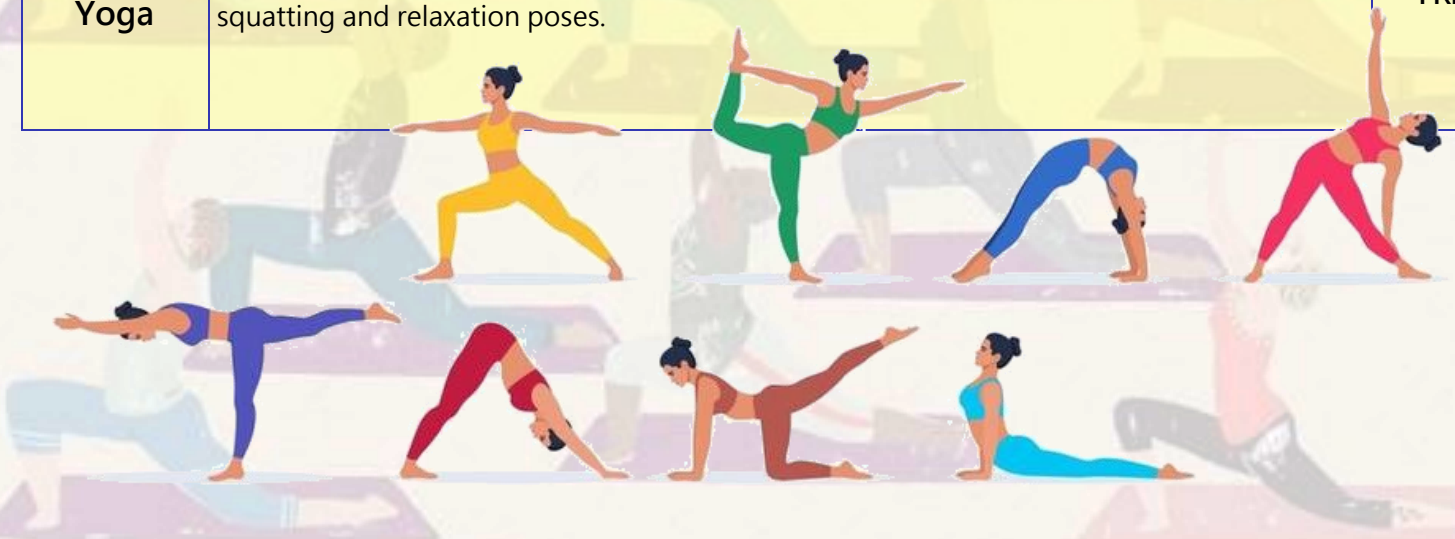


瑜 伽 班 YOGA



<p>靜態瑜伽 Yin Yoga</p>	<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>	<p>星期一 MON</p>
<p>排毒瑜伽 Detox Yoga</p>	<p>透過進行律動瑜伽，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>	<p>星期一 MON</p>
<p>瑜伽輪 Yoga Wheel</p>	<p>瑜伽輪加強後彎、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：瑜伽入門人士、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>	<p>星期四 THU</p>
<p>瑜伽伸展 Yoga Stretch</p>	<p>透過瑜伽的伸展運動，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>	<p>星期四 THU</p>
<p>星期五瑜伽 Friday Yoga</p>	<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>	<p>星期五 FRI</p>



瑜珈班 YOGA



3-8月 MAR - AUG

對象 Age :	16 歲或以上 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	

靜態瑜珈 Yin Yoga

導師 Tutor : 羅詩雅 Venus Lo

課程編號 Course Code	日期 Date	假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	優惠價 # Special offer #
4921.YO.2404.118	18/3, 25/3, 8/4, 15/4, 22/4, 29/4	1/4			6	\$630	4-6 月 Apr-Jun \$1,261
4921.YO.2405.118	6/5, 13/5, 20/5, 27/5	/	18:30	—	4	\$420	5-7 月 May-Jul \$1,067
4921.YO.2406.118	3/6, 17/6, 24/6	10/6	19:30	Mon	3	\$315	6-8 月 Jun-Aug \$1,067
4921.YO.2407.118	8/7, 15/7, 22/7, 29/7	1/7			4	\$420	以上優惠 不設網上報名。 No online payment for special offer.
4921.YO.2408.118	5/8, 12/8, 19/8, 26/8	/			4	\$420	

靜態瑜珈班按月收費 · \$105/堂 · # 連續報 3 個月將以 \$97/堂計算。

Yin Yoga classes are adjusted to a monthly fee of \$105/class.

Registration for 3 consecutive months will be calculated at \$97/class.

