

SA Lunch Talk (Jan 23): Traditional Snake Crane Wing Chun Jong Kung and Health | 科大教職員會午間講座 (1月23日) : 傳統蛇鶴詠春椿功與健康

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Staff Association HKUST

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Dear Colleagues,

In this HKUST Staff Association (SA) News, we would like to share with you the following:

SA Lunch Talk: Traditional Snake Crane Wing Chun Jong Kung and Health

Date: January 23, 2017(Mon)
Time: 1:00pm-2:00pm
Venue: Room 6573 (close to lifts #29-30)
Language: Cantonese
Speaker: Mr. Wayne Yung

What is the YeeJeeKimYeung stance's functionality? How could qi be developed via a simple stance, YeeJeeKimYeung ? A simple workshop will be conducted along the talk. Audience can feel what qi is and how our body could be warmed up with this simple stance.

Jan 17, 2017
HKUST Staff Association

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