

| <div> <div>Hong Kong Cancer Fund</div> <div>Wellness Programme Timetable for Jul to Sep 2023</div> <div>83 Programmes</div> </div> | | | | | |
|--|---|---|---|--|---|
| Please click here to visit our latest programme publication - Link | | | | | |
| Mon | Tue | Wed | Thu | Fri | Sat |
| <u>Yoga for Beginners W343</u> Support Centre (WTS) 4 sessions | <u>The Feldenkrais Method for Freeing the Hips and Lower Back K311</u> (English w/ Cantonese translation) Jockey Club Support Centre (KC) 2 sessions | <u>Yoga for Beginners K296</u> Tin Shui Wai 10 sessions | <u>Yoga Stretching C159</u> (In English) Kennedy Town 4 sessions | <u>Singing Bowls Healing Workshop A C182</u> (In English) Support Centre (NP) 1 session | <u>Yoga for Beginners C161</u> Quarry Bay 10 sessions |
| <u>Yoga for Beginners W344</u> Hang Hau 10 sessions | <u>Yoga for Beginners K295</u> Jockey Club Support Centre (KC) 7 sessions | <u>Yoga for Beginners C160</u> Quarry Bay 10 sessions | <u>Yoga for Beginners W345</u> Kwun Tong 7 sessions | <u>Singing Bowls Healing Workshop B C183</u> (In English) Support Centre (NP) 1 session | <u>Yoga for The Experienced C162</u> Quarry Bay 10 sessions |
| <u>Guo Lin Qigong Workshop W354</u> Support Centre (WTS) 5 sessions | <u>Pink Yoga K298</u> Tuen Mun 10 sessions | <u>Pink Yoga K297</u> Jockey Club Support Centre (KC) 10 sessions | <u>Pink Yoga W346</u> Wong Tai Sin 7 sessions | <u>Yoga Stretching with Elastic Band C164</u> Wanchai 5 sessions | <u>Yin Yang Yoga K301</u> Jockey Club Support Centre (KC) 2 sessions |
| <u>Pilates Exercise for Beginners Class A K312</u> Jockey Club Support Centre (KC) 8 sessions | <u>Yoga Stretching with Elastic Band K299</u> Shum Shui Po 5 sessions | <u>Pink Yoga C163</u> Quarry Bay 10 sessions | <u>Yoga for Healthy Hip Joint W350</u> Kwun Tong 2 sessions | <u>Laughter Yoga K303</u> Jockey Club Support Centre (KC) 9 sessions | <u>Yoga for Strengthening Pelvic Floor Muscles K304</u> Jockey Club Support Centre (KC) 5 sessions |
| <u>Pilates Exercise for Beginners Class B K313</u> Jockey Club Support Centre (KC) 8 sessions | <u>Yin Yang Yoga K302</u> Jockey Club Support Centre (KC) 3 sessions | <u>Yoga for Men C165</u> Support Centre (NP) 10 sessions | <u>Yoga for Knee Pain Prevention W351</u> Wong Tai Sin 3 sessions | <u>Chen Style Taiji for Beginners K305</u> Jockey Club Support Centre (KC) 12 sessions | <u>Yoga for Waist and Back Pain W349</u> Support Centre (WTS) 3 sessions |
| <u>Mindful Circle Painting Workshop K316</u> Jockey Club Support Centre (KC) 1 session | <u>Chair Yoga K300</u> Jockey Club Support Centre (KC) 4 sessions | <u>Niyama Yoga W348</u> Support Centre (WTS) 3 sessions | <u>Chen Style Taiji for Beginners K307</u> Yuen Long 9 sessions | <u>Qigong 8 Forms W352</u> Tai Po 8 sessions | <u>Introductory Workshop of Pilates Exercise W356</u> Support Centre (WTS) 3 sessions |
| <u>Singing Bowls Healing W361</u> Support Centre (WTS) 2 sessions | <u>Laughter Yoga W347</u> Support Centre (WTS) 4 sessions | <u>Meditation for Beginners C170</u> (In Putonghua) Tsim Sha Tsui 5 sessions | <u>Qigong 12 Forms & Yi Jin Bang Exercise II K309</u> Jockey Club Support Centre (KC) 9 sessions | <u>Qigong 12 Forms & Yi Jin Bang Exercise II C171</u> Sai Ying Pun 8 sessions | <u>Mandala Arts Healing K314</u> Jockey Club Support Centre (KC) 1 session |
