

主旨: HKUST Staff Association News - 28 Dec 2011

從: HKUST Staff Association <staff@ust.hk>

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到: staff-association-news-list@ust.hk

Dear Colleagues,

In this SA News, we'd like to inform you about the following:

1. **Tai Chi Class - 24式太極拳 (Revision), 楊式32式太極劍 (Jan - March 2012) - Recruitment of Members**
2. **Staff Tai Chi Class (Jan - Feb 2012) - Recruitment of Members**

Enquiry: staff@ust.hk

28 Dec 2011

1. **Tai Chi Class - 24式太極拳 (Revision), 楊式32式太極劍 (Jan - March 2012) - recruitment of members for new class**

Date: Wednesdays 4, 11, 18 Jan, 1, 8, 15, 22, 29 Feb, 7, 14, 21, 28 March 2012 (12 sessions)

Venue: LG1 Sports Hall Lobby

Time: Tuesday - 12:45pm to 1:45pm

Instructor: Senior Master Lam Yuen Wa

Medium of instruction: Cantonese

Fees: HK\$300, To be made by cheque payable to "**HKUST Staff Association**" and pass to the instructor at the first class. **Please write your name and Staff Association Membership number (same as your staff no.) at the back of the cheque.**

Enrollment and enquiry: Chris Tso eokytso@ust.hk

2. **Staff Yoga Class (Jan - Feb 2012) - recruitment of members for new class**

Date: Tuesdays 3, 10, 17, 31 Jan 2012 and 7, 14, 21, 28 Feb 2012 (8 sessions)

Venue: Activities Room, 1/F, University Center

Time: Tuesday - 5:45pm to 7:15pm

Capacity: 25 (First come, first served)

Instructors: Ellen Kong & Jack Chan

Certified Yoga teacher of International Sivananda Vedanta Centre in South India with many years of experience

Medium of instruction: Cantonese

Class level: Beginners to intermediate

Fee: **\$360** (SA member), **\$390** (non-member)** for 8 sessions (Please pay in **Full** sessions, i.e. **NO** pro

Fee should be made by cheque payable to "**HKUST Staff Association**" and pass to the instructor at the

Please bring your own yoga mat and towels.

Enrollment and enquiry: Jack Chan ejachan@ust.hk

Usage of the fees: For SA member, \$100 to be donated to Staff Association. For non-member, \$130 to be donated to Staff Association. The remainder is teacher fee.

*** (i) Non-members of the Staff Association may join the Staff Association to enjoy the member rate as well as other member benefits. Family of our staff could also join as an Associated Member. ANNUAL*

membership fee for both membership type is the same which is \$30. SA membership application form can be downloaded from <http://www.ust.hk/~webstaff>. (ii) Fee should be made payable to the "HKUST Staff Association" by cheque (please write your name, staff no. / Staff Association membership number at the back of the cheque) and pass to the instructor at the first class if you could come.

For further enquiries, please email to "staff@ust.hk".