



# 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 no or 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。

**Code 班號** : WEL22097  
**Date 日期** : Wed, Jul 6 – Sep 21, 2022  
**Time 時間** : 9:45am – 10:45am  
**Fee 費用** : \$78 (12 sessions)

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 Portal](#) and then click on  
the "PROGRAM" tab to register or view program details

查詢 Enquiries:

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