

SA Yoga Class (Monday) 瑜珈班(星期一)

The SA Yoga Class is taught by Ellen Kong and Jack Chan, certified Yoga teachers of International Sivananda Vedanta Center in South India with many years of teaching experience. All staff and family members are welcome to join.

- Level: Elementary to Intermediate Level
- Date: Mondays on the following dates of 2018: Sep. 3, 10, 17; Oct. 8, 15, 22, 29; Nov. 5, 19, 26; Dec. 3, 10, 17
- Time: 6:00 p.m. to 7:30 p.m.
- Venue: LG 3002; Activities Rm 101 at UC (for Dec. classes only)
- Language: Cantonese
- Quota: 25 (Priority will be given to SA members on a first-come-first-served basis. If enrollment is overwhelming, successful registrants will be informed to pay class fee by cheque after registration deadline for reservation. When payment is not received after payment deadline, those seats will be given to registrants on waiting list.)
- Fee: Member: \$780; Non-member: \$810 (including \$30 administration fee for non-member).
 - Remark: Part of the fees will be donated to the Staff Association, the balance is teacher fee.
 - NOTE: please write the donation cheque to CHAN HUNG KI as addressee
- Registration: <https://goo.gl/forms/eTtn9TL06IDcuR173>
- Registration Deadline: 27 Aug., 2018
- Convenor: Jack Chan/FMO
- Class Enquiry: Email ejachan@ust.hk

教職員協會瑜珈班由具任經驗及專業資格的江寶珍及陳鴻基任導師，歡迎教職員及家屬參加。

- 程度：初級至中級
- 日期：2018的星期一：9月03, 10, 17; 10月08, 15, 22, 29; 11月5, 19, 26; 12月3, 10, 17
- 時間：下午 6:00 至下午 7:30
- 地點：LG 3002 室; 大學中心一樓活動室 101 號(只是 12 月份的 3 課)
- 語言：廣東話
- 費用：會員: 780 元; 非會員: 810 元 (包含 30 元非會員行政費), 部分學費捐予本會, 餘額為導師費。
 - 注意: 捐款支票抬頭請寫 "陳鴻基"
- 報名方法：<https://goo.gl/forms/eTtn9TL06IDcuR173>
- 名額: 25 人 (教職員協會會員優先, 若報名人數超額, 本會將於報名截止後電郵通知成功報名人士交付學費支票以示留位, 過期未交付學費支票會視為棄權而其位置將會讓給輪候的其他報名者)
- 截止日期: 2018 年 8 月 27 日
- 召集人: Jack Chan/FMO
- 查詢: 電郵 ejachan@ust.hk