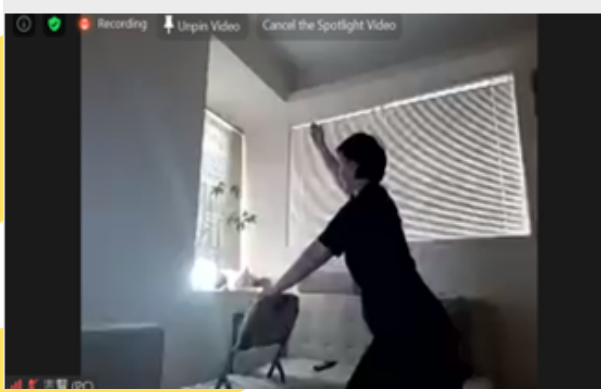
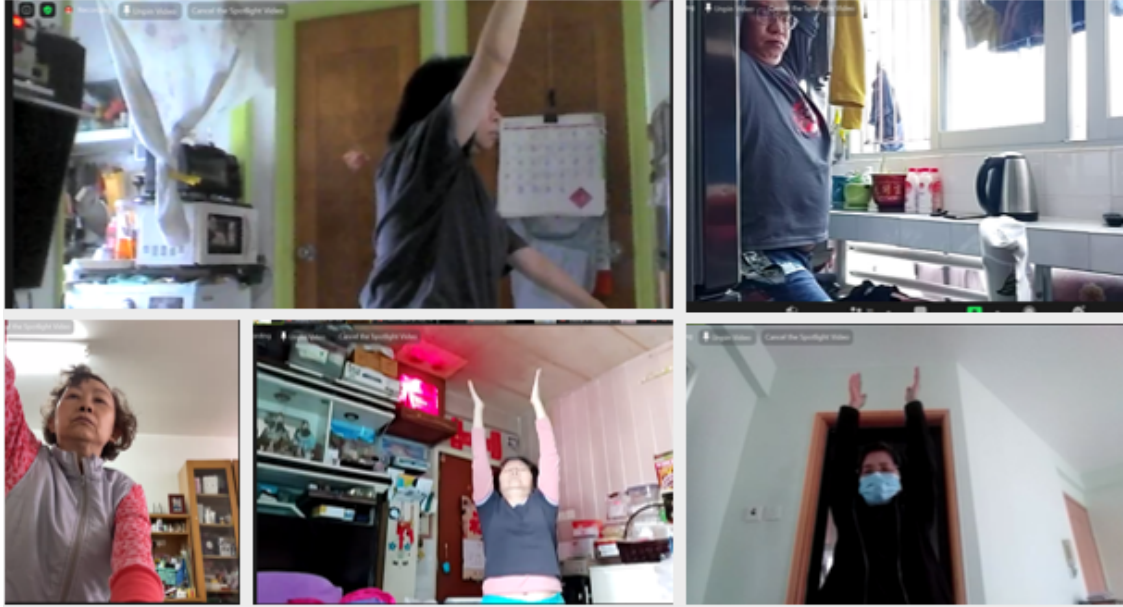


全心傳電 愛·連繫 線上共融體驗活動-瑜樂伽 Power Connect Connecting People with Love Digital Connect Activity - Silver Yoga



