

Hong Kong Cancer Fund
Wellness Programme Timetable for January to March 2025
96 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 W824 Hang Hau 10 sessions	Yoga for Body, Mind and Balance C612 (English w/ Cantonese translation) Central 10 sessions	Yoga for Beginners K803 Tin Shui Wai 10 sessions	Pilates Exercise for Experienced Participants C626 (In English) Central 7 sessions	Yoga for Sciatica K810 (In English) Jockey Club Support Centre (KC) 1 session	Bring Some Juice into Your Life C639 (In English) Support Centre (NP) 1 session
Yoga for Waist and Back Pain W828 Support Centre (WTS) 3 sessions	Improve your Posture through the Feldenkrais Method C628 (English w/ Cantonese translation) Central 4 sessions	Yoga for Beginners C599 Quarry Bay 9 sessions	Singing Bowls Healing Workshop A C635 (In English) Support Centre (NP) 1 session	Yoga Stretching with Elastic Band C604 Wanchai 9 sessions	Yoga for Beginners C600 Quarry Bay 7 sessions
Guo Lin Qigong Workshop W835 Support Centre (WTS) 5 sessions	Yoga for Beginners K802 Jockey Club Support Centre (KC) 10 sessions	Pink Yoga C602 Quarry Bay 9 sessions	Singing Bowls Healing Workshop B C636 (In English) Support Centre (NP) 1 session	Laughter Yoga C605 Sheung Wan 9 sessions	Yoga for Experienced Participants C601 Quarry Bay 7 sessions
Pilates Exercise for Beginners Class A K818 Jockey Club Support Centre (KC) 7 sessions	Pink Yoga K804 Tuen Mun 9 sessions	Pink Yoga K805 Jockey Club Support Centre (KC) 10 sessions	Yoga for Beginners W825 Kwun Tong 10 sessions	Yoga for a Happy Spine W829 Tai Po 9 sessions	Yoga for Knee Pain Prevention K811 Jockey Club Support Centre 5 sessions
Pilates Exercise for Beginners Class B K819 Jockey Club Support Centre (KC) 7 sessions	Yoga Stretching with Elastic Band K807 Shum Shui Po 9 sessions	Yoga for Men C603 Support Centre (NP) 9 sessions	Pink Yoga W826 Wong Tai Sin 8 sessions	Chen Style Taiji for Beginners K812 Jockey Club Support Centre (KC) 9 sessions	Yoga for a Happy Spine C610 Quarry Bay 3 sessions
Lambdoma Sonic Healing Workshop K820 Jockey Club Support Centre (KC) 3 sessions	Yoga for Sciatica C609 Central 10 sessions	Yoga for Men C806 Jockey Club Support Centre (KC) 6 sessions	Meridian Yin Yoga Workshop C606 Central 3 sessions	Chen Style Taiji for Beginners K814 Yuen Long 11 sessions	Nature Mandala Arts Healing Workshop F388 Support Centre (C) 1 session
Drum Healing Workshop K821 Jockey Club Support Centre (KC) 3 sessions	Yoga for Lower Body Strengthening and Balancing C611 Central 10 sessions	Laughter Yoga K808 Jockey Club Support Centre (KC) 8 sessions	Nine Yoga and Sound Healing C607 Central 10 sessions	Qigong Warm-up Session & Yi Jin Bang Exercise Part II C618 Sai Wan Ho 9 sessions	Green Care for Cancer W841 Kowloon Tsai Park 1 session
Yoga Stretching and Sound Spa K824 Jockey Club Support Centre (KC) 3 sessions	Breathing and Relaxation W832 Jordan 7 sessions	Niyama Yoga W827 Support Centre (WTS) 3 sessions	Yin Yoga C608 Central 7 sessions	Yi Jin Bang Exercise with Singing Practice C620 Sai Wan Ho 9 sessions	Energy Healing K833 Jockey Club Support Centre (KC) 1 session
Healing with Nature Workshop K826 Inspiration Lake 1 session	Mindfulness and Meridian Health Workshop C615 Central 1 session	Yoga for Neck and Shoulder Pain W830 Ho Man Tin 7 sessions	Yin Yang Yoga K809 Jockey Club Support Centre (KC) 3 sessions	Guo Lin Qigong K817 Jockey Club Support Centre (KC) 8 sessions	
