



HKTV Yoga Workshop

HKTV has consistently encouraged Talents to take care of their physical and mental well-being. In celebration of Global Health Day, we organized basic yoga class for our Talents.

We invited professional yoga instructors to our Tseung Kwan O headquarters to conduct two yoga classes for our Talents. The classes primarily taught introductory yoga poses that help open up the shoulders and relieve tension, hoping that would assist Talents who maintain the same working posture for long periods or experience neck and shoulder stiffness, allowing them to find physical and mental relaxation and improve their personal health.