椅子瑜珈導師
Tutor of chair yoga
Cindy

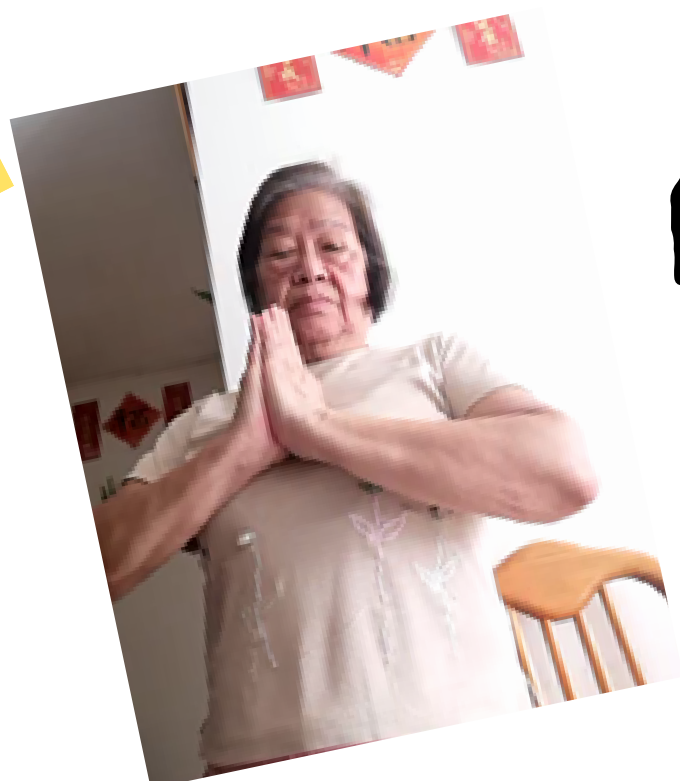
聲音導航
Voice navigated
Duncan



中電代表
On behalf of CLP
Joseph Lau

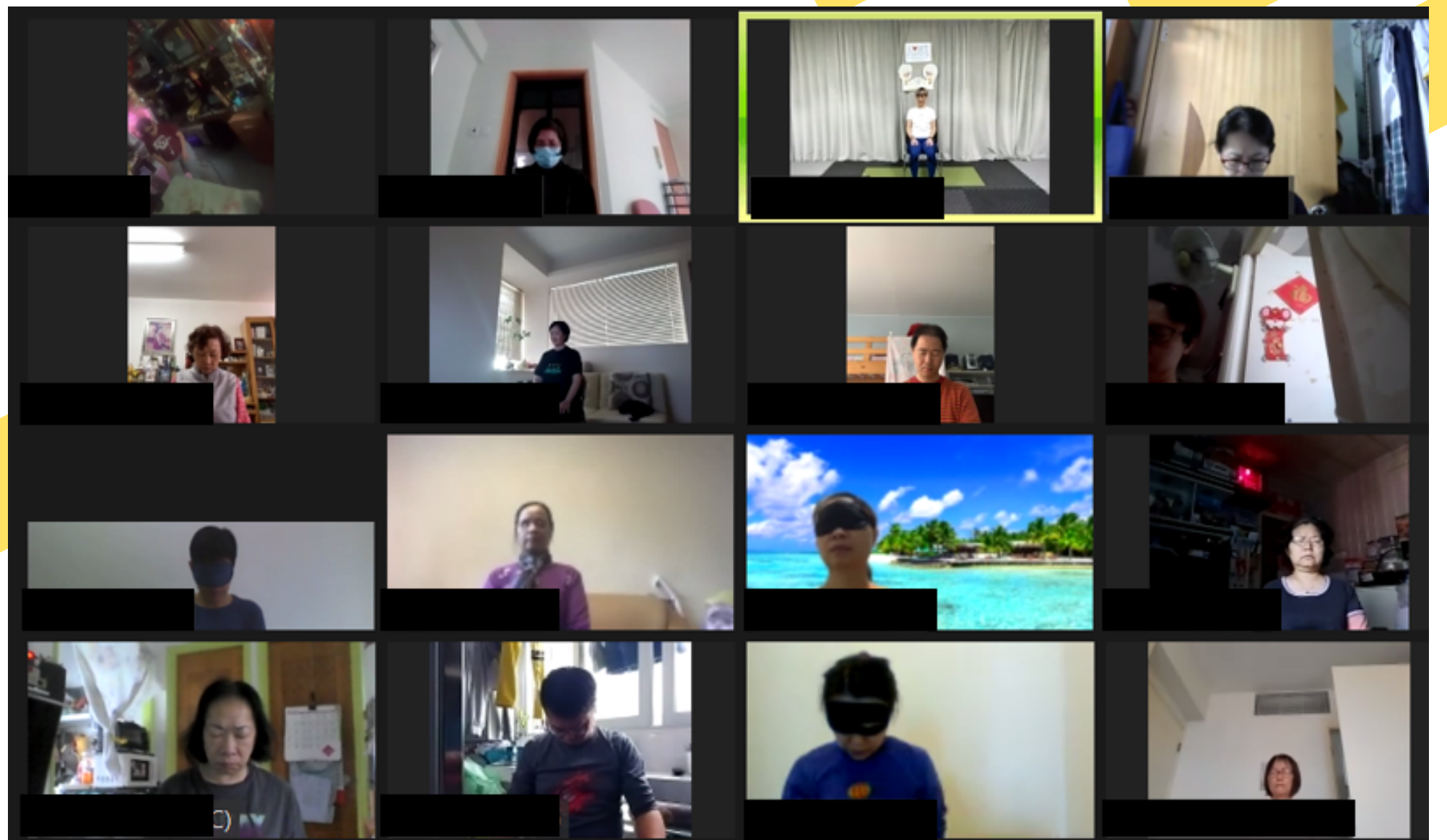
與「全心傳電」受助朋友（長者及視障人士）一同參與由聲音導航的椅子瑜珈，配合呼吸、沉澱覺知，為參加者各方面獲得最佳的平衡，釋放壓力改善身心健康，一起享受練習的歡愉時光。

