

# Dickson Yoga 2010 年 2 月之課程時間表 February 2010 Timetable (尖沙咀 Tsim Sha Tsui)

初一至初五休息；初六啓市 Closed 14 Feb - 18 Feb 2010 須於 1 天前預約 Please book 1 day in advance 2138 2999

| 星期一 MON  | 星期二 TUE  | 星期三 WED  | 星期四 THU  | 星期五 FRI   | 星期六 SAT  | 星期日 SUN   |
|--|--|--|--|---|--|---|
| 10:30 - 12:00<br>32°C 香薰 Aroma<br>By Alice                                     | 10:30 - 12:00<br>都市病治療 DY<br>City Ailment Therapy<br>By Jessica 200/500  | 10:00 - 11:30<br>32°C 遠紅外線 FIR<br>By Isabella                            | 10:30 - 12:00<br>初級 Beginners' DY<br>By Doris                                  | 10:00 - 11:30<br>32°C 香薰 Aroma<br>By Fanny                                | 11:00 - 12:30<br>32°C 香薰 Aroma<br>By Marine  | 10:30 - 12:00<br>32°C 香薰 Aroma<br>By Jessica 200/500                              |
| 11:30 - 12:30<br>Kickboxing<br>By Tan  | 12:30 - 13:30<br>初級全方位塑身<br>Basic Body Sculpt<br>By Corey                | 11:30 - 12:30<br>初級 Beginners' DY<br>By Isabella                         | 12:30 - 13:30<br>32°C 香薰 Aroma<br>By Fanny                                     | 10:30 - 12:00<br>32°C 遠紅外線 FIR<br>By Jessica 200/500                      | 12:30 - 13:30<br>全方位塑身<br>Basic Body Sculpt<br>Marine  | 12:00 - 13:00<br>初級<br>Beginners' DY<br>By Winsome                                |
| 12:30 - 13:30<br>32°C 遠紅外線 FIR<br>By Fanny                                     | 13:30 - 14:30<br>遠紅外線 FIR<br>By Boa                                      | 12:30 - 13:45<br>32°C 香薰 Aroma<br>By Cora                                |  | 12:00 - 13:00<br>都市病治療<br>City Ailment Therapy<br>By Stephenie            | 13:00 - 14:00<br>初級 Beginners' DY<br>By Paul   | 12:30 - 14:00<br>32°C 遠紅外線<br>FIR<br>By Angel                                     |
| 13:00 - 14:00<br>初級 Beginners' DY<br>By Ann                                    |  | 13:00 - 14:00<br>32°C 遠紅外線 FIR<br>By Fanny                               |  | 13:00 - 14:00<br>初級 Beginners' DY<br>By Rita                              |  |   |
| 下午 Afternoon   |  |  |  |   |  |   |
| 14:30 - 16:00<br>32°C 遠紅外線 FIR<br>By Winnie                                    | 14:00 - 15:30<br>拉感+技術提昇<br>Super Stretch<br>By Tiffany                  | 14:00 - 15:00<br>初級全方位塑身<br>Basic Body Sculpt<br>By Tiffany              | 14:00 - 15:00<br>初級 Beginners' DY<br>By Isabella                               | 14:00 - 15:00<br>32°C 遠紅外線 FIR<br>By Ann                                  | 14:00 - 15:00<br>32°C 遠紅外線 FIR<br>By Marine  | 14:00 - 15:00<br>Kickboxing Yoga<br>By Tan  |
| 16:00 - 17:30<br>香薰排毒修身<br>Aroma Detox<br>By Jessica 200                       | 15:30 - 17:00<br>遠紅外線全方位塑身<br>FIR Body Sculpt<br>By Jessica 200          |  | 15:30 - 17:00<br>32°C 香薰 Aroma<br>By Marine                                    | 15:30 - 17:00<br>拉感+技術提昇<br>Super Stretch 500<br>By Jessica               | 14:00- 15:30<br>都市病治療 DY<br>City Ailment Therapy<br>By Jessica 200                                   | 14:00 - 15:00<br>全方位塑身<br>Body Sculpt<br>By Marine                                |
