

Dickson Yoga 2010 年 1 月之課程時間表 January 2010 Timetable (尖沙咀 Tsim Sha Tsui)

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 32°C 香薰 Aroma By Alice	10:30 - 12:00 都市病治療 DY City Ailment Therapy By Jessica 200/500	10:00 - 11:30 32°C 遠紅外線 FIR By Isabella	10:30 - 12:00 初級 Beginners' DY By Candy	10:00 - 11:30 32°C 香薰 Aroma By Fanny	11:00 - 12:30 都市病治療 DY City Ailment Therapy By Edward	10:30 - 12:00 32°C 遠紅外線 FIR By Jessica 200/500
12:30 - 13:30 32°C 遠紅外線 FIR By Jessica Zeng	12:30 - 13:30 初級全方位塑身 Basic Body Sculpt By Kinky	11:30 - 12:30 初級 Beginners' DY By Isabella	12:30 - 13:30 32°C 香薰 Aroma By Fanny	10:30 - 12:00 32°C 遠紅外線 FIR By Jessica 200/500	12:30 - 13:30 全方位塑身 Basic Body Sculpt Marine	12:00 - 13:00 初級 Beginners' DY By Winsome
13:00 - 14:00 初級 Beginners' DY By Ann	13:30 - 14:30 遠紅外線 FIR By Boa	12:30 - 13:45 32°C 香薰 Aroma By Cora		11:30 - 12:30 都市病治療 City Ailment Therapy By Stephenie	13:00 - 14:00 初級 Beginners' DY By Paul	12:30 - 14:00 Ashtanga II By Alex
		13:00 - 14:00 32°C 遠紅外線 FIR By Fanny		12:45 - 13:45 初級 Beginners' DY By Rita		
下午 Afternoon						
14:30 - 16:00 全方位塑身 Body Sculpt By Winnie	14:00 - 15:30 拉感+技術提昇 Super Stretch By Edward	14:00 - 15:00 初級全方位塑身 Basic Body Sculpt By Tiffany	14:00 - 15:00 初級 Beginners' DY By Isabella	14:00 - 15:00 32°C 遠紅外線 FIR By Ann	14:00 - 15:00 32°C 遠紅外線 FIR By Marine	14:00 - 15:00 Kickboxing Yoga By Tan
16:00 - 17:30 香薰排毒修身 Aroma Detox By Jessica 200	15:30 - 17:00 遠紅外線全方位塑身 FIR Body Sculpt By Jessica 200	15:00 - 16:00 Ashtanga I By Alex	15:30 - 17:00 都市病治療 DY City Ailment Therapy By Edward	15:30 - 17:00 拉感+技術提昇 Super Stretch 500 By Jessica	14:00- 15:30 初級 Beginners' DY By Jessica 200	14:00 - 15:00 全方位塑身 Body Sculpt By Marine
	16:00 - 17:30 拉感+技術提昇 Super Stretch 500 By Dickson	16:00 - 17:30 初級 Beginners' DY By Jessica 200	16:00 - 17:30 HKYA-ACI@200 導師證書 200 核心課程 Core Pgm By Jessica	16:00 - 17:30 都市病治療 DY City Ailment Therapy By Dickson 200	15:00- 16:00 全方位塑身 Body Sculpt By Corey	15:00 - 16:30 香薰 Aroma By Tiffany
18:30 - 19:30 初級 Beginners' DY By Marine	18:00 - 19:00 初級 Beginners' DY By Tiffany	18:30 - 19:30 32°C 香薰 Aroma DY By Marine	18:00 - 19:00 初級都市病治療 City Ailment Therapy By Kinky	18:30 - 19:30 全方位塑身 Body Sculpt By Edward	15:30 - 16:30 Kickboxing Combat By Tan	16:00 - 17:00 32°C 遠紅外線 FIR By Marine
晚上 Evening						
19:00 - 20:00 全方位塑身 Body Sculpt By Dickson 200	19:00 - 20:30 都市病治療 DY City Ailment Therapy By Jessica 200	19:00 - 20:00 初級 Beginners' DY By Dickson 200	19:00 - 20:00 Power DY By Jessica 200/500	19:00 - 20:00 初級 Beginners' DY By Tiffany	16:15 - 17:15 32°C 遠紅外線 FIR By Jessica 500	16:30 - 18:00 跆拳道 Taekwondo By Dickson
19:30 - 20:30 32°C 香薰 Aroma DY By Jessica 500	19:30 - 21:00 香薰排毒修身 Aroma Detox By Dickson 500	19:30 - 20:30 全方位塑身 Body Sculpt By Jessica 500	19:15 - 20:15 Kickboxing By Tan	19:30 - 21:00 哈努曼都市病治療 Hanuman Therapy By Dickson 200/500	17:30 - 18:30 32°C 香薰 Aroma By Wendy	17:15 - 18:15 S Funky Dance By Ching Yee
20:00 - 22:30 HKYA-ACI@200 導師證書 200 哲學 Philosophy Dickson (4/1 CXD)	20:30 - 21:30 全方位塑身 Body Sculpt By Stephenie	20:00 - 21:00 32°C 遠紅外線 FIR By Marine	20:00 - 22:30 HKYA-ACI@200 導師證書 200 哲學 Philosophy	20:00 - 21:00 32°C 遠紅外線 FIR By Jessica 200/500	18:00 - 19:00 遠紅外線沖脈治療 FIR Meridian Therapy By Dickson 200	
					晚上 Evening	
20:30 - 22:00 都市病治療 City Ailment Therapy By Edward	21:00 - 22:30 HKYA-ACI@200 導師證書 200 核心課程 Core Pgm By Dickson	21:00 - 22:30 哈努曼瑜伽 Hanuman Yoga By Dickson 200/500	20:15 - 21:15 32°C 遠紅外線 FIR By Edward	21:00 - 22:30 HKYA-ACIA@500 導師證書 500 核心課程 Core Pgm By Dickson	19:00 - 20:30 HKYA-ACI@200 導師證書 200 核心課程 Core Pgm By Dickson	19:00 - 21:30 HKYA-ACI@200 導師證書 200 哲學 Philosophy Dickson (3/1 CXD)
		20:30 - 22:00 HKYA-ACI@200 導師證書 200 核心課程 Core Pgm By Jessica	21:15 - 22:15 初級都市病治療 City Ailment Therapy By Stephanie			18:15 - 20:45 HKYA-ACIA@500 導師證書 500 哲學 Philosophy Dickson 3/1 ONLY
20:00 - 22:30 HKYA-ACIA@500 導師證書 500 哲學 Philosophy Dickson 4/1 ONLY					香港瑜伽協會 國際 Yoga Alliance 認可 瑜伽導師證書課程 200 可累積 HKYA-ACI@200 課程學分 500 可累積 HKYA-ACIA@500 課程學分	

