

Hong Kong Cancer Fund
Wellness Programme Timetable for April to June 2026
93 Programmes

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

[Please click here to visit our latest programme publication - Link](#)

Mon	Tue	Wed	Thu	Fri	Sat
Yoga for Beginners W10601A Hang Hau 10 sessions	Yoga for Beginners K10601A Jockey Club Support Centre (KC) 10 sessions	Pink Yoga C10603A (In English) Causeway Bay 9 sessions	Voice, Breath and Movement through The Feldenkrais Method K10705A (English w/ Cantonese translation) Jockey Club Support Centre (KC) 4 sessions	Pilates Exercise for Beginners C10687A (In English) Wanchai 7 sessions	Bring Some Juice into Your Life C10745A (In English) Support Centre (NP) 1 session
Niyama Yoga W10633A Support Centre (WTS) 3 sessions	Yoga for Beginners K10601B Tuen Mun 9 sessions	Holistic Health Coaching Programme C10781A (In English) Support Centre (NP) 8 sessions	Yoga for Beginners W10601B Kwun Tong 10 sessions	Singing Bowls Healing Workshop A C10720A (In English) Support Centre (NP) 1 session	Yoga for Beginners C10601B Quarry Bay 8 sessions
Pilates Exercise for Beginners Class A K10687A Jockey Club Support Centre (KC) 7 sessions	Yoga for Beginners K10601C Sham Shui Po 10 sessions	Yoga for Beginners C10601A Quarry Bay 10 sessions	Yoga Stretching with Resistance Band W10613A Wong Tai Sin 10 sessions	Singing Bowls Healing Workshop B C10720B (In English) Support Centre (NP) 1 session	Yoga for The Experienced Participants C10602A Quarry Bay 8 sessions
Pilates Exercise for Beginners Class B K10687B Jockey Club Support Centre (KC) 7 sessions	Laughter Yoga W10612A Support Centre (WTS) 5 sessions	Pink Yoga K10603A Jockey Club Support Centre (KC) 10 sessions	Yoga Stretching with Resistance Band C10613B Central 10 sessions	Yoga Stretching with Resistance Band C10613A Wanchai 9 sessions	Yoga for Lower Body Strengthening and Balancing C10616A Quarry Bay 4 sessions
Pilates for Healthy Posture W10691A Support Centre (WTS) 3 sessions	Yin Yang Yoga W10609A Kwun Tong 9 sessions	Pink Yoga C10603B Quarry Bay 10 sessions	Meridian Yin Yoga Workshop C10608A Central 10 sessions	Laughter Yoga C10612A Sheung Wan 6 sessions	Pilates for Healthy Posture K10691A Jockey Club Support Centre (KC) 6 sessions
Yoga Stretching and Sound Spa K10726A Jockey Club Support Centre (KC) 4 sessions	Yoga for Healthy Hip Joint C10615A North Point 10 sessions	Laughter Yoga K10612A Jockey Club Support Centre (KC) 8 sessions	Nine Yoga and Sound Healing C10639A Central 10 sessions	Gentle Flow Yoga W10637A Kwun Tong 7 sessions	Mandala and Daily Life Arts Healing Workshop K10783A Jockey Club Support Centre (KC) 1 session
Lambdoma Sonic Healing Workshop K10728A Jockey Club Support Centre (KC) 2 sessions	Yoga for a Happy Spine W10617A Support Centre (WTS) 4 sessions	Yoga for Men K10611A Jockey Club Support Centre (KC) 5 sessions	Mindfulness and Meridian Health Workshop K10652A Jockey Club Support Centre (KC) 1 session	Yoga for Lower Body Strengthening and Balancing W10616A Tai Po 7 sessions	Ayurveda Self-Awareness Workshop C10776A Support Centre (NP) 1 session
Talk - Seasonal Healthy Soup and Tea W10753A Support Centre (WTS) 1 session	Breathing and Relaxation W10641A Jordan 10 sessions	Chair Yoga K10610A Jockey Club Support Centre (KC) 6 sessions	Stillness Through Five Senses Workshop K10653A Jockey Club Support Centre (KC) 2 sessions	Chen Style Taiji 16 Form K10679B Yuen Long 9 sessions	Green Care for Cancer W10733A Kowloon Tsai Park 1 session
Rhythmic Stretch Workshop A K10768A Jockey Club Support Centre (KC) 4 sessions	Health Qigong Ba Duan Jin and Yi Jin Bang Exercise Part II W10660A Tiu Keng Leng 9 sessions	Massage and Stretching Workshop for Better Sleep K10780A Jockey Club Support Centre (KC) 2 sessions	Qigong 12 Forms K10666A Jockey Club Support Centre (KC) 8 sessions	Chen Style Taiji for Beginners K10679A Jockey Club Support Centre (KC) 10 sessions	Oncology Massage for Cancer Care C10737A Support Centre (NP) 1 session
Rhythmic Stretch Workshop B K10768B Jockey Club Support Centre (KC) 4 sessions	Qigong Warm-up Session and Yi Jin Bang Exercise Part I C10672A Shek Tong Tsui 10 sessions	Yoga for Neck and Shoulder Pain W10618A Ho Man Tin 9 sessions	Pilates Exercise for Beginners C10687B Central 10 sessions	Guo Lin Qigong Workshop K10656A Jockey Club Support Centre (KC) 5 sessions	Energy Healing C10763A Support Centre (NP) 1 session
	Qigong 12 Forms and Yi Jin Bang Exercise Part II C10668A Shek Tong Tsui 10 sessions	Chen Style Taiji for Beginners K10679C Cheung Sha Wan 11 sessions	Pink Pilates C10690A Central 10 sessions	Yi Jin Bang Exercise with Singing Practice C10665A Sai Wan Ho 9 sessions	
	Singing Bowls Healing K10720A Jockey Club Support Centre (KC) 2 sessions	Chen Style Taiji for The Experienced Participants K10680A Cheung Sha Wan 11 sessions	Reorganising Your Home and Life Detach Discard Dissolve 2.0 F10732A Support Centre (C) 1 session	Health Qigong Ba Duan Jin and Yi Jin Bang Exercise Part I C10659A Sai Wan Ho 9 sessions	
	Singing Bowls Healing Workshop A C10720C Central 1 session	Taiji Stake-Standing Zhan Zhuang Workshop W10683A Hung Hom 6 sessions	Mindful Tea Appreciation Basic Course (1) C10739A Support Centre (NP) 3 sessions	Pingshuai Workshop K10674A Jockey Club Support Centre (KC) 3 sessions	

