

SA Yoga Class

This class is taught by Melissa Megan. Melissa is Yoga Alliance qualified instructor. She has completed 200 hours of basic teacher training. She has also completed training in Restorative Yoga and Pranayama (breathing).

Melissa's classes are a combination of Vinyasa and Yin/Restorative Yoga. Vinyasa is a style of Yoga that links movement to breath and can be quite dynamic. Yin Yoga is slower-paced and involves holding poses for longer to stimulate what are known as the 'meridians' in Chinese medicine. Most sessions will be approximately half gentle stretching and relaxation, and half faster-paced and more invigorating. All classes will have an emphasis on building strength and increasing flexibility and movement. During sessions, you will find your own calm and clarity; you will unwind and destress.

Level: Beginner to Intermediate

Date: Wednesdays on the following dates in the Fall semester

September 3, 10, 17, 24

October 8, 15, 22

November 5, 12, 19, 26

December 3

(12 classes)

Time: 6 pm (but please arrive a little early to relax before the class is started)

Venue: LG4204

Language: English

Quota: max 25

Fee:

Member: \$780, Non-member: \$810 (including additional \$30 SA administration fee per course.)

Remark: All class fees except SA admin fees will be donated to the charitable organization, Build Your Future Today, Cambodia <https://www.buildyourfuturetoday.org/>

Registration: Use this link to

register: https://ust.az1.qualtrics.com/jfe/form/SV_d0a8yv7SCWxiWrk on or before 9 am on Sep 1 (Monday)

Registrations will be processed on a first-come, first-served basis and will be confirmed by noon on Sep 2.

All participants should be faculty/staff of the University or Full/Associate Member of Staff Association. Priority will be given to Members/Associate Members of Staff Association.

Non-members may join the Staff Association to enjoy the member rate as well as other member benefits. Annual membership fee is \$30. SA membership application form can be downloaded from : http://staff.ust.hk/membership_form.html

Equipment: All participants are required to bring their own mat. Melissa would like participants to also bring at least one yoga block and strap (see below) for use each class. These can be purchased at Decathlon <https://www.decathlon.com.hk/>

Class Enquiry: Melissa lcmegan@ust.hk



Yoga block



Yoga strap