

Hong Kong Cancer Fund
Wellness Programme Timetable for July to September 2024
88 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 W313 Hang Hau 10 sessions	Yoga for a Happy Spine C223 (In Cantonese/English) Central 10 sessions	Singing Bowls Healing Workshop A C243 (In English) Support Centre (NP) 1 session	Yoga for Beginners W314 Kwun Tong 9 sessions	Yoga for Sciatica K319 (In English) Jockey Club Support Centre (KC) 1 session	Bring Some Juice into Your Life C247 (In English) Support Centre (NP) 1 session
Laughter Yoga K316 Tin Shui Wai 6 sessions	Yoga for Beginners K310 Jockey Club Support Centre (KC) 10 sessions	Singing Bowls Healing Workshop B C244 (In English) Support Centre (NP) 1 session	Pink Yoga W315 Wong Tai Sin 8 sessions	Laughter Yoga C217 Sheung Wan 4 sessions	Yoga for Beginners C212 Quarry Bay 9 sessions
Yoga for Better Immunity W318 Support Centre (WTS) 3 sessions	Pink Yoga K312 Tuen Mun 10 sessions	Yoga for Beginners K311 Tin Shui Wai 8 sessions	Yin Yoga C219 Central 10 sessions	Yoga for Neck and Shoulder Pain W320 Tai Po 9 sessions	Yoga for The Experienced C213 Quarry Bay 9 sessions
Release the Chain of Anxiety Mindfulness-Based Cognitive Therapy (MBCT) C226 (In Putonghua) Support Centre (NP) 10 sessions	Yoga Stretching with Elastic Band K315 Shum Shui Po 9 sessions	Yoga for Beginners C211 Quarry Bay 10 sessions	Yin Yang Yoga C220 Central 10 sessions	Chen Style Taiji for Beginners K321 Jockey Club Support Centre (KC) 12 sessions	Yin Yang Yoga K318 Jockey Club Support Centre (KC) 2 sessions
Guo Lin Qigong Workshop W325 Support Centre (WTS) 5 sessions	Meridian Yin Yoga Workshop C218 Central 4 sessions	Pink Yoga C214 Quarry Bay 10 sessions	Yoga for Strengthening Pelvic Floor Muscles W321 Wong Tai Sin 4 sessions	Chen Style Taiji for Beginners K323 Yuen Long 11 sessions	Yoga for Healthy Hip Joint K320 Jockey Club Support Centre (KC) 5 sessions
Pilates Exercise for Beginners Class A K328 Jockey Club Support Centre (KC) 8 sessions	Yoga for Lower Body Strengthening and Balancing C222 Central 10 sessions	Yoga for Men C215 Support Centre (NP) 6 sessions	Breathing and Relaxation C225 Central 10 sessions	Guo Lin Qigong K326 Jockey Club Support Centre (KC) 8 sessions	Yoga for Neck and Shoulder Pain C221 Quarry Bay 3 sessions
Pilates Exercise for Beginners Class B K329 Jockey Club Support Centre (KC) 8 sessions	Yoga for Managing Lymphoedema in Upper and Lower Limbs C224 Central 8 sessions	Pink Yoga K313 Jockey Club Support Centre (KC) 8 sessions	Mindfulness and Meridian Health Workshop C228 Wanchai 1 session	Guo Lin Qigong Workshop K327 Jockey Club Support Centre (KC) 5 sessions	Qigong 12 Forms & Yi Jin Bang Exercise II C230 Sai Wan Ho 9 sessions
Water Colour Painting Arts Healing F145 Central 4 sessions	Breathing and Relaxation W322 Jordan 10 sessions	Yoga for Men K314 Jockey Club Support Centre (KC) 6 sessions	Qigong 12 Forms & Yi Jin Bang Exercise II K325 Jockey Club Support Centre (KC) 8 sessions	Pilates Exercise for Beginners C237 Sheung Wan 8 sessions	Yi Jin Bang Exercise with Singing Practice C232 Sai Wan Ho 9 sessions
Yoga Stretching and Sound Spa K334 Jockey Club Support Centre (KC) 3 sessions	Qigong Warm-up Session & Yi Jin Bang Exercise Part I W324 Tiu Keng Leng 8 sessions	Yoga Stretching with Elastic Band C216 Wanchai 8 sessions	Gong Bath Healing K331 Jockey Club Support Centre (KC) 2 sessions	Zentangle Advanced Workshop K330 Jockey Club Support Centre (KC) 3 sessions	Travelling Mandala Workshop F146 Support Centre (C) 1 session
Oncology Massage for Cancer Care C246 Support Centre (NP) 2 sessions	Guo Lin Qigong Workshop C233 North Point 5 sessions	Partner Yoga K317 Jockey Club Support Centre (KC) 2 sessions	Singing Bowls Healing Workshop A C239 Central 1 session	Sonic Healing Workshop K333 Jockey Club Support Centre (KC) 3 sessions	Energy Healing for the Experienced K340 Jockey Club Support Centre (KC) 1 session
Rhythmic Stretch K339 Jockey Club Support Centre (KC) 4 sessions	Wan's Meridian Harmony Movement C234 North Point 2 sessions	Laughter Yoga W316 Hung Hum 5 sessions	Singing Bowls Healing Workshop B C240 Central 1 session		
	Pilates Exercise for Beginners Class A C235 Central 10 sessions	Niyama Yoga W317 Support Centre (WTS) 3 sessions	Singing Bowls Healing Workshop C C241 Central 1 session		
	Pilates Exercise for Beginners Class B C236 Central 10 sessions	Yoga for Waist and Back Pain W319 Ho Man Tin 6 sessions	Singing Bowls Healing Workshop D C242 Central 1 session		

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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	Singing Bowls Healing K332 Jockey Club Support Centre (KC) 2 sessions	Meditation for Beginners C227 (In Putonghua) Tsim Sha Tsui 7 sessions	Mindful Tea Appreciation C245 Support Centre (NP) 1 session		
	Singing Bowls Healing W328 Support Centre (WTS) 2 sessions	Chen Style Taiji for Beginners K322 Cheung Sha Wan 11 sessions	Eat Wise Workshop - Thai Cuisine K335 (In Putonghua) Jockey Club Support Centre (KC) 1 session		
	Eat Wise Workshop - Steam Cooking W330 Support Centre (WTS) 1 session	Chen Style Taiji for The Experienced K324 Cheung Sha Wan 11 sessions	Talk - Healthy Soup and Tea for Autumn K337 Jockey Club Support Centre (KC) 1 session		
		Taiji Stake-Standing Zhan Zhuang Workshop W323 Hung Hom 4 sessions	Whole Food Plant-Based Diet for Healthy Desserts K338 Jockey Club Support Centre (KC) 1 session		
		Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part I C229 Causeway Bay 7 sessions			
		Qigong 12 Forms & Yi Jin Bang Exercise II C231 Causeway Bay 7 sessions			
		Pilates Exercise for Beginners W326 Che Kung Temple 10 sessions			
		Crystal Tones™ Singing Bowls Healing C238 Central 3 sessions			
		Gong Bath Healing W327 Support Centre (WTS) 1 session			
		Eat Wise Workshop - Thai Cuisine W329 (In Putonghua) Support Centre (WTS) 1 session			
		Rhythmic Stretch W331 Che Kung Temple 10 sessions			

11 types