

EXERCISE

Yoga Class 瑜珈班

遇見更好的自己

CHERIS YEUNG



由2016年開始學習瑜伽，最初只集中練習位法，發現自己不能與身體溝通，於是開展向內尋找自己的過程。

2023年曾到尼泊爾瑜伽學校進修，2024年跟隨 Janet Lau 學習功能性瑜伽超過440小時，其後不停地尋找各種自我提升的機會。課堂會因應學生身體結構提供不同的體式選擇，同時著重覺察身體、腦袋狀況，讓學生尋找到內心的平靜和喜悅。

師資培訓: 100-hour Meditation & Pranayama Teacher Training

Anahata Yoga, 2021, 200-hour Yoga Teacher Training in Yin Yang of Alignment & Gentle yoga Believe Yoga & Wellness, 2022 300-hour Yoga Teacher Training (Mindfulness, Yoga Sutra) with Janet Lau, the Yoga Room, 2023 110-hour Yin Yang & Vinyasa Yoga Teacher Training with Janet Lau, the Yoga Room, 2024

Jocelyn started her yoga journey in 2013.

When she returned to Hong Kong from her study in Japan, she needed a way to cope with the fast paced city life. Since then, yoga has become her backbone for facing different life situations and challenges with resilience, calm, and ease.

She has studied under several senior Iyengar Yoga teachers and Indian swami on various topics, including women's yoga, anatomy & the nerve system, and philosophy. The teachers include Bobby Clennell, Stephanie Quirk, Shobhna Chellaram, Father Joe H. Pereira and Swami Abhishek Chaitanya. Currently, Jocelyn is apprenticing with George Dovas, the director and head teacher of the Iyengar Yoga Centre of Hong Kong, to continue her lifelong study and practice of yoga. Besides yoga, she is mindfulness and zen practitioner. She finished 12-hour Zen Training Course at Dharma Drum Mountain Hong Kong Centre in July 2025, and obtained a certificate for 150-hour Mindfulness Module (Yin Yang Vinyasa Teacher Training Series) in 2022 with Janet Lau (Yoga Alliance).

Jocelyn also holds a Master of Arts in Art History from the University of Hong Kong, along with certificates from Tsz Shan Monastery in Buddhist Art and Culture courses. You may see her at art events or with an art book in hand, relaxing.



HATHA YOGA
哈建瑜珈班

YOGA STRETCH
伸展瑜珈班

MINDFULNESS YOGA
(WITH SINGING BOWL)
正念瑜珈(附頌鉢)

平衡身心 × 緩解壓力 × 健康調理 × 連接內心

Hatha Yoga	MON 1000-1100	YO2501105 (NOV) 3, 10, 17, 24/11	4 Classes : \$920
Mindfulness Yoga (with singing bowl)	WED 1700-1800	YO251109 (NOV) 5, 12, 19, 26/11	4 Classes : \$920



Recreation Room,
Club Bel-Air Bay Wing
灣畔會所康體活動室

Max 最多 10 pax 位

- Available on a first come first served basis 不設留位，先到先得
- The class will be cancelled if there is an insufficient number of enrollments 如報名人數不足，課程將會取消

For further information, please contact Club Bel-Air Reception at Bay Wing (2989 9000) / Peak Wing (2989 6500).

Photos are for reference only. 如有查詢，歡迎致電貝沙灣灣畔會所(2989 9000)或朗峰會所(2989 6500)。圖片只供參考。



貝沙灣