Rhythmic Stretch Workshop A K831 Jockey Club Support Centre (KC) 3 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part I C617 Shek Tong Tsui 9 sessions	Meditation for Beginners C614 (In Putonghua) Tsim Sha Tsui 7 sessions	Breathing and Relaxation C613 Central 7 sessions	Oncology Massage for Cancer Care W840 Support Centre (WTS) 2 sessions	
Rhythmic Stretch Workshop B K832 Jockey Club Support Centre (KC) 3 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part I W834 Tiu Keng Leng 9 sessions	Chen Style Taiji for Beginners K813 Cheung Sha Wan 11 sessions	Health Qigong Ba Duan Jin & Yi Jin Bang Exercise Part I K816 Jockey Club Support Centre (KC) 8 sessions	Talk - Food That Cheers You Up F389 Support Centre (C) 1 session	
	Qigong 12 Forms & Yi Jin Bang Exercise II C619 Shek Tong Tsui 9 sessions	Chen Style Taiji for Experienced Participants K815 Cheung Sha Wan 11 sessions	Zentangle Burlap Tote Bag C629 Wanchai 1 session		
	Wan's Meridian Harmony Movement C622 North Point 2 sessions	Taiji Stake-Standing Zhan Zhuang Workshop W833 Hung Hom 9 sessions	Singing Bowls Healing Workshop A C631 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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	<u>Guo Lin Qigong Workshop for Experienced Participants C621</u> North Point 5 sessions	<u>Qigong 8 Forms C616</u> Tsim Sha Tsui 4 sessions	<u>Singing Bowls Healing Workshop B C632</u> Central 1 session		
	<u>Qigong Workshop C623</u> Central 2 sessions	<u>Wan's Meridian Harmony Movement W836</u> Ho Man Tin 2 sessions	<u>Singing Bowls Healing Workshop C C633</u> Central 1 session		
	<u>Pilates Exercise for Beginners Class A C624</u> Central 7 sessions	<u>Pilates Exercise for Beginners W837</u> Che Kung Temple 8 sessions	<u>Singing Bowls Healing Workshop D C634</u> Central 1 session		
	<u>Pilates Exercise for Beginners Class B C625</u> Central 7 sessions	<u>Crystal Tones™ Singing Bowls Healing C630</u> Central 3 sessions	<u>Mindful Tea Appreciation C637</u> Support Centre (NP) 1 session		
	<u>Singing Bowls Healing W839</u> Support Centre (WTS) 2 sessions	<u>Gong Bath Healing W838</u> Support Centre (WTS) 1 session	<u>Herbs Kitchen K825</u> Jockey Club Support Centre (KC) 1 session		
	<u>Singing Bowls Healing K823</u> Jockey Club Support Centre (KC) 2 sessions	<u>Gong Bath Healing K822</u> Jockey Club Support Centre (KC) 2 sessions	<u>Green Care for Cancer C638</u> Mount Parker 1 session		
	<u>Eat Wise Workshop - Chinese Yam Cuisine W842 (In Putonghua)</u> Support Centre (WTS) 1 session	<u>Eat Wise Workshop - Bean Curd K828 (In Putonghua)</u> Jockey Club Support Centre (KC) 1 session	<u>Talk - Healthy Soup and Tea for Spring K830</u> Jockey Club Support Centre (KC) 1 session		
	<u>Eat Wise Workshop - Healthy Raw Food K827</u> Jockey Club Support Centre (KC) 2 sessions	<u>Rhythmic Stretch W843</u> Support Centre (WTS) 3 sessions			
	<u>Eat Wise Workshop - Chinese New Year Pudding K829</u> Jockey Club Support Centre (KC) 1 session	<u>Rhythmic Stretch W844</u> Che Kung Temple 8 sessions			
	<u>Rhythmic Stretch Workshop A C640</u> Central 3 sessions				
	<u>Rhythmic Stretch Workshop B C641</u> Central 3 sessions				

11 types