|  | 16:00 - 17:30<br>拉感+技術提昇<br>Super Stretch 500<br>By Dickson              | 16:00 - 17:30<br>32°C 香薰 Aroma DY<br>By Jessica 200                      | 16:00 - 17:30<br>HKYA-ACI@200<br>導師證書 200<br>核心課程 Core Pgm<br>By Jessica       | 16:00 - 17:30<br>都市病治療 DY<br>City Ailment Therapy<br>By Dickson 200       | 15:00- 16:00<br>全方位塑身<br>Body Sculpt<br>By Corey   | 15:00 - 16:30<br>香薰 Aroma<br>By Tiffany   |
| 18:30 - 19:30<br>初級 Beginners' DY<br>By Marine                                 | 18:00 - 19:00<br>初級 Beginners' DY<br>By Stephenie                        | 18:00 - 19:00<br>32°C 遠紅外線 FIR<br>By Marine                              | 18:00 - 19:00<br>初級都市病治療<br>City Ailment Therapy<br>By Iris                    | 18:30 - 19:30<br>全方位塑身<br>Body Sculpt<br>By Marine                        | 15:30 - 16:30<br>Kickboxing Combat<br>By Tan   | 16:00 - 17:00<br>32°C 遠紅外線 FIR<br>By Marine                                       |
| 晚上 Evening   |  |  |  |   |  |   |
| 19:00 - 20:00<br>全方位塑身<br>Body Sculpt<br>By Dickson 200                        | 19:00 - 20:30<br>都市病治療 DY<br>City Ailment Therapy<br>By Jessica 200      | 19:00 - 20:00<br>初級 Beginners' DY<br>By Dickson 200                      | 19:00 - 20:00<br>Power DY<br>By Jessica 200/500                                | 19:00 - 20:00<br>初級 Beginners' DY<br>By Tiffany                           | 16:15 - 17:15<br>32°C 遠紅外線 FIR<br>By Jessica 500   | 16:30 - 18:00<br>跆拳道<br>Taekwondo<br>By Dickson                                   |
| 19:30 - 20:30<br>32°C 香薰 Aroma DY<br>By Jessica 500                            | 19:30 - 21:00<br>香薰排毒修身<br>Aroma Detox<br>By Dickson 500                 | 19:00 - 20:30<br>拉感+技術提昇<br>Super Stretch<br>By Jessica 500              | 19:15 - 20:15<br>Kickboxing<br>By Tan  | 19:30 - 21:00<br>哈努曼都市病治療<br>Hanuman Therapy<br>By Dickson 200/500        | 17:30 - 18:30<br>32°C 香薰 Aroma<br>By Wendy   | 17:15 - 18:15<br>S Funky Dance<br>By Ching Yee                                    |
| 20:00 - 21:30<br>拉感+技術提昇<br>Super Stretch 500<br>Dickson (1/2 CXD)             | 20:30 - 21:30<br>全方位塑身<br>Body Sculpt<br>By Daphne                       | 20:00 - 21:00<br>全方位塑身<br>Body Sculpt<br>By Marine                       | 20:00 - 21:30<br>都市病治療 200/500<br>City Ailment Therapy<br>Dickson (4/2 CXD)    | 20:00 - 21:00<br>32°C 遠紅外線 FIR<br>By Jessica 200/500                      | 18:00 - 19:00<br>遠紅外線沖脈治療<br>FIR Meridian Therapy<br>By Dickson 200                                  |   |
|  |  |  |  |   | 晚上 Evening   |   |
