

主旨: HKUST Staff Association News - HKUST Staff Yoga Class Member Recruitment

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

日期: 24/3/2014 13:57

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

Dear Colleagues,

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

1. Staff Yoga – Recruitment of Member for New Class

Enquiry: staff@ust.hk

March 24, 2014

1. Staff Yoga – Recruitment of Members for New Class

Note from the Instructor:

New section of Monday Staff yoga class will be continued on April 2014 thru July 2014.

Please note that the class time will be **one and half hour starting at 5:45pm till 7:15pm**, and the session will be a bundle of 12 classes in 4 months time. Please read underneath for the detail of the class.

##Note: in past since quite some successful registrants did not show up on classes and their vacant seats were too late to be passed to registrants on waiting list after the yoga section opened. This time new registration procedures will be adopted as follows:

Stage 1. Maximum number of enrollment will be 35. Before 28 Mar., 2014, registration is on first come first basis by email to me and also to confirm the registration by sending full donation check of \$600 to me via internal mail (address: Rm LG5001, FMO. Attn. Jack Chan). The check should reach me before 5pm on 28 Mar, 2014 and we will assume all those registrants who did not send checks to meet the said time deadline no longer be interested in the class and their seats will be passed to people on waiting list. Donation check should be addressed to the name of "HKUST Staff Association". Please write your name and staff Assoc. membership number (same as your staff no.) at the back of the check.

Stage 2. The successful applicants in Step 1 will be informed on or before 30 March, 2014 by email.

Stage 3. After 28 Mar. if seats left available, registrants on the waiting list will be informed to confirm their seats, again by sending in checks before the class.

best regards,
Jack

Date: Apr. 7, 14, 28; May 5, 12; Jun 9, 16, 23, 30; Jul 14, 21, 28 (12 classes), Mondays

Venue: Rm LG 1027 opposite SH Ho Multisport Hall

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

Class Fee: **\$50 x 12 lessons. Total \$600**

Seats: 35 (first come first serve for registration)

Level: elementary to intermediate level

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

Payment should be made by cheque payable to "**HKUST Staff Association**". Pass the cheque to the instructor at the first class or send the cheque by internal mail to : 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.

Breakdown of Class Fee:

For SA member, \$120 will be donated to Staff Association.

For non-member, \$150 will 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://staff.ust.hk>

Further information, enquiry and enrollment: Mr. Jack Chan, email: ejachan@ust.hk, phone: X6506
All staff, faculty and family members are welcome.