



WORKSHOP ON:

Introduction of

PRENATAL YOGA

for midwives

Aim

- To introduce basic knowledge & trial on prenatal Yoga

Instructor

Mr. LEE Tin Chik, Jack
Yoga Siromani Teacher of Yoga
certified by Yoga Vedanta Forest Academy

Content

- The advantages, safety and points to note on Prenatal Yoga related to maternity care for different stages of pregnancy
- Trial on Prenatal Yoga

Two Identical Sessions

2 June 2020 (Tuesday)
~~12 May~~ **16:00 - 19:00**

26 May 2020 (Tuesday)
~~FULL~~ **16:00 - 19:00**

Venue: D1, 13/F, Hyde Centre, 223 Gloucester Road, Wan Chai

Teaching Medium : Cantonese supplemented with English

Fee : HKD900 (Member); HKD1,350 (Non-Member)

Class Size : 12

CNE / PEM Point : 3 PEM points

Award : Attendance certificate will be issued

Remarks : Participants are advised to wear comfortable clothing and bring your own mat to class.

Payment Method : Please enroll by using the QR code and by sending the payment in cheque, payable to "Hong Kong Midwives Association" to the address of Association within 7 days of your enrolment, or your application will be cancelled. For group enrolment, you can send us a group application form available on our website together with the payment in cheque to our address.

e-Application Form



Scan Here

Enrolment Deadline : 19 May 2020 (first come first serve)

Enquiry : Hong Kong Midwives Association
Tel : 2893 8800 Fax : 2572 5329

Friendly Reminders

- ✦ You will be required to check your temperature and be free from fever or any respiratory symptoms when you attend the class
- ✦ To protect personal hygiene, you are required to wear a mask during the class