

<div> <div>Hong Kong Cancer Fund</div> <div>Wellness Programme Timetable for April to June 2024</div> <div>90 Programmes</div> </div>					
<div>Please click here to visit our latest programme publication - Link</div>					
Mon	Tue	Wed	Thu	Fri	Sat
<div><u>Yoga for Beginners W077</u></div> <div>Hang Hau</div> <div>9 sessions</div>	<div><u>Yoga for Neck & Shoulder Pain C055</u></div> <div>(In Cantonese/English)</div> <div>North Point</div> <div>10 sessions</div>	<div><u>Yoga for Beginners K067</u></div> <div>Tin Shui Wai</div> <div>9 sessions</div>	<div><u>Yoga for Beginners W078</u></div> <div>Kwun Tong</div> <div>9 sessions</div>	<div><u>Yoga for Sciatica K073</u></div> <div>(In English)</div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div>	<div><u>Bring Some Juice into Your Life C079</u></div> <div>(In English)</div> <div>Support Centre (NP)</div> <div>1 session</div>
<div><u>Laughter Yoga K065</u></div> <div>Tin Shui Wai</div> <div>7 sessions</div>	<div><u>The Feldenkrais Method for a Healthy and Pain-Free Back C067</u></div> <div>(English w/ Cantonese translation)</div> <div>Central</div> <div>4 sessions</div>	<div><u>Yoga for Beginners C045</u></div> <div>Quarry Bay</div> <div>9 sessions</div>	<div><u>Pink Yoga W079</u></div> <div>Wong Tai Sin</div> <div>5 sessions</div>	<div><u>Singing Bowls Healing Workshop A C076</u></div> <div>(In English)</div> <div>Support Centre (NP)</div> <div>1 session</div>	<div><u>Yoga for Beginners C046</u></div> <div>Quarry Bay</div> <div>9 sessions</div>
<div><u>Chair Yoga W080</u></div> <div>Support Centre (WTS)</div> <div>3 sessions</div>	<div><u>Yoga for Beginners K066</u></div> <div>Jockey Club Support Centre (KC)</div> <div>10 sessions</div>	<div><u>Pink Yoga C048</u></div> <div>Quarry Bay</div> <div>9 sessions</div>	<div><u>Yoga for Men C049</u></div> <div>Central</div> <div>10 sessions</div>	<div><u>Singing Bowls Healing Workshop B C077</u></div> <div>(In English)</div> <div>Support Centre (NP)</div> <div>1 session</div>	<div><u>Yoga for The Experienced C047</u></div> <div>Quarry Bay</div> <div>9 sessions</div>
<div><u>Body Mind Spirit Workshop & Day Camp K075</u></div> <div>Jockey Club Support Centre (KC) and HKBA</div> <div>5 sessions</div>	<div><u>Pink Yoga K068</u></div> <div>Tuen Mun</div> <div>10 sessions</div>	<div><u>Pink Yoga K069</u></div> <div>Jockey Club Support Centre (KC)</div> <div>8 sessions</div>	<div><u>Yoga Capsule for Lunch C051</u></div> <div>Central</div> <div>7 sessions</div>	<div><u>Yoga for Beginners W076</u></div> <div>Tai Po</div> <div>9 sessions</div>	<div><u>Yoga for Waist and Back Pain C053</u></div> <div>Quarry Bay</div> <div>3 sessions</div>
<div><u>Guo Lin Qigong Workshop W085</u></div> <div>Support Centre (WTS)</div> <div>5 sessions</div>	<div><u>Yoga Stretching with Elastic Band K071</u></div> <div>Shum Shui Po</div> <div>8 sessions</div>	<div><u>Yoga for Men K070</u></div> <div>Jockey Club Support Centre (KC)</div> <div>6 sessions</div>	<div><u>Yoga for Knee Pain Prevention W082</u></div> <div>Wong Tai Sin</div> <div>4 sessions</div>	<div><u>Laughter Yoga C044</u></div> <div>Sheung Wan</div> <div>3 sessions</div>	<div><u>Yoga for Waist and Back Pain K074</u></div> <div>Jockey Club Support Centre (KC)</div> <div>3 sessions</div>
