

Dickson Yoga 2022 年 7 月課程時間表 - 觀塘 (July 2022 Timetable - Kwun Tong)

Mon (星期一)	Tue (星期二)	Wed (星期三)	Thu (星期四)	Fri (星期五)	Sat (星期六)	Sun (星期日)
9:30 - 10:30 沖脈飛輪瑜伽 Wheel Yoga By Amy	9:30 - 10:30 Vinyasa Yoga (Eng/Chi) By Eleanor 200/500	9:45 - 10:45 排毒修身瑜伽 Detox Yoga By Kit Long 200	9:45 - 10:45 Prana Yoga By Jackie 200/500	9:30 - 10:30 平衡瑜伽 Yoga Balance By Kelvin	10:00 - 11:00 空中吊床瑜伽 Flying Hammock By May May Wong 200	10:30 - 11:30 初級力量瑜伽 Beginners Power Yoga By Kit Long 200
10:45 - 11:45 哈努曼瑜伽 Hanuman Yoga By Amy 200/500	10:45 - 11:45 拉感瑜伽 Stretch Yoga(Eng/Chi) By Eleanor 200/500	11:00 - 12:00 初級拉感瑜伽 Beginners Stretch Yoga By Kit Long 200/500	11:00 - 12:00 沖脈飛輪瑜伽 Wheel Yoga By Jackie	10:30 - 11:30 拉感瑜伽 Stretch Yoga By Kelvin 200	10:00 - 11:00 哈努曼瑜伽 Hanuman Yoga By Zhong May 200/500	11:00 - 12:00 初級哈努曼瑜伽 Beginners Hanuman Yoga By Iris Ng 200/500
11:45 - 12:45 Hatha Yoga By Jackie 200	12:00 - 13:00 初級瑜伽 Beginners Yoga By Gigi	11:30 - 13:00 HKYA-ACI@ 500 核心課程 By Jessica 500	12:30 - 13:30 初級力量瑜伽 Beginners Power Yoga By Kit Long 200/500	12:30 - 13:30 初級空中吊床 Beginners Flying Hammock By Iris Ng 200/500	11:15 - 12:15 拉感瑜伽 Stretch Yoga By Amy 200/500	11:30 - 12:30 初級拉感瑜伽 Beginners Stretch Yoga By Kit Long 200
13:00 - 14:00 牆腳瑜伽 Wall Foot Yoga By Jackie	13:00 - 14:00 初級力量瑜伽 Beginners Power Yoga By Gigi	12:00 - 13:00 都市病治療 City Ailment Therapy By Liza Chiu	13:30 - 14:30 拉感瑜伽 Stretch Yoga By Kit Long 200	13:45 - 14:45 都市病治療 City Ailment Therapy By Iris Ng	11:15 - 12:15 初級瑜伽 Beginners Yoga By Aze Kwan	12:00 - 13:00 沖脈飛輪瑜伽 Wheel Yoga By Iris Ng
14:15 - 15:15 初級空中吊床 Beginners Flying Hammock By MayMay Wong 200/500	14:15 - 15:15 初級空中瑜伽 Beginners Flying Yoga By MayMay Wong 200/500	13:15 - 14:15 排毒修身瑜伽 Detox Yoga By Jessica 200/500	14:30 - 15:30 初級全方位塑身 Beginners Full Body Sculpt by 驚喜彩蛋	14:30 - 15:30 初級瑜伽 Beginners Yoga By Eleanor 200/500	12:30 - 13:30 都市病治療 City Ailment Therapy By Amy 200/500	12:30 - 13:30 雙峰都市病治療 Twin Peaks City Ailment Therapy By Felix
15:30 - 16:30 平衡瑜伽 Yoga Balance By May May Wong	15:15 - 16:15 拉感瑜伽 Stretch Yoga By May May Wong	15:15 - 16:15 拉感瑜伽 Stretch Yoga By Queenie Lai	15:30 - 16:30 都市病治療 City Ailment Therapy By Jackie 200/500	15:00 - 16:00 初級哈努曼瑜伽 Beginners Hanuman Yoga By Iris Ng 200/500	12:30 - 13:30 初級力量瑜伽 Beginners Power Yoga By Mary 200/500	13:00 - 14:00 初級空中瑜伽 Beginners Flying Yoga By Iris Ng 200/500
16:00 - 17:00 拉感瑜伽 Stretch Yoga By Lisa Fu	16:30 - 17:30 32度慢慢拉瑜伽 32 Degree Slow Stretch Yoga By SMM 岑曼曼	16:30 - 17:30 Lady Jazz Funk By Ching Yee	15:45 - 16:45 身心靈治療瑜伽 Body Mind & Soul Yoga By Strawberry	15:45 - 16:45 拉感瑜伽 Stretch Yoga By Eleanor 200/500	13:30 - 14:30 拉感瑜伽 Stretch Yoga By Aze Kwan	13:30 - 14:30 初級瑜伽 Beginners Yoga By Felix
