

<div> <div>Hong Kong Cancer Fund</div> <div>Wellness Programme Timetable for January to March 2024</div> <div>97 Programmes</div> </div>					
Please click here to visit our latest programme publication - Link					
Mon	Tue	Wed	Thu	Fri	Sat
<u>Yoga for Beginners W827</u> Hang Hau 10 sessions	<u>Yoga for Healthy Posture K746</u> (In English) Jockey Club Support Centre (KC) 1 session	<u>Yoga for Beginners K735</u> Tin Shui Wai 10 sessions	<u>Yoga for Beginners W828</u> Kwun Tong 7 sessions	<u>Yoga for Sciatica K745</u> (In English) Jockey Club Support Centre (KC) 1 session	<u>Yoga for Beginners C541</u> Quarry Bay 8 sessions
<u>Laughter Yoga K744</u> Tin Shui Wai 5 sessions	<u>The Feldenkrais Method for Healthy Knees and Ankles C556</u> (English w/ Cantonese translation) Central 4 sessions	<u>Yoga for Beginners C540</u> Quarry Bay 9 sessions	<u>Pink Yoga W829</u> Wong Tai Sin 7 sessions	<u>Singing Bowls Healing Workshop A C565</u> (In English) Support Centre (NP) 1 session	<u>Yoga for The Experienced C542</u> Quarry Bay 8 sessions
<u>Niyama Yoga W831</u> Support Centre (WTS) 3 sessions	<u>Yoga for Beginners K734</u> Jockey Club Support Centre (KC) 7 sessions	<u>Yoga Stretching with Elastic Band C545</u> Wanchai 9 sessions	<u>Yoga for Strengthening Pelvic Floor Muscles W833</u> Wong Tai Sin 2 sessions	<u>Singing Bowls Healing Workshop B C566</u> (In English) Support Centre (NP) 1 session	<u>Yin Yang Yoga C741</u> Jockey Club Support Cetnre (KC) 2 sessions
<u>Qigong 8 Forms W837</u> Support Centre (WTS) 4 sessions	<u>Yoga Stretching with Elastic Band K739</u> Shum Shui Po 8 sessions	<u>Pink Yoga K737</u> Jockey Club Support Centre (KC) 9 sessions	<u>Yoga for Happy Spine W834</u> Kwun Tong 3 sessions	<u>Yoga for Beginners W826</u> Tai Po 8 sessions	<u>Yoga for Neck and Shoulder Pain K548</u> Quarry Bay 3 sessions
<u>Guo Lin Qigong Workshop W838</u> Support Centre (WTS) 5 sessions	<u>Pink Yoga K736</u> Tuen Mun 9 sessions	<u>Pink Yoga C543</u> Quarry Bay 9 sessions	<u>Breathing and Relaxation Workshop A C551</u> Support Centre (NP) 3 sessions	<u>Laughter Yoga K743</u> Jockey Club Support Centre (KC) 6 sessions	<u>Yoga for Waist and Back Pain W832</u> Support Centre (WTS) 3 sessions
<u>Qigong Workshop K754</u> Jockey Club Support Centre (KC) 2 sessions	<u>Chair Yoga K740</u> Jockey Club Support Centre (KC) 5 sessions	<u>Yoga for Men K738</u> Jockey Club Support Centre (KC) 9 sessions	<u>Breathing and Relaxation Workshop B C552</u> Support Centre (NP) 3 sessions	<u>Laughter Yoga C546</u> Sheung Wan 4 sessions	<u>Yoga for Strengthening Pelvic Floor Muscles C747</u> Jockey Club Support Cetnre (KC) 4 sessions
<u>Introductory Workshop of Pilates Exercise K755</u> Jockey Club Support Centre (KC) 3 sessions	<u>Yin Yang Yoga K742</u> Tsuen Wan 3 sessions	<u>Yoga for Men C544</u> Support Centre (NP) 10 sessions	<u>Body Mind Spirit Workshop & Day Camp K733</u> Jockey Club Support Centre (KC) and HKBA 5 sessions	<u>Chen Style Taiji for Beginners K748</u> Jockey Club Support Centre (KC) 10 sessions	<u>Introductory Workshop of Pilates Exercise W841</u> Support Centre (WTS) 3 sessions
<u>Pilates Exercise for Beginners Class A K756</u> Jockey Club Support Centre (KC) 7 sessions	<u>Laughter Yoga W830</u> Support Centre (WTS) 5 sessions	<u>Yoga for Better Immunity C547</u> Kennedy Town 5 sessions	<u>Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part I K752</u> Jockey Club Support Centre (KC) and 7 sessions	<u>Chen Style Taiji for Beginners K750</u> Yuen Long 10 sessions	<u>Introductory Workshop for Pilates Reformer C557</u> Causeway Bay 3 sessions
<u>Pilates Exercise for Beginners Class B K757</u> Jockey Club Support Centre (KC) 7 sessions	<u>Yoga for Waist and Back Pain C549</u> North Point 5 sessions	<u>Meditation for Beginners C538</u> (In Putonghua) Tsim Sha Tsui 6 sessions	<u>Wan's Meridian Harmony Movement W840</u> Ho Man Tin 2 sessions	<u>Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part I C553</u> Sai Wan Ho 7 sessions	<u>Mandala Arts Healing K759</u> Jockey Club Support Centre (KC) 2 sessions
<u>Mindful Circle Painting Workshop K758</u> Jockey Club Support Centre (KC) 1 session	<u>Yoga for Strengthening Pelvic Floor Muscles C550</u> North Point 4 sessions	<u>Mindfulness and Meridian Health Workshop C539</u> Central 1 session	<u>Gong Bath Healing K760</u> Jockey Club Support Centre (KC) 2 sessions	<u>Qigong Warm-up Session & Yi Jin Bang Exercise Part 2 C554</u> Sai Wan Ho 7 sessions	<u>Travelling Mandala Workshop F360</u> Support Centre (C) 1 session
<u>Singing Bowls Healing W846</u> Support Centre (WTS) 2 sessions	<u>Breathing and Relaxation W835</u> Jordan 9 sessions	<u>Chen Style Taiji for Beginners K749</u> Cheung Sha Wan 11 sessions	<u>Oncology Massage for Cancer Care K766</u> Jockey Club Support Centre (KC) 2 sessions	<u>Guo Lin Qigong K753</u> Jockey Club Support Centre (KC) 8 sessions	<u>Green Care for Cancer W847</u> Kowloon Tsai Park 1 session
<u>Singing Bowls Healing Workshop A C561</u> Central 1 session	<u>Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part I W836</u> Tiu Keng Leng 9 sessions	<u>Chen Style Taiji for The Experienced K751</u> Cheung Sha Wan 11 sessions	<u>Talk - Healthy Soup and Tea for Spring K771</u> Jockey Club Support Centre (KC) 1 session	<u>Pilates Exercise for Beginners C558</u> Sheung Wan 7 sessions	<u>Energy Healing for The Experienced K773</u> Jockey Club Support Centre (KC) 1 session
<u>Singing Bowls Healing Workshop B C562</u> Central 1 session	<u>Zentangle for Chinese New Year W844</u> Support Centre (WTS) 3 sessions	<u>Guo Lin Qigong Workshop C555</u> Kennedy Town 5 sessions	<u>Talk - Food for Better Immunity F361</u> Support Centre (C) 1 session	<u>Green Care for Cancer C567</u> Mount Parker 1 session	

