NEW!

香港中華基督教青年會
Chinese YMCA of Hong Kong
必列者士街會所
Bridges Street Centre

導師 Tutor:
劉沛彤
Joanna Lau

修復瑜伽 Self-Care Yoga

課堂主要針對身體因整天工作而引致過緊的部位，如肩及臂部。目標是幫助學員修復經常痠痛的部位和穩定核心肌群。學員會透過按摩球，溫和的伸展和呼氣練習而全面放鬆，無需任何瑜伽經驗。

The class is a blend of yoga stretches, myofascial release with therapy balls and breathing exercises to alleviate daily stress and physical tension caused by long hours at work, such as the shoulders and hips. It hopes to establish healthier movement patterns and strengthen the core thereby live better in our bodies. No yoga experience required.

課程編號 Course Code	日期 Date				假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	對象 Age	上課地點 Venue	人數 Capacity
6月班 June Class 4921.YO.2206.218	7/6	14/6	21/6	28/6	/	18:30 - 19:30	— — TUE	4	$360	16歲或以上 Aged 16 or above	RM 108 室	3-10人 Persons
7-8月班 July-August Class 4921.YO.2207.218	12/7	19/7	26/7	2/8	/	18:30 - 19:30	— — TUE	4	$360	16歲或以上 Aged 16 or above	RM 108 室	3-10人 Persons
8月班 August Class 4921.YO.2208.218	9/8	16/8	23/8	30/8	/	18:30 - 19:30	— — TUE	4	$360	16歲或以上 Aged 16 or above	RM 108 室	3-10人 Persons

動靜瑜伽 Balancing Yoga

課堂結合了強化力量的瑜伽式子和深層的延展動作使身心達致平衡。

The class starts with dynamic movements to energize and strengthen the body, followed by deep stretches to develop flexibility. It hopes to balance the body and mind. All levels welcomed.

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8月班 August Class 4921.YO.2208.219	9/8	16/8	23/8	30/8	/	19:45 - 20:45	— — TUE	4	$360	16歲或以上 Aged 16 or above	RM 108 室	3-10人 Persons

查詢 Contact: 2540 0526 (Tracy Li)

可於網上報名 Online Registration

http://portal.ymca.org.hk

瑜伽課程簡介

Yoga Class Descriptions

排毒瑜伽 Detox Yoga

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。

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.

成人瑜伽 Adult Yoga

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。

Breathing exercises with a combination of yoga asanas, including sitting, standing, squatting and relaxation poses.

動態流瑜伽 Dynamic Flow Yoga

是一種學習呼吸和基礎瑜伽體位法的瑜伽，適合不同人士學習。導師更會因應不同學員的程度，而作出不同的配合。

It is learning the breath and basic yoga asana, suitable for different level of people. Also, the experienced yoga coach - Miss Venus Lo will adjust the extent for different levels participants.

靜態瑜伽 Yin Yoga

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)

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.

瑜伽伸展 Yoga Stretch

透過瑜伽伸展全身肌肉，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。

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.

瑜伽治療 Yoga Therapy

現代人工作及生活節奏急速，導致容易患上都市病(如：坐姿不正導致肩頸背痛)。瑜伽治療結合了物理治療及瑜伽的優點及理論，透過長期而有系統的練習及訓練從而改善身體不同的問題。

The modern lifestyle and work is becoming more stressful, resulting different types of diseases and pressure (e.g. back pain). Yoga therapy combines the benefits of physical therapy and yoga, via long-term and systematic yoga exercises and training to reduce problems.

瑜伽輪 Yoga Wheel

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。

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.

負責同工

Responsible Worker:

李曉君 Tracy Li

瑜伽班 · 7 - 9 月 Yoga Class · July - Sept

負責同工 Responsible Worker: 李曉君 Tracy Li

報名須知 Enrollment Details:

- 舊生# 優先報名日期為 18/6 - 26/6 (如舊生未能於此段日期報名，當作自動放棄優先報名資格)
  #只限參與本會所 2022 年 5-7 月課程之瑜伽班學員
- 公開報名日於 27/6 開始，不設留位。
- 報名：可於會所辦公時間親臨一樓 或 於網上系統 (http://portal.ymca.org.hk)
- ◆ 請各服務使用者根據以下指引，在進入會所前進行相關登記，多謝合作！(https://bsc.ymca.org.hk/VP)

- Current Students# priority enrollment period 18/6 - 26/6.
  (It will be regarded as automatically giving up the priority enrollment qualification if you are not enroll by this period.) #Students of Yoga Class in May-July 2022.
- Open Enrollment Day will be started on 27/6 by first come first served.
- Enrollment: Apply at our 1/F Centre or Online Registration System. (http://portal.ymca.org.hk)
- ◆ Please read the link below for Register before entering Centre with the "Vaccine Pass". Thank you.
  (https://bsc.ymca.org.hk/VP)

星期五 FRIDAY

Only conducted in Cantonese for this Friday classes.

