

# 瑜珈班



# YOGA

|   |   |            |
|---|---|------------|
| <b>靜態瑜珈<br/>Yin Yoga</b>  | <p>靜態是代表靜，當中有維持某些動作的練習，亦有靜態放鬆的休息，舒緩繃緊的情緒。一動一靜後，使「身」、「心」、「靈」達致平衡的狀態。(適合初學者)</p> <p>During this class, you will wake up, lengthen and strengthen your muscles, body and mind with an invigorating vinyasa practice followed by a series of floor postures held passively for several minutes in order to access a safe and positive stress on the deep layers of connective tissue in the body.</p>   | 星期一<br>MON |
| <b>排毒瑜珈<br/>Detox<br/>Yoga</b>  | <p>透過進行律動瑜珈，節奏緊湊而連貫，要求每個呼吸與動作結合一起，同時活躍了心肺功能，使「氣」更提升，刺激淋巴系統，透過排汗促使毒素排出體外。</p> <p>Class filled with energizing and powerful postures that flow together to create a heat from within to work up an intense sweat. Working out hard to release stress built up from the week.</p>  | 星期一<br>MON |
| <b>舒壓及伸展<br/>運動訓練<br/>De-stress<br/>and<br/>Stretching<br/>Training</b> | <p>課程旨在結合科學與傳統瑜珈知識，帶領學員去感受身體，讓身心靈獲得真正放鬆。從而增強身體整體的活動能力，減少痛症，改善頭痛失眠，提升睡眠質素，讓身體重拾年輕時自由的感覺。The course aims to combine scientific and traditional yoga knowledge, lead students to feel the body, so that the body and mind can truly relax. Thereby enhancing the overall mobility of the body, reducing pain, improve headache and insomnia, also improve sleep quality, and let the body regain the feeling of freedom.</p> <p>此課程導師為香港體適能總會身心伸展導師及國際瑜珈聯盟 200 小時導師。具備多年教學經驗。</p>  | 星期三<br>WED |
| <b>瑜珈伸展<br/>Yoga<br/>Stretch</b>  | <p>透過瑜珈的伸展運動，來伸展全身肌肉，例如：頸部、肩膀、脊椎與背部肌肉，幫助關節維持靈活度，讓背部維持挺直動作，改善姿勢不良習慣。同時透過簡單伸展，可以舒緩一天的工作壓力，放鬆身心，改善都市病，消除疲勞，有效減壓並改善失眠。</p> <p>Yoga can be used to stretch the whole body muscles, such as neck, shoulders, spine and back muscles, to help the joints maintain flexibility, maintain the back straight, and improve bad posture habits. At the same time, through simple stretching, you can relieve the stress of a day's work, relax your body and mind, improve urban diseases, eliminate fatigue, effectively reduce stress and improve insomnia.</p>                       | 星期四<br>THU |
| <b>瑜珈輪<br/>Yoga<br/>Wheel</b>   | <p>瑜珈輪加強後彎、平衡、支撐、負重、倒立的體式難度。也可加強鍛煉較難達成的體式，在平衡動作時可以找到穩定的力量，更能打開人體重要的脈輪：「心輪」。適合對象：瑜珈入門人士、塑身及改善身體狀況人士、青少年及寫字樓工作人士、性格內向、心胸鬱結人士。</p> <p>Yoga wheel strengthens the bending, balance, support, weight, inverted style of difficulty, also can strengthen the exercise more difficult to achieve the style; in the balance action can find a stable force. It more opens to the body of the important chakras: "the heart chakras". Suitable person: beginner, body sculpting and physical condition improvement, teenagers and office person, introverted, heart care person.</p> | 星期四<br>THU |
| <b>成人瑜珈<br/>Adult<br/>Yoga</b>  | <p>透過修練呼吸，配合各種式子，運動，包括坐式、站式、蹲式、臥式、俯伏等式子。</p> <p>Breathing exercises with a combination of yoga asanas, including sitting, standing, squatting and relaxation poses.</p>   | 星期五<br>FRI |

