



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

NEW

Two Identical Sessions

9 June 2020 (Tuesday)
16:00 - 19:00

16 June 2020 (Tuesday)
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	: 10
CNE / PEM Point	: 3 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 make the payment within 7 days of your enrolment, or your application will be <u>cancelled</u> . (1) Bank Transfer to Dah Sing Bank Account Number: 040-759-103-0574-7 Account Name: Hong Kong Midwives Association Please send the transfer slip (with your name & enrolled class) via Email: info@midwives.org.hk or Fax: 2572 5329 Or (2) By Cheque Please send the crossed cheque (payable to "Hong Kong Midwives Association" to the address of Association

For group enrolment, you can send us a group application form available on our website together with the payment in cheque to our address.

Enrolment Deadline : 2 June 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

e-Application Form



Scan Here