Outreach venues & 4 Support Centres :
 C = Central
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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>Yoga Stretching and Sound Spa K762</u> Jockey Club Support Centre (KC) 3 sessions	<u>Singing Bowls Healing K761</u> Jockey Club Support Centre (KC) 2 sessions	<u>Guo Lin Qigong Workshop for the Experienced C839</u> Hung Hum 5 sessions	<u>Whole Food Plant-Based Diet for Spring Detox K772</u> Jockey Club Support Centre (KC) 1 session	<u>Healing with Nature One-Day Workshop K765</u> Tai Po Kau 1 session	
<u>Mindful Tea Appreciation C568</u> Support Centre (NP) 1 session	<u>Singing Bowls Healing Workshop A C563</u> Central 1 session	<u>Pilates Exercise for Beginners Class A W842</u> Che Kung Temple 9 sessions		<u>Koji Rice Fermentation Workshop K770</u> Jockey Club Support Centre (KC) 1 session	
	<u>Singing Bowls Healing Workshop B C564</u> Central 1 session	<u>Pilates Exercise for Beginners Class B W843</u> Che Kung Temple 9 sessions			
	<u>Green Care for Cancer K764</u> Yuen Long Park 1 session	<u>Chanting C559 (In Putonghua)</u> Tsim Sha Tsui 5 sessions			
	<u>Eat Wise Workshop - Chinese Yam Cuisine K768 (In Putonghua)</u> Jockey Club Support Centre (KC) 1 session	<u>Crystal Tones™ Singing Bowls Healing C560</u> Central 3 sessions			
	<u>Eat Wise Workshop - Rich Fibre Sweet Potato W848</u> Support Centre (WTS) 1 session	<u>Gong Bath Healing W845</u> Support Centre (WTS) 1 session			
		<u>Singing Bowl Self-Healing K763</u> Jockey Club Support Centre (KC) 3 sessions			
		<u>Eat Wise Workshop - Raw Food to Keep Warm in Winter K767</u> Jockey Club Support Centre (KC) 2 sessions			
		<u>Eat Wise Workshop - Cashew Nut Milk K769 (In Putonghua)</u> Jockey Club Support Centre (KC) 1 session			

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