



Stay Healthy Lunchtime Lessons



We hope everyone will stay healthy and safe under the pandemic and work-from-home situation!

The Staff Association has invited some instructors of our staff classes to offer a series of online (Zoom) Stay Healthy Lunchtime Lessons to colleagues. These lessons are free of charge, and no registration is required. Simply join with your UST email account and the passcode at the date and time shown. All are welcome to join! English-speaking colleagues may join this class too if you would like to follow the movements and practise the health exercise.

Stay Healthy lunchtime Lessons (1)

Topic: Liu Zi Jue (Six- Character Formula)

Date: 24th Feb 2022 (Thu)

Time: 1pm-2pm

Zoom: <https://hkust.zoom.us/j/94631637295?pwd=WFVHeIFPWVA3R2haQXJZY05NMUZUdz09> (Meeting ID: 946 3163 7295

Passcode: 6666zi)

Instructor: Master Kai-Lung Ha, Instructor of Tai Chi Class

Language of instruction: Cantonese

Liu Zi Jue is a popular Tai Chi Qi Gong practice. It is a health exercise based on the 6-charactered formula of breathing and body movements. In this session, Master Ha will teach you how to practise this health exercise step by step.

Master Kai-Lung Ha is a Fitness Exercise Therapist, Registered coach of Chinese *Wushu* Association, and the World Kuo Shu Federation Referee. He received his Master's Degree from the Shanghai University of Sport.

午間保健課堂

我們祝願大家於疫情及在家工作中都能夠保持健康平安!

教職員協會特別邀請幾位運動員班導師為各位同事安排一系列午間線上 (Zoom) 保健課堂。午間課堂完全免費、亦無需報名。只需按上課日期及時間以科大 電郵和登入密碼進入Zoom 連結。歡迎大家參加!

午間保健課堂 (一)

太極氣功 (六字訣)

日期: 2022年2月24日 (星期四)

時間: 下午1-2時

Zoom: <https://hkust.zoom.us/j/94631637295?pwd=WFVHelFPWVA3R2haQXJZY05NMUZUdz09>

(會議編號: 946 3163 7295 登入密碼: 6666zi)

導師: 夏啟龍 師傅, 太極班導師

語言: 廣東話

「六字訣」是一種受歡迎的太極氣功。在呼氣的同時, 結合默念「噓、呵、呼、咽、吹、嘻」六個字的讀音進行鍛鍊的呼吸吐納養生健身法。夏師傅會在課堂中詳細教導大家如何鍛煉。

夏啟龍師傅簡介:

<https://www.youtube.com/watch?v=joc8wF8WVQ8>



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