

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

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

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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

Jan 6, 2014

1. Staff Yoga – Recruitment of Members for New Class

The new session of Staff yoga from is starting from January 13, 2014 thru March 2014 (total 10 classes). The detail is as underneath. If you are interested to join, please send an email to eojachan@ust.hk for registration.

Please note that the class time will start SHARPLY at 5:45pm till 7:15pm (1.5 hours). Part of the class fee will be donated to the Staff Association(Please see the detailed breakdown below)

Date: Jan. 13, 20, 27; Feb. 10, 17; Mar. 3, 10, 17, 24, 31 (10 classes), Mondays

Venue: Rm LG 1027 opposite SH Ho Multisport Hall

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

Class Fee: \$50 x 10 lessons. Total \$500

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

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, \$100 will be donated to Staff Association.

For non-member, \$130 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.