Outreach venues & 4 Support Centres :
 C = Central
 NP = North Point
 WTS = Wong Tai Sin
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[Please click here to visit our latest programme publication - Link](#)

Mon	Tue	Wed	Thu	Fri	Sat
<u>Yoga for Beginners K752</u> Hang Hau 9 sessions	<u>The Feldenkrais Method for Healthy Hips and Pelvis C591</u> (English w/ Cantonese translation) Central 2 sessions	<u>Yoga for Beginners K684</u> Tin Shui Wai 9 sessions	<u>Singing Bowls Healing Workshop A C597</u> (In English) Support Centre (NP) 1 session	<u>Chen Style Taiji for Beginners K695</u> Jockey Club Support Centre (KC) 12 sessions	<u>Yoga for Beginners C571</u> Quarry Bay 9 sessions
<u>Yin Yoga K687</u> Jockey Club Support Centre (KC) 3 sessions	<u>Yoga for Beginners K683</u> Jockey Club Support Centre (KC) 8 sessions	<u>Yoga for Beginners C570</u> Quarry Bay 9 sessions	<u>Singing Bowls Healing Workshop B C598</u> (In English) Support Centre (NP) 1 session	<u>Qigong 8 Forms W760</u> Tai Po 9 sessions	<u>Yoga for The Experienced C572</u> Quarry Bay 9 sessions
<u>Chair Yoga W756</u> Support Centre (WTS) 4 sessions	<u>Pink Yoga K686</u> Tuen Mun 9 sessions	<u>Pink Yoga K685</u> Jockey Club Support Centre (KC) 9 sessions	<u>Yoga for Beginners W753</u> Kwun Tong 10 sessions	<u>Guo Lin Qigong K700</u> Jockey Club Support Centre (KC) 8 sessions	<u>Yin Yang Yoga K688</u> Jockey Club Support Centre (KC) 2 sessions
<u>Yoga for Knee Pain Prevention K692</u> Jockey Club Support Centre (KC) 3 sessions	<u>Yin Yang Yoga K689</u> Jockey Club Support Centre (KC) 3 sessions	<u>Pink Yoga C573</u> Quarry Bay 9 sessions	<u>Pink Yoga W754</u> Wong Tai Sin 10 sessions	<u>Pilates Exercise for Beginners C592</u> Sheung Wan 8 sessions	<u>Yoga for Strengthening Pelvic Floor Muscles Workshop K691</u> Jockey Club Support Centre (KC) 3 sessions
<u>Release the Chain of Anxiety Mindfulness-Based Cognitive Therapy (MBCT) C583</u> (In Putonghua) Support Centre (NP) 10 sessions	<u>Laughter Yoga K690</u> Jockey Club Support Centre (KC) 7 sessions	<u>Yoga for Men C574</u> Support Centre (NP) 9 sessions	<u>Yoga for Strengthening Pelvic Floor Muscles Workshop A C576</u> Support Centre (NP) 3 sessions	<u>Singing Bowls Healing Workshop A C593</u> Support Centre (NP) 1 session	<u>Healthy Qigong Ba Duan Jin & Yi Jin Bang Exercise Part I C586</u> Sai Wan Ho 9 sessions
<u>Guo Lin Qigong Workshop W763</u> Support Centre (WTS) 5 sessions	<u>Laughter Yoga W755</u> Support Centre (WTS) 5 sessions	<u>Niyama Yoga W757</u> Support Centre (WTS) 3 sessions	<u>Yoga for Strengthening Pelvic Floor Muscles Workshop B C577</u> Support Centre (NP) 3 sessions	<u>Singing Bowls Healing Workshop B C594</u> Support Centre (NP) 1 session	<u>Qigong Warm-up Session & Yi Jin Bang Exercise Part II C587</u> Sai Wan Ho 9 sessions
<u>Pilates Exercise for Beginners Class A K702</u> Jockey Club Support Centre (KC) 8 sessions	<u>Chair Yoga C575</u> Support Centre (NP) 3 sessions	<u>Yoga for Healthy Hip Joint W759</u> Support Centre (WTS) 2 sessions	<u>Yoga for Waist and Back Pain Workshop A C578</u> Support Centre (NP) 3 sessions	<u>Singing Bowls Healing Workshop C C595</u> Support Centre (NP) 1 session	<u>Introductory Workshop of Pilates Exercise W765</u> Support Centre (WTS) 3 sessions
