



Carefirst Seniors & Community Services Association  
耆暉會 Wellness Club

Virtual Program 網上課程



Yoga 瑜伽 101+  
(Cantonese 粵語)

Instructor 導師: Kay Leung



This class is suitable for beginners or individuals with some yoga experiences. The instructor will teach basic yoga poses and will briefly explain the benefits of muscles-tendon stretching and relaxation when necessary.  
適合初學者或少許瑜伽經驗的人士參加。導師會逐一教授每個瑜伽基本動作。如有需要，導師會簡略解說伸展和放鬆肌腱的效益。

Date 日期 : Wed, Jan 5 – Mar 23, 2022  
Time 時間 : 9:45am – 10:45am  
Fee 費用 : \$78 (12 sessions)  
Code 班號 : WEL21190

Members only  
僅限社員參加  
Max 名額: 15

**\*現已接受網上報名 Register online now\***

網上報名或需要更多 Wellness Club 資訊請按：[Wellness Club 活動網站](#)，  
點擊 "PROGRAM" 後，便可參閱各興趣班的詳情。

Visit [Wellness Club Online Registration](#) and then click on  
the "PROGRAM" tab to register or view program details

查詢 Enquiries:

電話 Tel: (416) 847-8939 (Wellness Club 耆康社)

電郵 Email: [wellness@carefirstontario.ca](mailto:wellness@carefirstontario.ca)