<div><u>Introductory Workshop of Pilates Exercise K083</u></div> <div>Jockey Club Support Centre (KC)</div> <div>3 sessions</div>	<div><u>Yin Yang Yoga C082</u></div> <div>Central</div> <div>4 sessions</div>	<div><u>Yoga Stretching with Elastic Band C050</u></div> <div>Wanchai</div> <div>6 sessions</div>	<div><u>Breathing and Relaxation C058</u></div> <div>Central</div> <div>10 sessions</div>	<div><u>Laughter Yoga K064</u></div> <div>Jockey Club Support Centre (KC)</div> <div>8 sessions</div>	<div><u>Introductory Workshop on Mindfulness Body-Mind Awareness and Connection K076</u></div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div>
<div><u>Pilates Exercise for Beginners Class A K084</u></div> <div>Jockey Club Support Centre (KC)</div> <div>7 sessions</div>	<div><u>Niyama Yoga W081</u></div> <div>Support Centre (WTS)</div> <div>3 sessions</div>	<div><u>Laughter Yoga W075</u></div> <div>Hung Hum</div> <div>6 sessions</div>	<div><u>Mindfulness and Meridian Health Workshop C059</u></div> <div>Central</div> <div>1 session</div>	<div><u>Chen Style Taiji for Beginners K077</u></div> <div>Jockey Club Support Centre (KC)</div> <div>10 sessions</div>	<div><u>Introductory Workshop of Pilates Reformer C068</u></div> <div>Tsim Sha Tsui</div> <div>3 sessions</div>
<div><u>Pilates Exercise for Beginners Class B K085</u></div> <div>Jockey Club Support Centre (KC)</div> <div>7 sessions</div>	<div><u>Yoga for Better Sleep C054</u></div> <div>Central</div> <div>10 sessions</div>	<div><u>Yoga for Better Immunity C052</u></div> <div>Kennedy Town</div> <div>3 sessions</div>	<div><u>Qigong Warm-up Session & Yi Jin Bang Exercise Part I K081</u></div> <div>Jockey Club Support Centre (KC)</div> <div>7 sessions</div>	<div><u>Chen Style Taiji for Beginners K079</u></div> <div>Yuen Long</div> <div>10 sessions</div>	<div><u>Mandala Practice Day K086</u></div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div>
<div><u>Yoga Stretching and Sound Spa K090</u></div> <div>Jockey Club Support Centre (KC)</div> <div>3 sessions</div>	<div><u>Yoga for Lower Body Strengthening and Balancing C056</u></div> <div>Central</div> <div>8 sessions</div>	<div><u>Chen Style Taiji for Beginners K078</u></div> <div>Cheung Sha Wan</div> <div>11 sessions</div>	<div><u>Singing Bowls Healing Workshop A C072</u></div> <div>Central</div> <div>1 session</div>	<div><u>Qigong Warm-up Session & Yi Jin Bang Exercise Part 1 C062</u></div> <div>Sai Wan Ho</div> <div>10 sessions</div>	<div><u>Nature Mandala Arts Healing Workshop F038</u></div> <div>Support Centre (C)</div> <div>1 session</div>
<div><u>Reorganising Your Home and Life Detach Discard Dissolve 2.0 F039</u></div> <div>Support Centre (C)</div> <div>1 session</div>	<div><u>Breathing and Relaxation W083</u></div> <div>Jordan</div> <div>10 sessions</div>	<div><u>Chen Style Taiji for The Experienced K080</u></div> <div>Cheung Sha Wan</div> <div>11 sessions</div>	<div><u>Singing Bowls Healing Workshop B C073</u></div> <div>Central</div> <div>1 session</div>	<div><u>Qigong 12 Forms & Yi Jin Bang Exercise II C064</u></div> <div>Sai Wan Ho</div> <div>10 sessions</div>	<div><u>Energy Healing K097</u></div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div>
<div><u>Mindful Tea Appreciation C078</u></div> <div>Support Centre (NP)</div> <div>1 session</div>	<div><u>Qigong Warm-up Session & Yi Jin Bang Exercise Part I W084</u></div> <div>Tiu Keng Leng</div> <div>8 sessions</div>	<div><u>Taiji Stake-Standing Zhan Zhuang Workshop C060</u></div> <div>Tsim Sha Tsui</div> <div>3 sessions</div>	<div><u>Singing Bowls Healing Workshop C C074</u></div> <div>Central</div> <div>1 session</div>	<div><u>Qigong 8 Forms K082</u></div> <div>Jockey Club Support Centre (KC)</div> <div>8 sessions</div>	
