

**Dickson Yoga 2012 年 2 月之課程時間表 Feb 2012 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 初級 Beginners' DY By Fanny	10:30 - 12:00 初級 Beginners' DY By Faye	10:00 - 11:30 初級拉感 By Isabella	10:30 - 12:00 都市病治療 DY City Ailment Therapy By Inoki	10:30 - 12:00 全方位塑身 Full Body Sculpt By Fanny	11:00 - 12:30 32°C 香薰 Aroma By Marine	10:30 - 12:00 32°C 香薰 Aroma By Corey
12:30 - 13:30 32°C 香薰 Aroma By Fanny	12:30 - 13:30 全方位塑身 Full Body Sculpt By Sharon	11:30 - 12:30 32°C 香薰 Aroma By Isabella	12:00 - 13:00 初級全方位塑身 Beginner Body Sculpt By Anita	12:30 - 14:00 空中哈努曼 Flying Hanuman By Jessica 200	12:30 - 13:30 初級 Beginners' DY By Sam	12:00 - 13:00 初級都市病治療 City Ailment Therapy By Joan
	13:30 - 14:30 32°C 遠紅外線 FIR By Fanny	12:30 - 13:45 32°C 香薰 Aroma By Cora	12:30 - 13:30 初級 Beginners' DY By Ellen	13:30 - 14:30 32°C 香薰 Aroma By Iris	13:00 - 14:00 32°C 遠紅外線 FIR By Joan	13:00 - 14:00 武藝舞 Martial Art Dance By Khasman
下午 Afternoon						
14:30 - 16:00 32°C 遠紅外線 FIR By Marine	14:30 - 16:00 初級 Beginners' DY By Karen	14:30 - 15:30 32°C 全方位塑身 32°C Body Sculpt By Doris	14:30 - 15:30 初級 Beginners' DY By Iris	14:30 - 15:30 初級拉感 Beginners' Stretch By Karen	14:00 - 15:00 香薰排毒修身 Aroma Detox By Marine	14:00 - 15:00 Kickboxing By Tan
16:00 - 17:30 拉感+技術提昇 Super Stretch Jessica 200/500					14:00 - 15:30 都市病治療 DY City Ailment Therapy By Jessica 200/500	14:00 - 15:00 32°C 香薰 Aroma By Corey
	16:00 - 17:30 遠紅外線全方位塑身 FIR Body Sculpt By Jessica 200/500	16:00 - 17:30 香薰排毒修身 Aroma Detox By Marine	16:00 - 17:30 全方位塑身 Body Sculpt By Corey	16:00 - 17:00 全方位塑身 Full Body Sculpt By Faye	15:30 - 16:30 武藝舞 Martial Art Dance By Khasman	15:00 - 16:00 32°C 全方位塑身 32°C Body Sculpt By Jessica 200
18:00 - 19:00 初級 Beginners' DY By Doris	18:00 - 19:00 32°C 香薰 Aroma DY By Jessica Zeng	18:00 - 19:00 初級 Beginners' DY By Sam	18:00 - 19:00 香薰排毒修身 Aroma Detox By Marine	18:30 - 19:30 32°C 香薰 Aroma DY By Marine	15:30 - 17:00 全方位塑身 Full Body Sculpt By Corey	15:15 - 16:15 S Funky Dance By Ching Yee
晚上 Evening						
18:30 - 19:30 Stretch 拉感 By Marine	18:30 - 19:30 初級 Beginners' DY By Joyce	18:30 - 19:30 32°C 遠紅外線 FIR By Marine	18:30 - 19:30 初級 Beginners' DY By Man	19:00 - 20:00 都市病治療 DY City Ailment Therapy By Sam	16:45 - 17:45 初級 Beginners' DY By Tinky	16:00 - 17:30 空中哈努曼 Flying Hanuman By Amy H
19:00 - 20:00 32°C 香薰排毒 Aroma Detox By Jessica 200	19:00 - 20:30 拉感+技術提昇 Super Stretch By Jessica 200/500	19:00 - 20:30 都市病治療 DY City Ailment Therapy By Jessica 200/500	19:00 - 20:00 32°C 香薰 Aroma By Faye	19:30 - 21:00 HKYA-ACI@200 導師證書 200 核心課程 Core Pgm By Jessica/ Dickson	17:45 - 18:45 32°C 遠紅外線 FIR By Inoki	16:30 - 17:30 32°C 香薰 Aroma By Marine
20:00 - 21:00 初級 Beginners' DY By Paul	19:30 - 20:30 32°C Hot Yoga By Marine	20:00 - 21:00 Jazz for Yoga By Ching Yee	19:30 - 20:30 32°C 遠紅外線 FIR By Joan	20:00 - 21:00 武藝舞 Martial Art Dance By Khasman		17:30 - 19:00 跆拳道 Taekwondo By Dickson
					晚上 Evening	
21:00 - 22:00 遠紅外線全方位塑身 FIR Body Sculpt By Dickson 200/500	20:30 - 21:30 32°C 遠紅外線 FIR By Tina Hanke (ENG/英語)	21:00 - 22:00 32°C 遠紅外線 FIR By Corey	20:00 - 21:00 滾石沖脈治療 Rolling Stone Meridian Therapy By Dickson/ Amy H 200/500	21:00 - 22:00 哈努曼 Hanuman By Dickson 200/500	19:30 - 21:00 HKYA-ACI@200 導師證書 200 核心課程 Core Pgm By Dickson	19:30 - 21:00 HKYA-ACIA@500 導師證書 500 核心課程 Core Pgm By Dickson
21:00 - 22:30 HKYA-ACIA@500 導師證書 500 核心課程 Core Pgm By Jessica	20:30 - 22:00 比賽集訓 Competition Training By Dickson 200/500	21:30 - 22:30 空中瑜伽 Flying Yoga By Dickson 200/500	20:30 - 22:00 都市病治療 DY City Ailment Therapy By Doris		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 / www.dicksonyoga.com