# 瑜珈班 YOGA



## 1-3月 JAN - MAR

|               |                             |
|---------------|-----------------------------|
| 對象 Age :      | 16 歲或以上<br>Aged 16 or above |
| 地點 Venus :    | Room 108 室                  |
| 人數 Capacity : | 4-15 人 Persons              |

查詢 Enquiry 2540 0526 : 沈家懿同工 Pat Shum

| 課程編號<br>Course Code                            | 導師<br>Tutor  | 日期<br>Date |      |      |      | 假期<br>Holiday        | 時間<br>Time       | 星期<br>Day | 堂數<br>Session | 費用<br>Fee |
|--|--------------|------------|------|------|------|----------------------|------------------|-----------|---------------|-----------|
| 靜態瑜珈<br>Yin Yoga<br>4921.YO.2401.118           | 羅詩雅<br>VENUS | 8/1        | 15/1 | 22/1 | 29/1 | 12/2                 | 18:30<br>- 19:30 | —         | 8             | \$740     |
|  |              | 5/2        | 19/2 | 26/2 | 4/3  |                      |                  |           |               |           |
| 排毒瑜珈<br>Detox Yoga<br>4921.YO.2401.119         | LO           | 8/1        | 15/1 | 22/1 | 29/1 | 12/2                 | 19:45<br>- 20:45 | MON       | 8             | \$740     |
|  |              | 5/2        | 19/2 | 26/2 | 4/3  |                      |                  |           |               |           |
| 瑜珈治療<br>Yoga Therapy<br>4921.YO.2303.318       | 孫嘉渭<br>MISS  | 10/1       | 17/1 | 24/1 | 31/1 | 14/2                 | 18:30<br>- 19:30 | 三         | 8             | \$720     |
|  |              | 7/2        | 21/2 | 28/2 | 6/3  |                      |                  |           |               |           |
| 動態流瑜珈<br>Dynamic Flow Yoga<br>4921.YO.2303.319 | SUEN         | 10/1       | 17/1 | 24/1 | 31/1 | 14/2                 | 19:45<br>- 20:45 | WED       | 8             | \$720     |
|  |              | 7/2        | 21/2 | 28/2 | 6/3  |                      |                  |           |               |           |
| 瑜珈輪<br>Yoga Wheel<br>4921.YO.2402.418          | 羅詩雅<br>VENUS | 1/2        | 22/2 | 29/2 | 7/3  | 8/2,<br>15/2,<br>4/4 | 18:45<br>- 19:45 | 四         | 8             | \$800     |
|  |              | 14/3       | 21/3 | 28/3 | 11/4 |                      |                  |           |               |           |
| 瑜珈伸展<br>Yoga Stretch<br>4921.YO.2402.420       | LO           | 1/2        | 22/2 | 29/2 | 7/3  | 8/2,<br>15/2,<br>4/4 | 20:00<br>- 21:00 | THU       | 8             | \$740     |
|  |              | 14/3       | 21/3 | 28/3 | 11/4 |                      |                  |           |               |           |
| 成人瑜珈<br>Adult Yoga<br>4921.YO.2312.509         | 劉英<br>MISS   | 29/12      | 5/1  | 12/1 | 19/1 | 9/2                  | 09:15<br>- 10:15 | 五         | 8             | \$600     |
|  |              | 26/1       | 2/2  | 16/2 | 23/2 |                      |                  |           |               |           |
| 成人瑜珈<br>Adult Yoga<br>4921.YO.2312.510         | LAU          | 29/12      | 5/1  | 12/1 | 19/1 | 9/2                  | 10:30<br>- 11:30 | FRI       | 8             | \$600     |
|  |              | 26/1       | 2/2  | 16/2 | 23/2 |                      |                  |           |               |           |

1. 不設補堂及調堂。No make-up class.
2. 公眾假期不用上課。No lesson on public holidays.
3. 所有課程提供基本器材。All classes provide basic equipment.
4. 學員請穿著簡單運動服上課。Sport wear is preferred.
5. 英粵語授課，**星期五班除外**。Courses will be conducted in English and Cantonese **except Friday classes**.
6. 學員必須於課程開始前繳交課堂費用。The course fee must be paid before the course commence.