<u>Pilates Exercise for Beginners Class B K703</u> Jockey Club Support Centre (KC) 8 sessions	<u>Yoga for Managing Lymphoedema in Upper and Lower Limbs Workshop A C580</u> Support Centre (NP) 3 sessions	<u>Yoga for Managing Lymphoedema in Upper and Lower Limbs Workshop W758</u> Support Centre (WTS) 2 sessions	<u>Yoga for Waist and Back Pain Workshop B C579</u> Support Centre (NP) 3 sessions	<u>Singing Bowls Healing Workshop D C596</u> Support Centre (NP) 1 session	<u>Mandala Arts Healing K704</u> Jockey Club Support Centre (KC) 1 session
<u>Singing Bowls Healing W768</u> Support Centre (WTS) 2 sessions	<u>Yoga for Managing Lymphoedema in Upper and Lower Limbs Workshop B C581</u> Support Centre (NP) 3 sessions	<u>Meditation for Beginners C585</u> (In Putonghua) Tsim Sha Tsui 7 sessions	<u>Mindful Inner Dialogue K693</u> Jockey Club Support Centre (KC) 7 sessions	<u>Water Kefir Workshop K712</u> Jockey Club Support Centre (KC) 2 sessions	<u>Mandala Practice Day K705</u> Jockey Club Support Centre (KC) 1 session
<u>Yoga Stretching and Sound Spa K710</u> Jockey Club Support Centre (KC) 3 sessions	<u>Breathing and Relaxation C582</u> Support Centre (NP) 3 sessions	<u>Chen Style Taiji for Beginners K696</u> Cheung Sha Wan 12 sessions	<u>Healthy Qigong Ba Duan Jin & Yi Jin Bang Exercise Part I K699</u> Jockey Club Support Centre (KC) 10 sessions		<u>Travelling Mandala Workshop F288</u> Support Centre (C) 1 session
<u>Koji Rice Fermentation Workshop K711</u> Jockey Club Support Centre (KC) 1 session	<u>Introductory Workshop on Mindfulness Body-Mind Awareness and Connection K694</u> Jockey Club Support Centre (KC) 1 session	<u>Chen Style Taiji for Experienced K698</u> Cheung Sha Wan 12 sessions	<u>Guo Lin Qigong C588</u> Kennedy Town 8 sessions		<u>Singing Bowl Self-Healing K708</u> Jockey Club Support Centre (KC) 3 sessions

11 types

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

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	Chen Style Taiji for Beginners K697 Yuen Long 11 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part I W761 Tiu Keng Leng 9 sessions	Wan's Meridian Harmony Movement W764 Support Centre (WTS) 2 sessions		Energy Healing K713 Jockey Club Support Centre (KC) 1 session
	Zentangle W767 Support Centre (WTS) 3 sessions	Qigong Warm-up Session & Yi Jin Bang Exercise Part II W762 Tiu Keng Leng 9 sessions	Qigong Workshop K701 Jockey Club Support Centre (KC) 2 sessions		
	Singing Bowls Healing K707 Jockey Club Support Centre (KC) 2 sessions	Guo Lin Qigong Workshop A C589 Support Centre (NP) 5 sessions	Gong Bath Healing K709 Jockey Club Support Centre (KC) 1 session		
		Guo Lin Qigong Workshop B C590 Support Centre (NP) 5 sessions			
		Pilates Exercise for Beginners W766 Che Kung Temple 9 sessions			
		Zentangle Burlap Tote Bag K706 Jockey Club Support Centre (KC) 1 session			
		Gong Bath Healing W769 Support Centre (WTS) 1 session			

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