	<div><u>Pilates Exercise for Beginners C070</u></div> <div>Central</div> <div>10 sessions</div>	<div><u>Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part I C061</u></div> <div>Causeway Bay</div> <div>8 sessions</div>	<div><u>Singing Bowls Healing Workshop D C075</u></div> <div>Central</div> <div>1 session</div>	<div><u>Pilates Exercise for Beginners C069</u></div> <div>Sheung Wan</div> <div>8 sessions</div>	

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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Mon	Tue	Wed	Thu	Fri	Sat
	<div> <div><u>Sonic Healing Workshop K089</u></div> <div>Jockey Club Support Centre (KC)</div> <div>3 sessions</div> </div>	<div> <div><u>Qigong 12 Forms & Yi Jin Bang Exercise II C063</u></div> <div>Causeway Bay</div> <div>8 sessions</div> </div>	<div> <div><u>Gong Bath Healing K087</u></div> <div>Jockey Club Support Centre (KC)</div> <div>2 sessions</div> </div>		
	<div> <div><u>Singing Bowls Healing K088</u></div> <div>Jockey Club Support Centre (KC)</div> <div>2 sessions</div> </div>	<div> <div><u>Qigong 8 Forms C065</u></div> <div>Tsim Sha Tsui</div> <div>4 sessions</div> </div>	<div> <div><u>Oncology Massage for Cancer Care K091</u></div> <div>Jockey Club Support Centre (KC)</div> <div>2 sessions</div> </div>		
	<div> <div><u>Singing Bowls Healing W091</u></div> <div>Support Centre (WTS)</div> <div>2 sessions</div> </div>	<div> <div><u>Guo Lin Qigong Workshop for the Experienced W086</u></div> <div>Ho Man Tin</div> <div>5 sessions</div> </div>	<div> <div><u>Eat Wise Workshop - Nuts and Seeds W093</u></div> <div><u>(In Putonghua)</u></div> <div>Support Centre (WTS)</div> <div>1 session</div> </div>		
	<div> <div><u>Eat Wise Workshop - Bean Curd W092</u></div> <div>Support Centre (WTS)</div> <div>1 session</div> </div>	<div> <div><u>Wan's Meridian Harmony Movement W087</u></div> <div>Ho Man Tin</div> <div>2 sessions</div> </div>	<div> <div><u>Talk - Healthy Soup and Tea for Summer K095</u></div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>		
	<div> <div><u>Koji Rice Fermentation Workshop K094</u></div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>	<div> <div><u>Pilates Exercise for Beginners Class A W088</u></div> <div>Che Kung Temple</div> <div>9 sessions</div> </div>	<div> <div><u>Massage Exercise Ball C083</u></div> <div>Central</div> <div>2 sessions</div> </div>		
	<div> <div><u>Whole Food Plant-Based Diet for Iron and Calcium K096</u></div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>	<div> <div><u>Pilates Exercise for Beginners Class B W089</u></div> <div>Che Kung Temple</div> <div>9 sessions</div> </div>			
		<div> <div><u>Crystal Tones™ Singing Bowls Healing C071</u></div> <div>Central</div> <div>3 sessions</div> </div>			
		<div> <div><u>Gong Bath Healing W090</u></div> <div>Support Centre (WTS)</div> <div>1 session</div> </div>			
		<div> <div><u>Eat Wise Workshop - Healthy Raw Food K092</u></div> <div>Jockey Club Support Centre (KC)</div> <div>2 sessions</div> </div>			
		<div> <div><u>Eat Wise Workshop - Thai Cuisine K093</u></div> <div><u>(In Putonghua)</u></div> <div>Jockey Club Support Centre (KC)</div> <div>1 session</div> </div>			

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