

瑜珈班 YOGA

<p>靜態瑜珈 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>排毒瑜珈 Detox Yoga</p>	<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>	<p>星期一 MON</p>
<p>瑜珈輪 Yoga Wheel</p>	<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>	<p>星期四 THU</p>
<p>瑜珈伸展 Yoga Stretch</p>	<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>	<p>星期四 THU</p>
<p>星期五瑜珈 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



6 - 8 月 Jun - Aug

對象 Age :	16 歲或以上 Aged 16 or above
地點 Venue :	Room 103 室
人數 Capacity :	4-15 人 Persons

查詢 Enquiry 2540 0526 : 沈家懿同工 Pat Shum

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
靜態瑜珈 Yin Yoga 4921.YO.2606.118		29/6	6/7	13/7	20/7	/	18:30 - 19:30	—	8	\$920
		27/7	3/8	10/8	17/8					
排毒瑜珈 Detox Yoga 4921.YO.2606.119	羅詩雅 VENUS	29/6	6/7	13/7	20/7	/	19:45 - 20:45	MON	8	\$920
		27/7	3/8	10/8	17/8					
瑜珈輪 Yoga Wheel 4921.YO.2606.418	LO	25/6	2/7	9/7	16/7	/	18:45 - 19:45	四	8	\$960
		23/7	30/7	6/8	13/8					
瑜珈伸展 Yoga Stretch 4921.YO.2606.420		25/6	2/7	9/7	16/7	/	20:00 - 21:00	THU	8	\$920
		23/7	30/7	6/8	13/8					
成人瑜珈 Adult Yoga 4921.YO.2606.509	劉英 MISS	26/6	3/7	10/7	17/7	19/6	09:15 - 10:15	五	8	\$660
		24/7	31/7	7/8	14/8					
成人瑜珈 Adult Yoga 4921.YO.2606.510	LAU	26/6	3/7	10/7	17/7	19/6	10:15 - 11:15	FRI	8	\$660
		24/7	31/7	7/8	14/8					

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 YOGA



8 - 10月 Aug - Oct

對象 Age :	16 歲或以上 Aged 16 or above
地點 Venue :	Room 103 室
人數 Capacity :	4-15 人 Persons

查詢 Enquiry 2540 0526 : 沈家懿同工 Pat Shum

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
靜態瑜珈 Yin Yoga 4921.YO.2608.118		24/8	31/8	7/9	14/9	19/10	18:30 - 19:30	—	8	\$920
		21/9	28/9	5/10	12/10					
排毒瑜珈 Detox Yoga 4921.YO.2608.119	羅詩雅 VENUS LO	24/8	31/8	7/9	14/9	19/10	19:45 - 20:45	MON	8	\$920
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