

主旨: HKUST Staff Association News - HKUST Dragon Boat Team and Staff Yoga

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日期: 15/3/2013 8:17

到: <staff-association-news-list@ust.hk>

副本 (CC): <staff@ust.hk>

Dear Colleagues,

In this SA News we would like to inform you about:

Introduction to HKUST Dragon Boat Team
Staff Yoga - New Members Recruitment

Enquiry: staff@ust.hk

HKUST Staff Association
3-15-2013

Introduction to HKUST Dragon Boat Team

Please visit the following webpage for information about the HKUST Dragon Boat Team

<http://staff.ust.hk/pdf/Dragon%20Boat%20Team%20Introduction%202013.pdf>

Staff Yoga – New Members Recruitment

Date: Mar. 26; April 2,9,16,30; May 7,14 (7 classes)
Venue: Rm LG 1027 opposite SH Ho Multisport Hall

Time: Tuesday - 5:45pm to 7:00pm

Donation: **\$50 x 7 lessons**
\$350 (SA member), \$380 (non-member)**
Please pay in **Full session donation**; i.e. **NO prorata donation please**

Seats: 25 (first come first serve for registration)

Instructors: Ellen Kong & Jack Chan
Certified Yoga teacher of International Sivananda Vedanta
Centre in South India with many years teaching experience

Instruction medium: Cantonese

Class content: Beginners to intermediate

Donation should be made to the name of "**HKUST Staff Association**" by cheque and pass to the instructor at the first class if you could come or if not, please send the cheque by internal mail (address: Rm LG5001, FMO. Attn. Jack Chan)

Please write your name and staff Assoc. membership number (same as your staff no.) at the back of the cheque.

Usage of the donation:
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.

** Non-member 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>