Participants could experience a voice navigated chair yoga with Power Connect Beneficiaries (Elderly and people with visual impairment). By training respiration and perception, participants can release stress and achieve physical and mental balance.



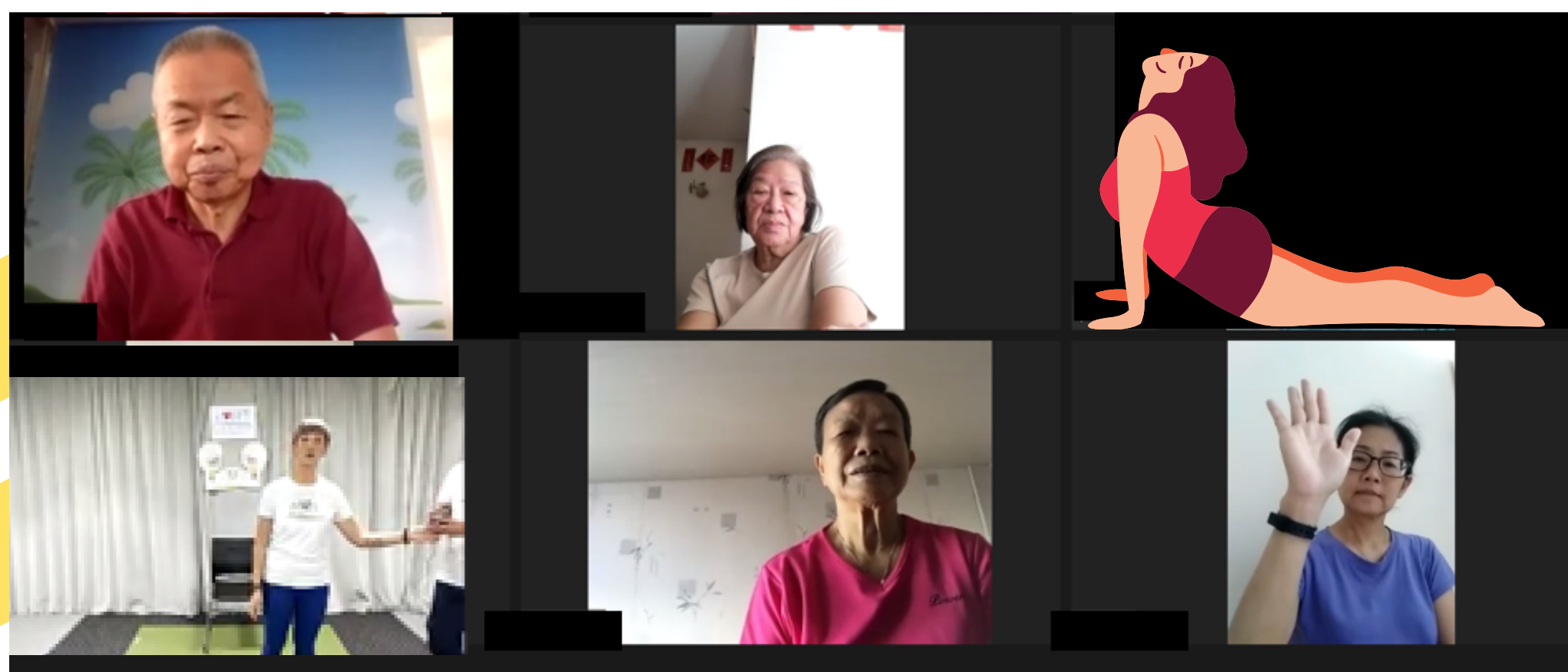
深度放鬆

Deep relaxation



訪問參加者

Interview with Participant



幫人。儲分

Help & Earn