瑜珈班於 2024 年 4 月起  
調整費用，敬請留意。

Please note that the fee of  
Yoga classes will be adjusted  
from Apr 2024.



# 羅詩雅

從 2006 年開始第一次的瑜伽課，而每次練習後的愉悅感覺讓她開始了沒間斷的練習，三年後希望加深對瑜伽的認識，便考取瑜伽導師資格。

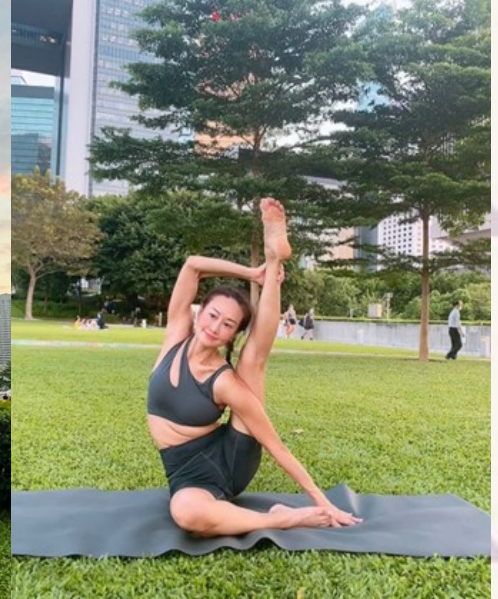
她於過去十三年一直參與不同的工作坊學習，並希望於教學上有不同的變化和體會，重點讓學生享受瑜伽對身體帶來的好處和平衡身心靈。她深信瑜伽最重要的不是練習結果，而是過程。在每一次練習感受自己的呼吸和身體的延伸，以及心靈的緩和。

## 相關資歷

美國瑜伽聯盟 RCYT 瑜伽課程培訓註冊導師  
美國瑜伽聯盟 E-RYT500 資深瑜伽導師證書  
美國瑜伽聯盟「瑜伽輪」導師證書  
兒童瑜伽導師證書  
理療瑜伽證書課程



美國瑜伽聯盟 YACEP 瑜伽課程培訓註冊導師  
美國瑜伽聯盟 E-RYT200 資深瑜伽導師證書  
香港空中瑜伽一級及二級導師證書  
尼泊爾頌钵聲頻治療證書  
澳洲適體能國際證書



# VENUS

Venus started her first yoga class in 2006, and the pleasant feeling after each practice led her to practice without interruption. After three years, she hoped to deepen her understanding of yoga, so she obtained the yoga teacher qualification.



She has been participating in different workshops for the past 13 years and hopes to have different changes and experiences in teaching, focusing on allowing students to enjoy the benefits of yoga for the body and balance the body and mind. She is convinced that the most important thing in yoga is not the result of the practice, but the process. Feel the stretch of breath and body as well as the relaxation of the mind in each practice.

## Relevant qualifications

Registered Yoga Alliance RCYT Yoga Teacher Training Instructor  
Yoga Alliance YACEP Yoga Teacher Training Instructor  
Yoga Alliance E-RYT500 Yoga Instructor Certificate  
Yoga Alliance E-RYT200 Yoga Instructor Certificate  
Yoga Alliance "Yoga Wheel" Instructor Certificate  
Aerial Yoga Level 1 and Level 2 Instructor Certificate  
ATFP-Fitness Foundation Certificate  
Kids Yoga Instructor Certificate  
Nepal Sound Healing Course Certificate  
Physio-Yoga Certificate Course