17:00 - 18:00 初級瑜伽 Beginners Yoga By Lisa Fu	17:30 - 18:30 都市病治療 City Ailment Therapy By Gary Pang 200	17:30 - 19:00 HKYA-ACI@ 200 核心課程 By Judy 200	17:00 - 18:00 拉感瑜伽 Stretch Yoga By Jesty	16:00 - 17:00 飛輪瑜伽 Wheel Yoga By Iris Ng	14:45 - 15:45 全方位塑身 Full Body Sculpt (Eng/Chi) By Aze Kwan	14:30 - 15:30 初級哈努曼瑜伽 Beginners Hanuman Yoga By Polly 200
18:15 - 19:15 Vinyasa Yoga By Kit Long 200	17:45 - 18:45 32度高強度瑜伽 32 Degree Tabata Balance By SMM 岑曼曼	18:00 - 19:00 初級全方位塑身 Beginners Full Body Sculpt By Cally	18:00 - 19:00 初級空中吊床 Beginners Flying Hammock By Jesty 200	18:15 - 19:15 Vinyasa Mix Yoga By Kit Long 200	15:00 - 21:00 30/7 only 頌鉢陰瑜伽導師課程 By Dickson/Jessica	15:00 - 16:30 HKYA-ACI@ 200 核心課程 By Jessica/Judy 200
19:15 - 20:15 初級哈努曼瑜伽 Beginners Hanuman Yoga By Polly 200	17:45 - 18:45 初級空中吊床 Beginners Flying Hammock By May May Wong	19:15 - 20:15 初級瑜伽 Beginners Yoga By Judy 200/500	19:00 - 20:00 K - Pop By Ching Yee	19:00 - 20:00 初級瑜伽 Beginners Yoga By Felix	15:30 - 16:30 都市病治療 City Ailment Therapy By Mary	15:00 - 22:00 24/7 & 31/7 only 頌鉢陰瑜伽導師課程 By Dickson/Jessica
19:15 - 20:15 拉感瑜伽 Stretch Yoga By Kit Long 200	18:45 - 19:45 初級哈努曼瑜伽 Beginners Hanuman Yoga By Gary Pang 200	19:30 - 20:30 Tantra Yoga By Polly	19:15 - 20:15 初級拉感瑜伽 Beginners Stretch Yoga By Felix 200	19:15 - 20:15 拉感瑜伽 Stretch Yoga By Kit Long 200	16:00 - 17:00 初級瑜伽 Beginners Yoga By Felix	15:45 - 16:45 Hatha Yoga By Polly 200
20:15 - 21:15 沖脈飛輪瑜伽 Wheel Yoga By Polly	19:00 - 20:00 初級排毒修身瑜伽 Beginners Detox Yoga By Jessica 200/500	20:30 - 21:30 初級哈努曼瑜伽 Beginners Hanuman Yoga By Polly 200/500	20:15 - 21:15 初級瑜伽 Beginners Yoga By Felix	20:15 - 21:15 雙峰都市病治療 Twin Peaks City Ailment Therapy By Felix	17:15 - 18:15 拉感瑜伽 Stretch Yoga By Felix	16:45 - 17:45 初級拉感瑜伽 Beginners Stretch Yoga By Alice Chan
	20:00 - 21:00 牆腳瑜伽 Wall Foot Yoga By Gary Pang		20:30 - 23:30 隨意鉢喜瑜伽 Singing Bowl Ananda Yoga By Dickson 200/500			17:00 - 18:00 排毒修身瑜伽 Detox Yoga By Polly 200
	20:00 - 21:30 HKYA-ACI@ 200 核心課程 By Jessica 200					
	20:30 - 23:30 高溫吾練瑜伽 Neti Yoga By Dickson 200/500					

PLEASE NOTE:

- Please book 1 day in advance. 須於1天前預約。 2138 2666 / www.dicksonyoga.com.
- Cancellation of booking must be at least 2 hours in advance. 取消預約須至少2小時前。
- Classes only open with a minimum of 4 participants. 課堂須至少4學生才會開課。
- Access to class denied if late for 10 min or more. (Pls reserve enough time for checkin & change) 遲到逾10分鐘不許上課。(十分鐘後課室即鎖門, 請預足夠登記及更衣時間。)
- Tel/online booking denied for 2 weeks if no show for 3 times in 3 months. 三個月內缺課兼沒取消預約3次將不獲許網上/電話預約2星期。
- M. Dickson perfectionist, class time may slightly fluctuate. M. Dickson 完美主義者, 上課/下課時間許或稍有浮動。
- Wonder Surprise: instructor will be changed from time to time for different experiences. Will notify one week in advance when open for booking.

驚喜彩蛋: 導師不時轉換, 令你有不同體驗。一星期前可預約時會通知

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200 可累積HKYA-ACI@200課程學分
500 can accumulate hrs for HKYA-ACIA@500
500 可累積HKYA-ACIA@500課程學分