| 20:30 - 22:00<br>都市病治療<br>City Ailment Therapy<br>By Tiffany                   | 21:00 - 22:30<br>HKYA-ACI@200<br>導師證書 200<br>核心課程 Core Pgm<br>By Dickson | 21:00 - 22:30<br>哈努曼瑜伽<br>Hanuman Yoga<br>By Dickson 200/500             | 20:15 - 21:15<br>32°C 遠紅外線 FIR<br>By Tiffany                                   | 21:00 - 22:30<br>HKYA-ACIA@500<br>導師證書 500<br>核心課程 Core Pgm<br>By Dickson | 19:00 - 20:30<br>HKYA-ACI@200<br>導師證書 200<br>核心課程 Core Pgm<br>By Dickson                             | 19:00 - 20:30<br>HKYA-ACIA@500<br>導師證書 500<br>核心課程 Core pgm<br>Dickson (7/2 CXD)  |
|  |  | 20:30 - 22:00<br>HKYA-ACI@200<br>導師證書 200<br>核心課程 Core Pgm<br>By Jessica | 21:15 - 22:15<br>初級都市病治療<br>City Ailment Therapy<br>By Stephanie               |   |  | 18:30 - 20:30<br>HKYA-ACIA@500<br>導師證書 500<br>Philosophy Exam<br>Dickson 7/2 ONLY |
| 20:00 - 22:30<br>HKYA-ACI@200<br>導師證書 200<br>哲學 Philosophy<br>Dickson 1/2 ONLY |  |  | 20:00 - 22:30<br>HKYA-ACI@200<br>導師證書 200<br>哲學 Philosophy<br>Dickson 4/2 ONLY |   | 香港瑜伽協會<br>國際 Yoga Alliance 認可<br>瑜伽導師證書課程<br>200 可累積 HKYA-ACI@200 課程學分<br>500 可累積 HKYA-ACIA@500 課程學分 |   |

## 課程簡介 Class Description

|  |   |
|--|---|
| <p><b>*NEW*</b><br/><b>哈努曼瑜伽</b><br/><b>Hanuman Yoga</b></p> | <p>哈努曼解作力量之猴。此課程把你倒轉掛於牆上，讓你於毫無壓力下享受倒轉動作。亦利用掛於牆上的繩幫你拉腰，及作連串伸展動作。極有效紓緩頸及腰的痛症及傷患。 Hanuman means powerful monkey. This new class hangs you inverted on the wall, enabling you to enjoy inverted poses under no pressure. It also ties you with a rope bound on the wall, allowing you to stretch to the limit more easily. Extremely effective for alleviating spinal and neck pain and problems.</p> |
| <p><b>動感唱聲</b><br/><b>Vinyasa Mantra</b></p>                 | <p>勁力串連動作再加上深層唱聲，打開心扉，暢通七輪，強化生命之氣。大量流汗亦達修身之效。 Power serial movements together with mantra, tone your cardio, open your 7 chakras and enhance prana flow. Copious sweating also helps you slim up..</p>  |
| <p><b>香薰 Aroma</b></p>                                       | <p>獨有香薰複方配合瑜伽課程使用，令效果更顯著。 Aromatic synergy fragrances to be diffused in the studio for a most soothing environment &amp; optimized yoga effects.</p>  |
| <p><b>Power DY</b></p>                                       | <p>串連動作+力的鍛練。難度不太高，但動作密集，大量流汗，訓練耐力。 Series movement + muscle toning. Intensive. Can expect copious sweating Effective for endurance and stamina training.</p>   |
| <p><b>Yogalates</b></p>                                      | <p>結合瑜伽及普拉提運動，提高柔韌度及強化深層肌肉羣。動作主要集中在腹部、背及臀，紓緩腰頸背痛及改善不良姿勢，提高運動表現及避免受傷。 Combines benefits of yoga &amp; pilates, enhances flexibility &amp; strengthens muscle groups. Concentrate on abdomen, back &amp; hip, &amp; alignment of trunk &amp; pelvis. Alleviates spine &amp; neck pain from incorrect postures, improves sports performance &amp; reduces susceptibility to injuries.</p>            |
| <p><b>32°C Hot DY</b></p>                                    | <p>首創定溫在 32°C 下練習瑜伽。既收高溫瑜伽加速軟筋，大量排汗，促進血液循環之效，亦較傳統 38°C 高溫瑜伽安全及容易適應。 First to introduce hot yoga at 32°C. High flexibility, faster circulation &amp; full sweat under heat yet safer &amp; easier to adapt than traditional 38°C hot yoga.</p>   |