排毒瑜珈 Detox Yoga

導師 Tutor : 羅詩雅 Venus Lo

課程編號 Course Code	日期 Date	假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	優惠價 # Special offer #
4921.YO.2404.119	18/3, 25/3, 8/4, 15/4, 22/4, 29/4	1/4			6	\$630	4-6 月 Apr-Jun \$1,261
4921.YO.2405.119	6/5, 13/5, 20/5, 27/5	/	19:45	—	4	\$420	5-7 月 May-Jul \$1,067
4921.YO.2406.119	3/6, 17/6, 24/6	10/6	20:45	Mon	3	\$315	6-8 月 Jun-Aug \$1,067
4921.YO.2407.119	8/7, 15/7, 22/7, 29/7	1/7			4	\$420	以上優惠 不設網上報名。 No online payment for special offer.
4921.YO.2408.119	5/8, 12/8, 19/8, 26/8	/			4	\$420	

排毒瑜珈班按月收費 · \$105/堂 · # 連續報 3 個月將以 \$97/堂計算。

Detox Yoga classes are adjusted to a monthly fee of \$105/class.

Registration for 3 consecutive months will be calculated at \$97/class.

瑜珈班於 2024 年 3 月下旬開始調整堂數及費用，敬請留意。
Please note that the fee and the sessions of Yoga classes
will be adjusted from late March 2024.

瑜珈班 YOGA



4-8月 APR - AUG

對象 Age :	16 歲或以上 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

瑜珈輪 Yoga Wheel

導師 Tutor : 羅詩雅 Venus Lo

課程編號 Course Code	日期 Date	假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	優惠價 # Special offer #
4921.YO.2404.418	18/4, 25/4, 2/5	/			3	\$330	4-6 月 Apr-Jun \$1,155
4921.YO.2405.418	9/5, 16/5, 23/5, 30/5	/	18:45	四	4	\$440	5-7 月 May-Jul \$1,260
4921.YO.2406.418	6/6, 13/6, 20/6, 27/6	/	-	Thu	4	\$440	6-8 月 Jun-Aug \$1,365
4921.YO.2407.418	4/7, 11/7, 18/7, 25/7	/	19:45		4	\$440	以上優惠 不設網上報名。 No online payment for special offer.
4921.YO.2408.418	1/8, 8/8, 15/8, 22/8, 29/8	/			5	\$550	

瑜珈輪班按月收費，\$110/堂。# 連續報 3 個月將以 \$105/堂計算。

Yoga Wheel classes are adjusted to a monthly fee of \$110/class.

Registration for 3 consecutive months will be calculated at \$105/class.

瑜珈伸展 Yoga Stretch

導師 Tutor : 羅詩雅 Venus Lo

課程編號 Course Code	日期 Date	假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	優惠價 # Special offer #
4921.YO.2404.420	18/4, 25/4, 2/5	/			3	\$315	4-6 月 Apr-Jun \$1,067
4921.YO.2405.420	9/5, 16/5, 23/5, 30/5	/	20:00	四	4	\$420	5-7 月 May-Jul \$1,164
4921.YO.2406.420	6/6, 13/6, 20/6, 27/6	/	-	Thu	4	\$420	6-8 月 Jun-Aug \$1,261
4921.YO.2407.420	4/7, 11/7, 18/7, 25/7	/	21:00		4	\$420	以上優惠 不設網上報名。 No online payment for special offer.
4921.YO.2408.420	1/8, 8/8, 15/8, 22/8, 29/8	/			5	\$525	

瑜珈伸展班按月收費，\$105/堂。# 連續報 3 個月將以 \$97/堂計算。

Yoga Stretch classes are adjusted to a monthly fee of \$105/class.

Registration for 3 consecutive months will be calculated at \$97/class.

瑜珈班於 2024 年 3 月下旬開始調整堂數及費用，敬請留意。
Please note that the fee and the sessions of Yoga classes
will be adjusted from late March 2024.

瑜珈班 YOGA



3-6月 MAR - JUN

對象 Age :	16 歲或以上 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

星期五瑜珈班

導師 Tutor : 劉英 Lau Ying

透過修練呼吸，配合各種式子，運動，包括坐式、站式、蹲式、卧式、俯伏等式子。

課程編號 Course Code	日期 Date	假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	此課程 只能以 粵語 授課。 This course only conducted in Cantonese.
4921.YO.2403.509	1/3, 8/3, 15/3, 22/3, 5/4, 12/4, 19/4, 26/4	29/3	09:15 - 10:15	五 Fri	8	\$620	
4921.YO.2403.510			10:30 - 11:30		8	\$620	
4921.YO.2405.509	3/5, 10/5, 17/5, 24/5, 31/5, 7/6, 14/6, 21/6	/	09:15 - 10:15		8	\$620	
4921.YO.2405.510			10:30 - 11:30		8	\$620	

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.

NOTICE

瑜珈班於 2024 年 3 月開始調整堂數及費用，敬請留意。
Please note that the fee and the sessions of Yoga classes
will be adjusted from March 2024.

