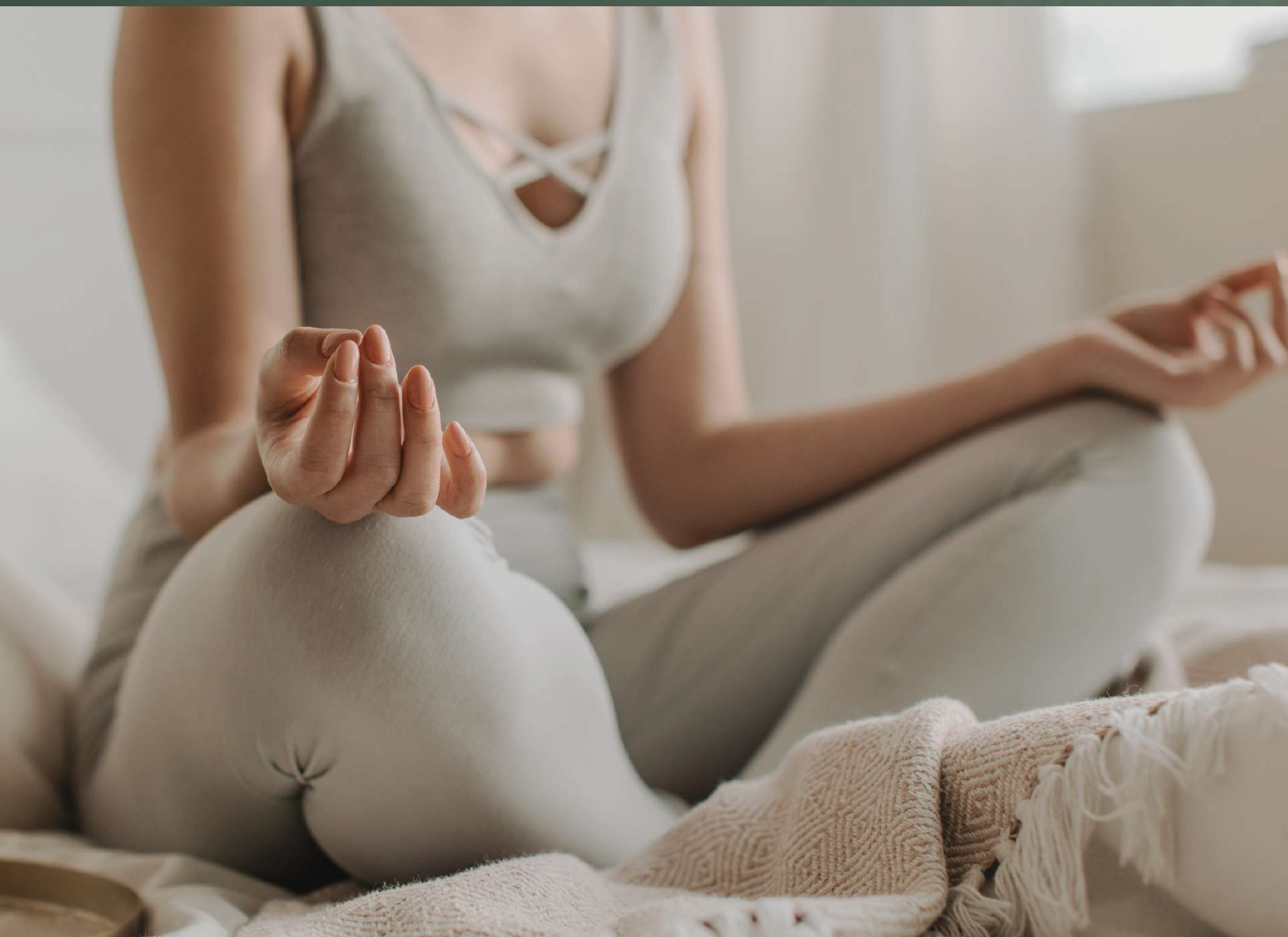


功能性瑜伽班

Functional Yoga

查詢 Enquiry: 2540 0526  WhatsApp: 9052 8098



上課日子及時間 Date & Time

星期二 TUE 18:15-19:15

星期日 SUN 11:45-12:45

費用 Fee

\$920 / 8

上課地點 Venue

會所 Centre Room 103室

課程收穫 Course Outcomes

幫助舒緩日常痛症部位及
幫助日常保健

Relieving common body aches and pain and
Aiding in daily health maintainence

強化核心與穩定性

Strengthening the core and stability

建立正確的身體使用習慣

Establishing correct body usage habits

- ✓ 上班族 Office workers
- ✓ 中老年人士 Middle-ages and elderly individuals
- ✓ 初學者 Beginners
- ✓ 康復人士 Those undergoing rehabilitation



網上報名 Online Enrollment : <https://portal.ymca.org.hk>

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
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靜態瑜伽 Yin Yoga	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.	星期一 MON
排毒瑜伽 Detox Yoga	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.	星期一 MON
瑜伽輪 Yoga Wheel	課程針對後彎、平衡、支撐、負重、倒立的體式加強難度。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、寫字樓工作人士、塑身及改善身體狀況人士、青少年、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, office workers, body sculpting and physical condition improvement, teenagers, introverts and heart care person.	星期四 THU
瑜伽伸展 Yoga Stretch	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.	星期四 THU
NEW 功能性瑜伽 Functional Yoga	針對生活常見痛症部位，進行釋放與調整的伸展運動與強化練習，幫助日常保健與紓痛。運用瑜伽磚等輔助工具，協助身體安全地完成動作，幫助強化核心與穩定性，並建立正確的身體使用習慣。 適合對象：上班族、行動力減退或關節不適的中老年人士、期望提升身體活動能力的初學者、正在康復中並尋求溫和運動方式的人士。 Targeting common aches and pains, offering stretching exercises to release and adjust, aiding in daily health maintenance and pain relief. By utilizing yoga props to assist in safe and complete movements, it helps strengthening the core and stability, and establishing correct body usage habits. Suitable for: Office workers, middle-ages and elderly individuals with reduced mobility or joint discomfort, beginners who will to improve physical ability, and those undergoing rehabilitation and seeking gentle exercise.	星期二/日 TUE or SUN
星期五成人瑜伽 Friday Adult Yoga	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.	星期五 FRI

瑜珈班 YOGA



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



8-10月 Aug-Oct

對象 Age : 18歲或以上 Aged 18 or above

地點 Venue : Room 103

人數 Quota : 4-15 persons

對象 Age：18歲或以上 Aged 18 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	24/8	31/8	7/9	14/9	/	18:30 -19:30	— 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	/	19:45 -20:45	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	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	28/8	4/9	11/9	18/9	/	09:15 -10:15	五 FRI	8	\$660
		25/9	2/10	9/10	16/10					
成人瑜伽 Adult Yoga 4921.YO.2608.510		28/8	4/9	11/9	18/9	/	10:15 -11:15	FRI	8	\$660
		25/9	2/10	9/10	16/10					
NEW 功能性瑜伽 Functional Yoga 4921.YO.2608.218	楊悅寧 Miriam Yeung	25/8	1/9	15/9	22/9	8/9	18:15 -19:15	二 TUE	8	\$920
		29/9	6/10	13/10	20/10					
NEW 功能性瑜伽 Functional Yoga 4921.YO.2608.712		23/8	30/8	20/9	27/9	6/9， 13/9， 18/10	11:45 -12:45	日 SUN	8	\$920
		4/10	11/10	25/10	1/11					

- 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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