| <p><b>都市病治療</b><br/><b>City Ailment Therapy</b></p>          | <p>專為減輕或預防一般都市病(如頭痛、失眠、便秘、肩膊、脊骨僵硬、坐骨神經痛等)而設。多款雙人及小組式子設計令動作更到位，效果更顯著。 Best for alleviation of ailments such as headache, insomnia, shoulder pain &amp; spinal tension. Partner poses help you achieve maximum effects from each stretch &amp; twist.</p>   |
| <p><b>排毒修身</b><br/><b>Detox &amp; Body Toning</b></p>        | <p>透過氣功收腹練習徹底按摩內臟，排出體內毒素，再加上伸展扭動動作以通淋巴，拉散脂肪。極有效排宿便，減肚脹，去水腫。 Abdominal contraction with breathing techniques to exercise your internal organs for ridding your toxic&amp; waste elements.</p>  |
| <p><b>沖脈治療</b><br/><b>Meridian Therapy</b></p>               | <p>揉合瑜伽及穴位推拿原理，透過瑜伽動作，暢通經脈，強化內臟及神經系統。 Combine fingers pressing massage techniques &amp; yoga. Activates &amp; tones meridian pathways, strengthens internal organs &amp; nervous system.</p>  |
| <p><b>全方位塑身 DY</b><br/><b>Full Body Sculpting</b></p>        | <p>透過連串伸展及扭動動作，拉鬆脂肪，暢通淋巴消水腫，以達收手臂、腰、臀、大腿之效。<br/>Full body stretching &amp; twisting to break fat, stimulate lymph system, &amp; trim your body.</p>   |
| <p><b>拉感+技術提昇</b><br/><b>Super Stretch</b></p>               | <p>勁度伸展，挑戰極限。學在痛苦中放鬆，盡享拉感樂趣。深層式子研習+高難度動作，體會瑜伽氣感。 Intensive stretching to challenge limits. A heightened experience of the “qi” of yoga.</p>   |
| <p><b>跆拳道 Taekwondo</b></p>                                  | <p>包括瑜伽鬆筋、跆拳道法、手刀、套拳、搏擊術、自衛術等，適合各年齡人士(幼兒及成人)<br/>Yoga stretch, taekwondo kicks, punches &amp; patterns + self-defense techniques (for children &amp; adults).</p>   |
| <p><b>Kick Boxing Yoga</b><br/><b>Kick Boxing Combat</b></p> | <p>極具挑戰帶氧運動，配合動感音樂，作瑜伽伸展及拳腳活動，助你提高心肺功能。再加肌肉鍛練部份，消耗量高，收效顯著。 Combat 用手靶、腳靶、拳套增加學員力量，教授基本拳、腳、肘、膝技巧。 A great workout, with yoga stretch &amp; kickboxing kicks &amp; punches. Mixes martial art techniques set to motivating music. High impact, high intensity! Combat class, fist, kick, elbow &amp; knee techniques practiced with hand mitt, kick shield.</p>                                     |
| <p><b>S Funky Dance</b></p>                                  | <p>由資深電視、演唱會舞蹈藝員教授。配合流行勁歌，動作優美、多元化而又極富動感。1 小時勁歌熱舞，助你減磅，修型，達到完美 ” S” 線條。盡情享受跳舞樂趣，一掃煩悶！ Taught by experienced TV &amp; concert dancers. Hot dancing to pop music. A lot of motion with big variety of steps. 1 hour hot dancing for slimming, shaping up and a perfect S shape figure!</p>  |
| <p><b>HKYA-ACI@200</b><br/><b>HKYA-ACIA@500</b></p>          | <p>香港瑜伽協會之 Yoga Alliance 國際認可瑜伽導師證書 200 及 500 小時課程。內容包括式子掌握，瑜伽理論，冥想方法，教學技巧，亦為學員提供實習及就業機會。 Hosted by HK Yoga Association. Yoga Alliance Recognized &amp; Equivalent 200 &amp; 500 hours Teacher Training Program. Covers yoga techniques, theory, mediation &amp; teaching techniques. Provides job opportunities.</p>   |