

# 瑜 伽 班

# Y O G A



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



查詢 Enquiry: 2540 0526

WhatsApp: 9052 8098

<p>靜態瑜伽 Yin Yoga</p>	<p>課程包括維持某些動作的練習，亦有靜態放鬆的休息。舒緩綳緊的情緒。一動一靜後，使「身」、「心」、「靈」達致平衡的狀態。適合初學者嘗試。 During the course, exercises include maintaining certain postures, as well as relaxing, which soothes tense emotions. Through this alternation of action and stillness, it helps to achieve a balanced state of body, mind, and spirit. Beginners are recommended.</p>	<p>星期一 MON</p>
<p>排毒瑜伽 Detox Yoga</p>	<p>透過進行節奏緊湊而連貫的律動瑜伽，當中要求每個呼吸與動作結合一起，活躍心肺功能，使「氣」提升，同時刺激淋巴系統，以排汗使毒素排出體外。 Through rhythmic yoga with a tight and continuous tempo, each breath and movement is combined to activate cardiopulmonary function, raise "Qi" (inbody energy), and stimulate the lymphatic system to expel toxins by sweating.</p>	<p>星期一 MON</p>
<p>瑜伽輪 Yoga Wheel</p>	<p>課程針對後彎、平衡、支撐、負重、倒立的體式加強難度，從而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、寫字樓工作人士、性格內向、及心胸鬱結人士。 The course raises the difficulty of backbends, balance poses, supports, weighted poses, and inversions. Students can discover solid strength and access the important chakras, the heart chakras, with the aid of the balance exercises. Suitable for: Beginners, body sculpting and physical condition improvement, teenagers, office person, introverts, and heart care person.</p>	<p>星期四 THU</p>
<p>瑜伽伸展 Yoga Stretch</p>	<p>透過瑜伽運動來伸展全身肌肉，如頸部、肩膀、脊椎與背部肌肉，幫助關節維持靈活性，讓背部保持挺直，改善不良姿勢問題。同時舒緩幫助放鬆身心，釋放一天的工作壓力，改善都市病及減壓，有效提升睡眠質量。 By stretching every muscles in the body, e.g. neck, shoulders, spine, and back, this course helps to preserve joint flexibility and correct bad posture. Moreover, it calms and relaxes the body and mind, relieving the stress of the day's work, easing urban illness, lowering tension, and effectively enhancing the quality of sleep.</p>	<p>星期四 THU</p>
<p>星期五成人瑜伽 Friday Adult Yoga</p>	<p>透過修煉呼吸，配合各種式子，包括坐式、站式、蹲式、臥式、俯伏等式子運動。 Breathing exercises with a combination of yoga asanas, including sitting, standing, squatting and relaxation poses.</p>	<p>星期五 FRI</p>

# 瑜伽班 YOGA



## 6-8月 Aug-Oct

對象 Age : 16歲或以上 Aged 16 or above

地點 Venue : Room 103

人數 Quota : 4-15 persons

課程編號 Program Code	導師 Tutor	日期 date				假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	
靜態瑜伽 Yin Yoga 4921.YO.2608.118	羅詩雅 VENUS LO	29/6	6/7	13/7	20/7	/	18:30 -19:30	一 MON	8	\$920	
		27/7	3/8	10/8	17/8						
排毒瑜伽 Detox Yoga 4921.YO.2608.119		29/6	6/7	13/7	20/7	/	19:45 -20:45	一 MON	8	\$920	
		27/7	3/8	10/8	17/8						
瑜伽輪 Yoga Wheel 4921.YO.2608.418		25/6	9/7	16/7	23/7	2/7	18:30 -19:30	四 THU	8	\$960	
		30/7	6/8	13/8	20/8						
瑜伽伸展 Yoga Stretch 4921.YO.2608.420		25/6	9/7	16/7	23/7	2/7	19:45 -20:45	四 THU	8	\$920	
		30/7	6/8	13/8	20/8						
成人瑜伽 Adult Yoga 4921.YO.2608.509		劉英 Ms Lau	26/6	3/7	10/7	17/7	19/6	09:15 -10:15	五 FRI	8	\$660
			24/7	31/7	7/8	14/8					
成人瑜伽 Adult Yoga 4921.YO.2608.510	26/6		3/7	10/7	17/7	19/6	10:15 -11:15	五 FRI	8	\$660	
	24/7		31/7	7/8	14/8						

- 不設補堂及調堂。No make-up class.
- 公眾假期無需上課。No lesson on public holidays.
- 所有課程提供基本器材。Basic equipments are provided for all classes.
- 請穿著簡單運動服上課。Sport wear is preferred.
- 英粵語授課，星期五課程除外。  
Courses will be conducted in Cantonese and English **except Friday classes**.
- 學員必須於每期課程開始前繳交課堂費用。  
The course fee must be paid before the course commence.

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### 溫馨提示

### Friendly Reminder

從2026年6月起，  
星期四瑜伽班的上課時間將改為：  
瑜伽輪班 18:30-19:30  
瑜伽伸展班 19:45-20:45

From June 2026,  
the time of **Thursdays' Yoga Class**  
will be arranged to:  
**Yoga Wheel 18:30-19:30**  
**Yoga Stretch 19:45-20:45**

# 瑜伽班 YOGA



## 8-10月 Aug-Oct

對象 Age : 16歲或以上 Aged 16 or above

地點 Venue : Room 103

人數 Quota : 4-15 persons

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靜態瑜伽 Yin Yoga 4921.YO.2608.118	羅詩雅 VENUS LO	24/8	31/8	7/9	14/9	19/10	18:30 -19:30	一 MON	8	\$920
		21/9	28/9	5/10	12/10					
排毒瑜伽 Detox Yoga 4921.YO.2608.119		24/8	31/8	7/9	14/9	19/10	19:45 -20:45	一 MON	8	\$920
		21/9	28/9	5/10	12/10					
瑜伽輪 Yoga Wheel 4921.YO.2608.418		27/8	3/9	10/9	17/9	1/10	18:30 -19:30	四 THU	8	\$960
		24/9	8/10	15/10	22/10					
瑜伽伸展 Yoga Stretch 4921.YO.2608.420	27/8	3/9	10/9	17/9	1/10	19:45 -20:45	四 THU	8	\$920	
	24/9	8/10	15/10	22/10						
成人瑜伽 Adult Yoga 4921.YO.2608.509	劉英 Ms Lau	21/8	28/8	4/9	11/9	/	09:15 -10:15	五 FRI	8	\$660
		18/9	25/9	2/10	9/10					
成人瑜伽 Adult Yoga 4921.YO.2608.510		21/8	28/8	4/9	11/9	/	10:15 -11:15	五 FRI	8	\$660
		18/9	25/9	2/10	9/10					

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