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成人瑜伽 A Adult Yoga A 4921.YO.2208.509	劉英 Miss Lau	5/8	12/8	19/8	26/8 2/9 9/9 16/9 23/9	/	09:15 - 10:15	五 FRI	8	$600	16 歲 或以上 Aged 16 or above	RM 108 室	10 人 Persons
成人瑜伽 B Adult Yoga A 4921.YO.2208.510	劉英 Miss Lau	29/7	5/8	12/8	19/8 26/8 2/9 9/9 16/9	/	10:30 - 11:30	五 FRI	8	$600	16 歲 或以上 Aged 16 or above	RM 108 室	10 人 Persons

星期二 TUESDAY

課程編號 Course Code	導師 Tutor	日期 Date				假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	對象 Age	上課地點 Venue	人數 Capacity
修復瑜伽 Self-Care Yoga 4921.YO.2207.218	劉沛彤 Joanna Lau	12/7	19/7	26/7	2/8	/	18:30 - 19:30	二 TUE	4	$360	16 歲 或以上 Aged 16 or above	RM 108 室	10 人 Persons
修復瑜伽 Self-Care Yoga 4921.YO.2208.218	劉沛彤 Joanna Lau	9/8	16/8	23/8	30/8	/	18:30 - 19:30	二 TUE	4	$360	16 歲 或以上 Aged 16 or above	RM 108 室	10 人 Persons
動靜瑜伽 Balancing Yoga 4921.YO.2207.219	劉沛彤 Joanna Lau	12/7	19/7	26/7	2/8	/	19:45 - 20:45	二 TUE	4	$360	16 歲 或以上 Aged 16 or above	RM 108 室	10 人 Persons
動靜瑜伽 Balancing Yoga 4921.YO.2208.219	劉沛彤 Joanna Lau	9/8	16/8	23/8	30/8	/	19:45 - 20:45	二 TUE	4	$360	16 歲 或以上 Aged 16 or above	RM 108 室	10 人 Persons

星期一 MONDAY

課程編號 Course Code	導師 Tutor	日期 Date				假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	對象 Age	上課地點 Venue	人數 Capacity
靜態瑜伽 Yin Yoga 4921.YO.2208.118	羅詩雅 Venus Lo	18/7	25/7	1/8	8/8	/	18:30 - 19:30	一 MON	8	$720	16 歲或以上 Aged 16 or above	RM 108 室	10 人 Persons
		15/8	22/8	29/8	5/9								
排毒瑜伽 Detox Yoga 4921.YO.2208.119	羅詩雅 Venus Lo	18/7	25/7	1/8	8/8	/	19:45 - 20:45	一 MON	8	$720	16 歲或以上 Aged 16 or above	RM 108 室	10 人 Persons
		15/8	22/8	29/8	5/9								

星期三 WEDNESDAY

課程編號 Course Code	導師 Tutor	日期 Date				假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	對象 Age	上課地點 Venue	人數 Capacity
瑜伽伸展 Yoga Stretch 4921.YO.2208.311	羅詩雅 Venus Lo	20/7	27/7	3/8	10/8	/	10:30 - 11:30	三 WED	8	$720	16 歲或以上 Aged 16 or above	RM 108 室	10 人 Persons
		17/8	24/8	31/8	7/9								
瑜伽治療 Yoga Therapy 4921.YO.2208.318	羅詩雅 Venus Lo	20/7	27/7	3/8	10/8	/	18:30 - 19:30	三 WED	8	$720	16 歲或以上 Aged 16 or above	RM 108 室	10 人 Persons
		17/8	24/8	31/8	7/9								
動態流瑜伽 Dynamic Flow Yoga 4921.YO.2208.319	羅詩雅 Venus Lo	20/7	27/7	3/8	10/8	/	19:45 - 20:45	三 WED	8	$720	16 歲或以上 Aged 16 or above	RM 108 室	10 人 Persons
		17/8	24/8	31/8	7/9								

星期四 THURSDAY

課程編號 Course Code	導師 Tutor	日期 Date				假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	對象 Age	上課地點 Venue	人數 Capacity
瑜伽輪 Yoga Wheel 4921.YO.2208.418	羅詩雅 Venus Lo	21/7	28/7	4/8	11/8	/	18:45 - 19:45	四 THU	8	$780	16 歲或以上 Aged 16 or above	RM 108 室	10 人 Persons
		18/8	25/8	1/9	8/9								
瑜伽伸展 Yoga Stretch 4921.YO.2208.420	羅詩雅 Venus Lo	21/7	28/7	4/8	11/8	/	20:00 - 21:00	四 THU	8	$720	16 歲或以上 Aged 16 or above	RM 108 室	10 人 Persons
		18/8	25/8	1/9	8/9								

備註 Remarks

- 不設補堂及調堂。
- 公眾假期不用上課。
- 所有課程提供基本器材。
- 學員請穿著簡單運動服上課。
- 英粵語授課，星期五班除外。

- No make-up class.
- No lesson on Public Holidays.
- All classes provide basic equipment.
- Sport wear is preferred.
- Courses will be conducted in English and Cantonese except Friday classes.