

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



Wellness Live Streaming Class Timetable

Feldenkrais Method for a Healthy and Pain-Free Back



The Feldenkrais Method is a unique and enjoyable process with designed movements that improves your posture, movement, imagination and awareness. Our facilitator, Sean, will share a special set of soothing and effective Feldenkrais movements to help you reduce and avoid future back pain.

Date: 7, 14, 21, 28 Mar (Tue)
11:00am-12:30pm

Facilitator: Mr Sean Curran
(Cantonese-English bilingual class)

Props: one yoga mat and one blanket

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

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: 16, 23 Mar (Thu) 10:30am-12:00nn

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

Props: one yoga mat, one yoga block



Wellness Live Streaming Class Timetable

Chair Yoga (Replay)

Designed for people who are not able to sit on the floor or stand for long periods, chair yoga modifies yoga poses so they can be done while seated. Benefits include improved breathing, stress reduction, better sleep and well-being.

Date: 20 Mar (Mon) 10:30am-12:00nn

Facilitator: Ms Tiffany Lau (Cantonese-English bilingual class)



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



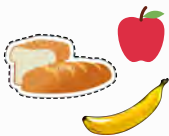
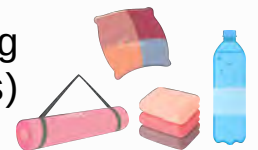
Wellness and Holistic Health Care Live Streaming Programme

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.

