Wellness Live Streaming Class Timetable

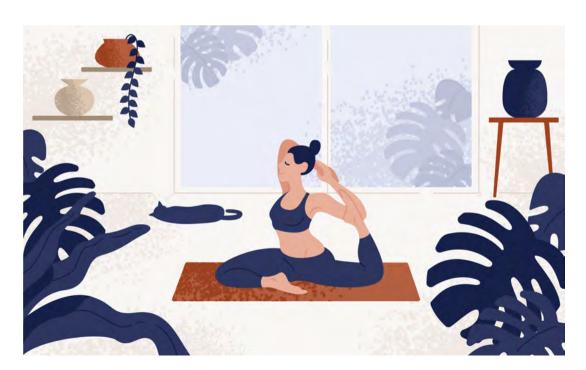
Yoga for Beginners

Through gentle postures and mindful breathing, this class enhances the vitality and relaxation of the body and mind for self-healing.

Date: 5, 12 Jan (Thu) 10:30am-12:00nn

Facilitator: Ms Angora Ngai (Cantonese-English bilingual class)

Props: one yoga mat, one yoga block



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-XXXXXXX 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 (<u>iPhone version</u>; <u>Android version</u>)
- 7. For any enquiries, please contact us at 3667-3211 or WhatsApp 5625-1273 (For enquiry about service user card number only).

