



A Journey of Healing: Yoga and the Power of Community



For cancer patients, healing goes far beyond treatment. It's also about regaining strength, restoring balance, and reconnecting with the body. One of the most powerful tools to support this journey has been yoga, a gentle yet transformative practice that offers not just physical relief, but emotional support and peace of mind.

At the Hong Kong Cancer Fund, we believe in holistic care that supports the whole person. That's why, in 2008, we launched our very first lunchtime yoga class at the Cancer Fund Support Centre in The Center, Central. It was a modest beginning with a small group of just 10 participants, many of whom were working cancer patients in need of a calming break in their busy day. The demand quickly grew, and soon we had a waiting list of up to 100 people. It was clear that so many people really needed and valued the classes.

In response, our founder, Sally Lo, turned to a long-time friend and passionate wellness advocate, Colin Grant, CEO of PURE.

PURE's response was extraordinary.

In November 2009, PURE generously opened the doors of their Kinwick Centre studio, offering us a large, serene classroom space for yoga every week. With space for up to 40 participants, our programme expanded rapidly and PURE matched our demand by offering more space in their other studios. This generosity brought comfort, strength, and connection to hundreds of patients.

Ten years later and we were conducting more than 500 sessions a year at PURE studios!



After the devastating impact of COVID, as of April 2025, our yoga and wellness programmes with PURE have once again thrived. With the continued generosity of the PURE Group, we now offer four dedicated programmes, including PINK Yoga, Yin Yang Yoga, and Mat Pilates which total 35 sessions per quarter and supporting up to 160 cancer patients every three months. A team of 10 passionate PURE instructors lead these classes with care and expertise, creating a warm and welcoming space for healing.

Since our collaboration began, we've delivered over 3,400 sessions and welcomed nearly 100,000 attendances. Each session represents not just a number, but a moment of relief, strength, and emotional release for someone going through their cancer journey.

One participant captured the experience perfectly:

"One of the most memorable moments was when the instructor asked us to place our hands on our hearts and bellies to feel our heartbeat and breathing. It reminded me of the connection between myself and my body and mind."

Comments like these, and hundreds of other messages that we receive from our cancer patient, are why we do what we do. Yoga offers our participants time to slow down, breathe deeply, and honour what their bodies have been through, while finding calm and strength to face what lies ahead.

To PURE, we extend our heartfelt thanks for your generosity, from providing venues and instructors for our wellness programmes to supporting key campaigns like Pink Revolution and our annual hike Stride for a Cure. This has made a powerful impact on the cancer community. With your help, we've created something truly special, a space where healing happens, not just physically, but emotionally and spiritually as well.

Together, we've built a haven of support and hope ensuring that no one faces cancer alone.

