

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.

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 Level

Date: Mondays on the following dates of 2020:

Nov 2, 9, 15, 23, 30

Dec 7

Time: 6:00 p.m.to 7:00 p.m.

Venue: Room LG5201, access via entrance of LG5 Student Amenities next to McDonald's.

Language: English

Quota: max 12 (subject to Covid-19 venue regulation)

Fee:

Member: \$390

Non-member: \$420 (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: Please reply by return to this email on or before 2 pm on 22 October (Thu).

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. **If registrations exceed the quota, a lucky draw will be conducted and results will be announced by 27 Oct ((Tue).**

Non-member 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

Convenor: Alice Ho, LIB

Class Enquiry: lcmegan@ust.hk