| <u>Yoga Stretching and Sound Spa K319</u> Jockey Club Support Centre (KC) 3 sessions | <u>Yoga for Strengthening Pelvic Floor Muscles C166</u> North Point 3 sessions | <u>Chen Style Taiji for Beginners K306</u> Cheung Sha Wan 11 sessions | <u>Guo Lin Qigong C173</u> Kennedy Town 7 sessions | <u>Dawu Exercises & Yi Jin Bang Exercise II C172</u> Sai Ying Pun 8 sessions | <u>Zentangle Burlap Tote Bag K315</u> Jockey Club Support Centre (KC) 1 session |
| <u>Mindful Tea Appreciaton C185</u> Support Centre (NP) 1 session | <u>Yoga for Waist and Back Pain C167</u> North Point 6 sessions | <u>Chen Style Taiji for The Experienced K308</u> Cheung Sha Wan 11 sessions | <u>Wan's Meridian Harmony Movement W355</u> Support Centre (WTS) 2 sessions | <u>Guo Lin Qigong K310</u> Jockey Club Support Centre (KC) 8 sessions | <u>Nature Mandala Arts Healing Workshop F156</u> Support Centre (C) 1 session |
| <u>Eat Wise Workshop - Raw Vegetarian Food K321</u> Jockey Club Support Centre (KC) 2 sessions | <u>Breathing and Relaxation Workshop A C168</u> Support Centre (NP) 3 sessions | <u>Guo Lin Qigong Workshop C174</u> Tsim Sha Tsui 5 sessions | <u>Zentangle W359</u> Support Centre (WTS) 3 sessions | <u>Guo Lin Qigong Workshop for the Experienced C175</u> Sai Ying Pun 5 sessions | <u>Energy Healing for The Experienced K294</u> Jockey Club Support Centre (KC) 1 session |
| <u>Eat Wise Workshop - Light Vegetarian Foods for Summer K323</u> Jockey Club Support Centre (KC) 1 session | <u>Breathing and Relaxation Workshop B C169</u> Support Centre (NP) 3 sessions | <u>Qigong Workshop C186</u> Central 2 sessions | <u>Gong Bath Healing K317</u> Jockey Club Support Centre (KC) 1 session | <u>Pilates Exercise for Beginners Class A C176</u> Sheung Wan 6 sessions | |
| <u>Massage Exercise Ball K325</u> Jockey Club Support Centre (KC) 3 sessions | <u>Qigong Warm-up Session & Yi Jin Bang Exercise Part I W353</u> Tiu Keng Leng 9 sessions | <u>Pilates Exercise for Beginners Class A W357</u> Che Kung Temple 8 sessions | <u>Singing Bowl Self-Healing K320</u> Jockey Club Support Centre (KC) 3 sessions | <u>Pilates Exercise for Beginners Class B C177</u> Sheung Wan 7 sessions | |
| | <u>Gong Bath Healing K318</u> Jockey Club Support Centre (KC) 2 sessions | <u>Pilates Exercise for Beginners Class B W358</u> Che Kung Temple 8 sessions | | <u>Koji Rice Fermentation Workshop K324</u> Jockey Club Support Centre (KC) 1 session | |

Outreach venues & 4 Support Centres :
C = Central
NP = North Point
WTS = Wong Tai Sin
KC = Kwai Chung

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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| | <u>Singing Bowls Healing Workshop A C178</u> Support Centre (NP) 1 session | <u>Gong Bath Healing W360</u> Support Centre (WTS) 1 session | | <u>Talk - Seasonal Healthy Soup and Tea F157</u> Support Centre (C) 1 session | |
| | <u>Singing Bowls Healing Workshop B C179</u> Support Centre (NP) 1 session | <u>Eat Wise Workshop - Rainbow Diet K322</u> Jockey Club Support Centre (KC) 1 session | | | |
| | <u>Singing Bowls Healing Workshop C C180</u> Support Centre (NP) 1 session | <u>Talk - Food That Cheers You Up F158</u> Support Centre (C) 1 session | | | |
| | <u>Singing Bowls Healing Workshop D C181</u> Support Centre (NP) 1 session | | | | |
| | <u>Reorganising Your Home and Life Detach Discard Dissolve 2.0 C184</u> Support Centre (NP) 1 session | | | | |
| | <u>Eat Wise Workshop - Chinese Dim Sum W362</u> Support Centre (WTS) 1 session | | | | |

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