

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: 9, 16 Feb (Thu) 10:30am-12:00nn

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

Props: one yoga mat, one yoga block



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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: 21 Feb (Tue) 10:30am-12:00nn

Facilitator: Ms Loretta Teo (Cantonese-English bilingual class)

Props: one yoga mat, one blanket and two cushions



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

