

(Chinese version follows the English one) (中文版在英文版本之後)



HKUST Staff Association
香港科技大學教職員協會

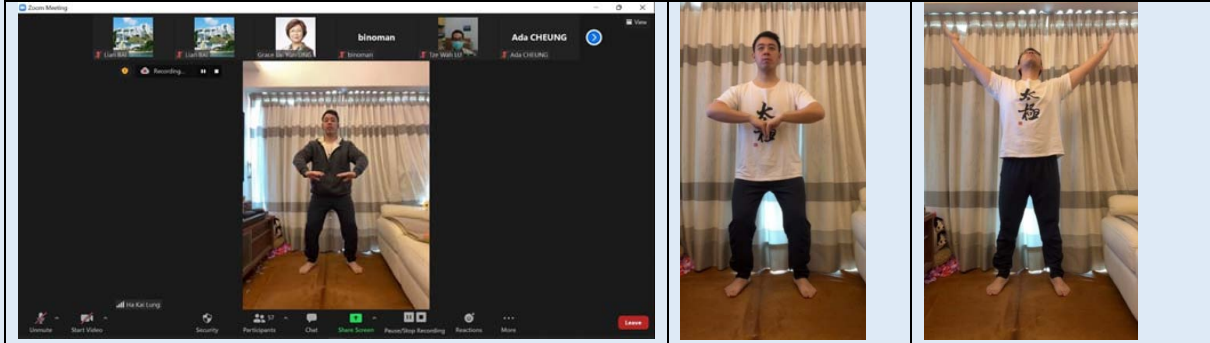


Newsletter Issue: 28 Feb 2022

SA Tai Chi Class Recruitment (March -April)

SA Tai Chi Class is recruiting new participants for a course of 12-Duan Jin via Zoom in March and April. Click [here](#) for more details.

Many thanks to Master Ha Kai-lung's clear demonstration on 24 Feb. 60 colleagues had a good health exercise of the 6-character Formula in breathing and body movements. Below are some snapshots.



Stay Healthy Lunchtime Lessons (2) Yoga at Your Desk

Date: 14th March 2022 (Mon.)

Time: 1pm - 1.45 pm

Zoom: <https://hkust.zoom.us/j/4396750787> (Meeting ID: 439 675 0787)

Instructor: Melissa Megan, Instructor of SA yoga class

Language of instruction: English



Free of charge, no registration is required. All are welcome.

Please join with your UST email account.

PLEASE HAVE A YOGA STRAP, TIE, SOFT BELT OR SMALL TOWEL TO USE IN THIS SESSION.

Melissa will take us through a sequence of stretches and poses that can be done at your desk or in a small space —no mat required. The mostly seated poses will stretch and release tension in hands, shoulders, neck and back muscles —the muscles that get tight and sore as we spend long hours online working from home nowadays. We will also do some short, guided breathing and meditation exercises.

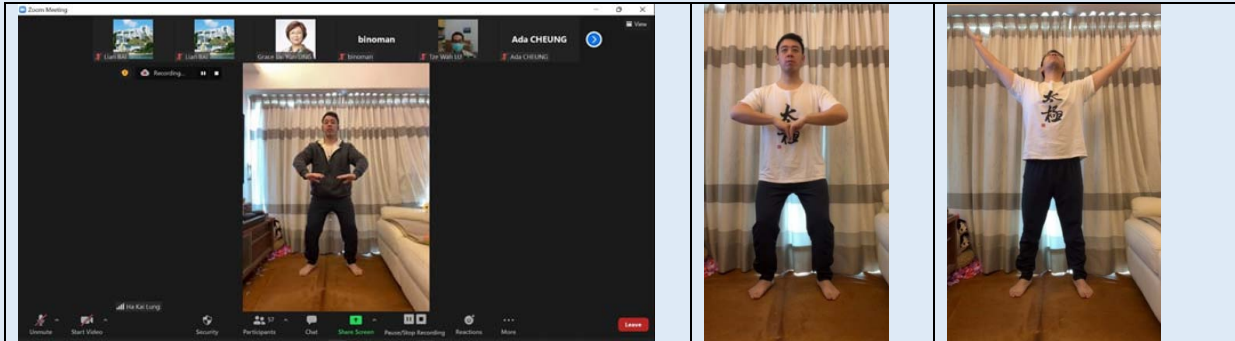
Melissa is Yoga Alliance qualified instructor. She has completed 200 hours of basic teacher training. She has also completed training in Restorative Yoga.



太極班招生

教職員協會太極班現招收3月至4月新學員。將以Zoom教授十二段錦課程。有興趣同事可瀏覽[此連結](#)內詳情。

非常感謝夏啟龍師傅在2月24日在線上課堂中詳細教導大家如何用太極「六字訣」，鍛煉呼吸吐納養生健身法。60位同事參加，非常投入，裨益良多，下面是一些相片。



午間保健課堂 (二) 辦公桌瑜伽

日期：2022年3月14日 (星期一)

時間：下午1時至1時45分

Zoom: <https://hkust.zoom.us/j/4396750787> (會議編號: 439 675 0787)

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教練：Melissa Megan，教職員協會會瑜伽班導師

上課語言：英語

費用全免，無需報名。歡迎大家參加!



Melissa 將帶領我們完成一系列伸展運動和姿勢，這些伸展運動和姿勢可以在您的辦公桌或小空間完成，無需瑜伽墊。大多數座椅上姿勢會伸展和舒緩手部、肩部、頸部和背部肌肉的繃緊。這些肌肉在我們今天長時間於家中上網工作時，往往會變得繃緊和酸痛。在指導下我們也會做簡短的呼吸和冥想練習。

Melissa是Yoga Alliance (瑜伽聯盟)的合格教練，她已完成 200 小時的基礎教師培訓，並完成修復瑜伽的培訓。



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