



Recruitment for SA Classes (May - July 2022)

Colleagues are welcome to enroll for the SA classes below in May to July:

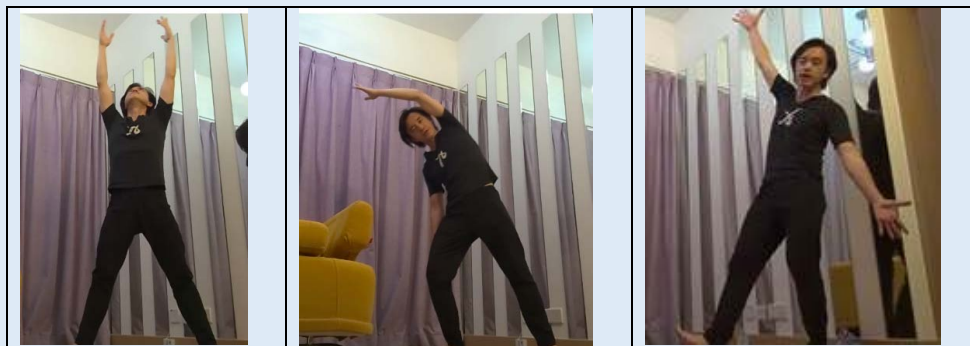
- Karate, Wushu Nanquan, Yoga

Please click this link for details: <https://staff.ust.hk/interest.html>

Notes:

1. All new and existing participants will need to register.
2. First-come-first-served. Priority will be given to SA members.
3. All participants must be faculty/staff or SA Member/Associate Member. Non-members are welcome to join Staff Association. Application form can be downloaded from: https://staff.ust.hk/membership_form.html

Snapshots of Dance Lunchtime Stay Healthy Lesson 4:



Thanks to Eric Lau for offering us a special dance lesson on 14 April. Over 20 colleagues followed his lead to release our tension and negative energy through slow and strong rhythms of music, ending with meditative steps to refill positive energy. Colleagues could continue regular practice after the lesson.



科大教職員協會興趣班招募 (2022年5月至7月)

科大教職員協會以下興趣班歡迎各位同事報名參加5月至7月的活動:

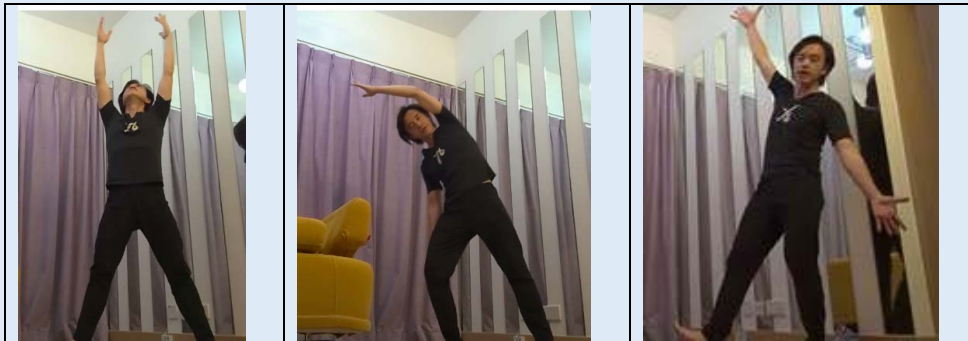
- 空手道、武術「南拳」、瑜珈

詳情請參閱網頁: <https://staff.ust.hk/interest.html>

註:

1. 新舊成員均須報名, 先到先得. 會員優先。
2. 參加者必須是教職員或本會會員/附屬會員。歡迎非會員加入本會。每年會費30元。
3. 申請表格可在網址下載: https://staff.ust.hk/membership_form.html

午間保健課堂 (四) 舞動正能量花絮照片



多謝劉正文先生在4月14日為我們上了一節特別的舞蹈課。廿多位同事學習了如何透過快慢節奏的音樂去放鬆身心和釋放負能量，再利用冥想注入正能量。同事們課後也可以繼續恒常練習。



Website 網站: <https://staff.ust.hk/index.html>
Inquiry 查詢電郵: staff@ust.hk