

(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 Mar 2022

### Reminder: Basic Karate-Do Exercise Stay Healthy lunchtime Lessons (3)

30 March 2022 (this Wednesday) 1pm - 2pm

Zoom: <https://hkust.zoom.us/j/96540174680?pwd=WTZWT2ZxR1pIT1N5eTNDWXBFOUxFTUT09>

(Meeting ID: 965 4017 4680 Passcode: 20220309k)

All are welcome. Please join with your UST email account. Hope to see you there.

\*\*\*\*\*

### Dance with positive energy Stay Healthy lunchtime Lessons (4)

Life is full of negative energy, how can we relax and reduce stress?

Many studies have pointed out that dance is one of the most effective ways to boost positive energy. Now you have the opportunity to experience this. Through beautiful dance steps, dance your body to drive away the negative energy! No dancing experience required!



Date: 14<sup>th</sup> April 2022 (Thurs.)

Time: 1-2 pm

Zoom: <https://hkust.zoom.us/j/6943603428?pwd=NEw0eEhjcEI3NWZm85L3hEdS9sdz09>

(Meeting ID: 694 360 3428 Passcode: 423692)

Instructor: [Eric Lau](#), Creative Director of [MMDT](#), Choreographer, experienced teacher of Modern and Jazz Dance

Language of instruction: Cantonese

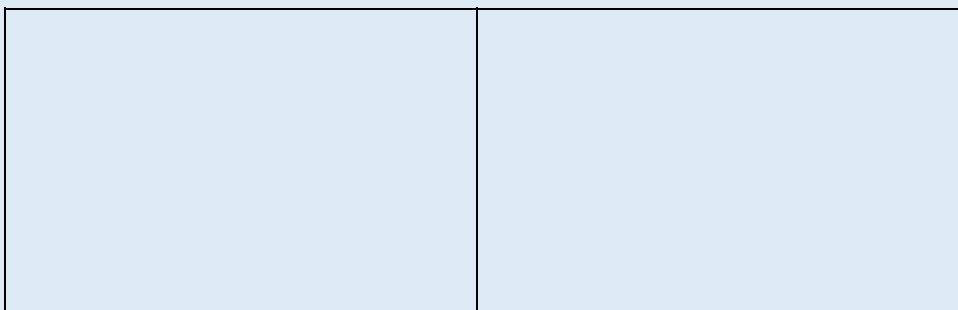
Free of charge. All UST staff and SA members are welcome.

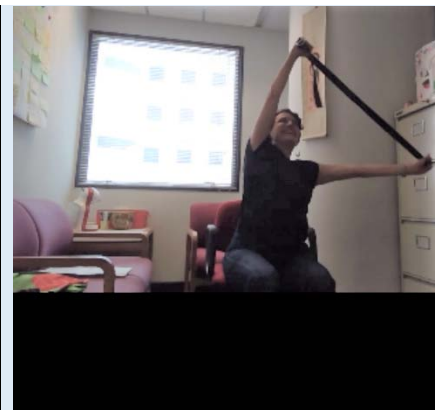
Click here to register: [https://ust.az1.qualtrics.com/jfe/form/SV\\_86Tz08V9pjWYqHQ](https://ust.az1.qualtrics.com/jfe/form/SV_86Tz08V9pjWYqHQ)

\*\*\*\*\*

### Snapshots of Yoga Lunchtime Stay Healthy Lesson

Thanks to Melissa Megan's instruction, over 40 colleagues learnt how to do Yoga exercise in sitting and stand-up postures on 14 March. Everybody had a relaxing lunch hour lesson.





Stay healthy and see you in our upcoming stay healthy lessons.



HKUST Staff Association  
香港科技大學教職員協會



會訊 2022年3月28日

### 溫馨提醒: 基本空手道練習 午間保健課堂 (三)

3月30日(本星期三) 下午1-2時

Zoom: <https://hkust.zoom.us/j/96540174680?pwd=WTZWT2ZxR1pIT1N5eTNDWXBFOUxFTUT09>

(Meeting ID會議編號: 965 4017 4680 Passcode登入密碼: 20220309k)

歡迎大家參加, 請以您的科大電郵帳戶登入, 到時見。

\*\*\*\*\*

### 舞動正能量

### 午間保健課堂 (四)

生活充滿負能量, 怎樣可以鬆一鬆、減減壓呢?

不少研究指出, 舞蹈是最有效提升正能量的方法之一。

現在你有機會可以體驗一下, 透過優美嘅舞步, 舞動身體, 驅走負能量!



日期: 2022年4月14日 (星期四)

時間: 下午1時 至2時

Zoom: <https://hkust.zoom.us/j/6943603428?pwd=NEw0eEhjcE13NWZhZm85L3hEdS9sdz09>

(會議編號: 694 360 3428 Passcode: 423692)

導師: [劉正文](#), [舞動奇蹟公司](#)總監, 編舞家, 現代舞及爵士舞經驗舞蹈教師。

授課語言: 廣東話

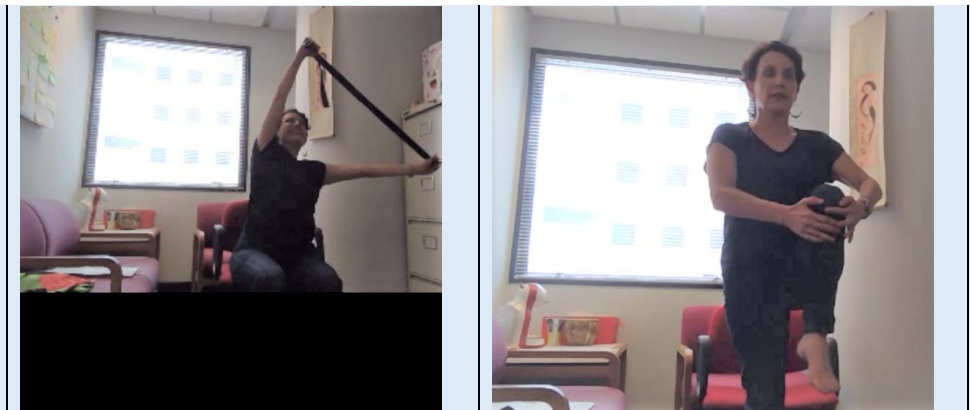
費用全免, 無需任何跳舞經驗, 歡迎大家參加!

點擊這裡報名: [https://ust.az1.qualtrics.com/jfe/form/SV\\_86Tz08V9pjWYqHQ](https://ust.az1.qualtrics.com/jfe/form/SV_86Tz08V9pjWYqHQ)

\*\*\*\*\*

### 午間瑜伽保健課堂剪影

多謝Melissa Megan 的指導, 同事們在3月14號課堂學習了如何做坐立姿勢的瑜伽。大家一起度過一個舒暢的午間課堂。



祝你身體健康，希望在保健課堂見到你。



Latest News



Join Us



Contact Us

Website 網站: <https://staff.ust.hk/index.html>

Inquiry 查詢電郵: [staff@ust.hk](mailto:staff@ust.hk)