



背部療癒瑜伽



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

Back Care Yoga

導師 Tutor:
Miss Erika Lee

課程以放鬆緊張疼痛的背部，及改善身體的活動性和穩定性為目的。學員可透過按摩球的應用和不同的瑜伽動作，以達到深層肌肉的放鬆，及為關節帶來靈活性。課堂中亦會教授肌肉強化的動作，以改善身體姿態和穩定程度。除了肌肉關節的訓練，亦會進行呼吸練習，以達到身心平衡的效果。



The goal of the class is to release tightness and stress of the back and to improve participants' range of motion and body stability. Participants will enjoy deep muscles release with the use of massage balls and props and yoga postures, so as to bring in fluidity and mobility for body joints. Some stabilizing postures will also be taught to help improve body postures and muscular strength. Class will end with pranayama (breathing practices) to improve balance and well-being in both physical and mental levels.

對象 Age: 16 歲或以上 Aged 16 or above

費用 Fee: \$360 (4 堂 Lessons)

	日期 Date	星期 Day	時間 Time
11-12 月 Nov-Dec	24/11-15/12	— TUE	10:30-11:30

查詢 Contact: 2540 0526 (Tracy Li)



瑜伽伸展 Yoga Stretch



****適合沒有運動基礎的人 Suitable for beginner****

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。

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.

導師 Tutor: **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	對象 Age
4921.YO.2012.311	6/1-3/3	17/2	11:00-12:00	三 WED	8	\$640	16 歲或以上 Aged 16 or above
4921.YO.2012.420	10/12-18/2	24/12 31/12 11/2	20:00-21:00	四 Thu	8	\$640	16 歲或以上 Aged 16 or above

查詢 Contact: 2540 0526 (Tracy Li)

瑜珈班 Yoga Class

Adult Yoga 成人瑜珈

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

Yoga Therapy 瑜珈治療

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）。瑜珈治療結合了物理治療及瑜珈的優點及理論，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 different problems.

Dynamic Flow Yoga 動態流瑜珈

是一種學習呼吸和基礎瑜珈體位法的瑜珈，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 — Ms. VENUS LO will adjust the extent for different levels participants.

Yin Yoga 靜態瑜珈

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.

Detox Yoga 排毒瑜珈

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。

Class filled with energizing and powerful postures that flow together to create a heat from within to work up an intense sweat. You will work out hard to release stress built up from the week.

Yoga Wheel 瑜珈輪

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。

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.



2020年12月至2021年2月瑜伽班 Yoga Classes (Dec 2020 - Feb 2021)

12 - 2月 · DEC - FEB

星期一 Mon

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.2012.118	羅詩雅 Venus Lo	7/12 21/12 28/12 4/1	14/12	18:30 19:30	— Mon	8	\$640	16歲或以上 Aged 16 or above	RM 108	8 人 Persons
		11/1 18/1 25/1 1/2								
排毒瑜伽 Detox Yoga 4921.YO.2012.119	羅詩雅 Venus Lo	7/12 21/12 28/12 4/1	14/12	19:45 20:45	— Mon	8	\$640	16歲或以上 Aged 16 or above	RM 108	8 人 Persons
		11/1 18/1 25/1 1/2								

12 - 1月 · DEC - JAN

星期三 Wed

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
瑜伽治療 Yoga Therapy 4921.YO.2012.318	羅詩雅 Venus Lo	2/12 9/12 16/12 23/12		18:30 19:30	≡ WED	8	\$640	16歲或以上 Aged 16 or above	RM 108	8 人 Persons
		30/12 6/1 13/1 20/1								
動態流瑜伽 Dynamic Flow Yoga 4921.YO.2012.319	羅詩雅 Venus Lo	2/12 9/12 16/12 23/12		19:45 20:45	≡ WED	8	\$640	16歲或以上 Aged 16 or above	RM 108	8 人 Persons
		30/12 6/1 13/1 20/1								

12 - 2月 · DEC - FEB

星期四 Thu

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.2012.418	羅詩雅 Venus Lo	10/12 17/12 7/1 14/1	24/12 31/12 11/2	18:45 19:45	四 THU	8	\$720	16歲或以上 Aged 16 or above	RM 108	8 人 Persons
		21/1 28/1 4/2 18/2								

12 - 2月 · DEC - FEB

星期五 Fri

** Only conducted in Cantonese, foreigners are not suitable for this Friday classes.

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
成人瑜伽 A Adult Yoga A 4921.YO.2012.509	劉英 Lau Ying	4/12 11/12 18/12 8/1	25/12 1/1	09:15 10:15	五 Fri	8	\$560	16歲或以上 Aged 16 or above	RM 108	8 人 Persons
		15/1 22/1 29/1 5/2								
成人瑜伽 B Adult Yoga B 4921.YO.2012.510	劉英 Lau Ying	4/12 11/12 18/12 8/1	25/12 1/1	10:30 11:30	五 Fri	8	\$560	16歲或以上 Aged 16 or above	RM 108	8 人 Persons
		15/1 22/1 29/1 5/2								