須於 1 天前預約 Please book 1 day in advance 2138 2999

課程簡介 Class Description

<p>*NEW* 哈努曼瑜伽 Hanuman Yoga</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>動感唱聲 Vinyasa Mantra</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>香薰 Aroma</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 & optimized yoga effects.</p>
<p>Power DY</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>Yogalates</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 & pilates, enhances flexibility & strengthens muscle groups. Concentrate on abdomen, back & hip, & alignment of trunk & pelvis. Alleviates spine & neck pain from incorrect postures, improves sports performance & reduces susceptibility to injuries.</p>
<p>32°C Hot DY</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 & full sweat under heat yet safer & easier to adapt than traditional 38°C hot yoga.</p>
<p>都市病治療 City Ailment Therapy</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 & spinal tension. Partner poses help you achieve maximum effects from each stretch & twist.</p>
<p>排毒修身 Detox & Body Toning</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& waste elements.</p>
<p>沖脈治療 Meridian Therapy</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 & yoga. Activates & tones meridian pathways, strengthens internal organs & nervous system.</p>
<p>全方位塑身 DY Full Body Sculpting</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。 Full body stretching & twisting to break fat, stimulate lymph system, & trim your body.</p>
<p>拉感+技術提昇 Super Stretch</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>跆拳道 Taekwondo</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) Yoga stretch, taekwondo kicks, punches & patterns + self-defense techniques (for children & adults).</p>
<p>Kick Boxing Yoga Kick Boxing Combat</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 & kickboxing kicks & punches. Mixes martial art techniques set to motivating music. High impact, high intensity! Combat class, fist, kick, elbow & knee techniques practiced with hand mitt, kick shield.</p>
<p>S Funky Dance</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 & 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>HKYA-ACI®200 HKYA-ACIA®500</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 & Equivalent 200 & 500 hours Teacher Training Program. Covers yoga techniques, theory, mediation & teaching techniques. Provides job opportunities.</p>