11 types

Yoga Therapy
Breathing and Relaxation
Mindfulness
Qigong and Taiji
Pilates Exercise
Arts Healing
Sound Healing
Holistic Living
Healthy Diet
Others

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	<u>Singing Bowls Healing Workshop B C10720D</u> Central 1 session	<u>Taiji Stake-Standing Zhan Zhuang Workshop W10684A (Revision)</u> Hung Hom 6 sessions	<u>Eat Wise Workshop - Nuts and Seeds K10743A (In Putonghua)</u> Jockey Club Support Centre (KC) 1 session	<u>Rhythmic Stretch C10768A</u> Sheung Wan 3 sessions	
	<u>Singing Bowls Healing Workshop C C10720E</u> Central 1 session	<u>Taiji Zhan and Mindfulness Workshop W10773A</u> Tsim Sha Tsui 5 sessions	<u>Raw Food School K10744A</u> Jockey Club Support Centre (KC) 2 sessions		
	<u>Singing Bowls Healing Workshop D C10720F</u> Central 1 session	<u>Guo Lin Qigong Workshop W10656A</u> Hung Hom 5 sessions	<u>Whole Food Plant-Based Diet for Healthy Desserts C10752A</u> Support Centre (NP) 1 session		
	<u>Gong Bath Healing K10725A</u> Jockey Club Support Centre (KC) 2 sessions	<u>Guo Lin Qigong Workshop C10656A</u> Tsim Sha Tsui 5 sessions	<u>Talk on Rainbow Diet F10757A</u> Support Centre (C) 1 session		
	<u>Eat Wise Workshop - Rainbow Diet W10743A</u> Support Centre (WTS) 1 session	<u>Pilates Exercise for Beginners W10687A</u> Che Kung Temple 9 sessions	<u>Massage Exercise Ball K10767A</u> Jockey Club Support Centre (KC) 3 sessions		
		<u>Zentangle C10714A</u> Support Centre (NP) 3 sessions			
		<u>Singing Bowls Healing W10720A</u> Support Centre (WTS) 2 sessions			
		<u>Crystal Tones™ Singing Bowls Healing C10724A</u> Causeway Bay 3 sessions			
		<u>Gong Bath Healing W10725A</u> Support Centre (WTS) 1 session			
		<u>Koji Rice Fermentation Workshop K10748A</u> Jockey Club Support Centre (KC) 1 session			

11 types