## 課程簡介 Class Description

<p><b>空中瑜伽</b> <b>Flying Yoga</b></p>	<p>運用懸垂的絹布，可以讓平常做不到的動作，變得輕而易舉，還可以享受漂浮半空中樂趣。大量的倒掛動作可以促進氣血循環；紓緩脊柱。半掛空中靜心冥想，可以徹底讓身心休息。空中瑜伽讓誰都可以倒過來看世界，樂趣無窮。借絹布之承托力，輕鬆體驗高難度的瑜伽動作，提升進階事半功倍。With the help of hanging silk fabric from the ceiling, practice impossible postures with ease and enjoy looking the world upside down. Inverted postures stimulates blood circulation and relaxes the spine. Totally relax &amp; rejuvenate your body &amp; soul while floating in the air. With support of the silk fabric, you can jump start difficult postures &amp; upgrade yoga skills in no time!</p>
<p><b>滾石瑜伽</b> <b>Rolling Stone DY</b></p>	<p>以滾動着的晶石刺激穴位及淋巴位，增強瑜伽之氣感。亦可腳踏於滾石之上練瑜伽動作，既可鍛鍊平衡及集中力，亦收足底反射按摩之效。Use rolling crystal stones to stimulate acupuncture points and lymph regions to increase the flow of “qi”. Step on the stones and perform postures to enhance balancing and concentration power, as well as enjoy benefits similar to a foot reflexo-therapy massage.</p>
<p><b>武藝舞</b> <b>Martial Art Dance</b></p>	<p>以強勁的 HIP HOP 音樂底下學到傳統的中國武術。可學到基本武術，包括體能訓練、拉筋、馬步移動及拳腳等動作。各種運動絕對是減肥燒脂及強壯機能好方法！課堂最後更以輕鬆的太極動作及打坐結尾。Experience Shaolin Kung Fu + Western Hip Hop music and dance, i.e. when the East meets West! Each class finishes with some relaxing tai chi moves &amp; meditation.</p>
<p><b>哈努曼瑜伽</b> <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.</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>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，促進血液循環之外，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> <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> <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> <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> <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。 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> <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>HKYA-ACI®200</b> <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>