



# 香港中文大學職員協會

## 午間瑜伽班 (A / C)

HATHA YOGA 哈達瑜伽，是瑜伽學習的基礎課程，課程包含基礎體位法、拜日式和簡單的呼吸法，也包括有一連串的瑜伽流動式子，站立式子，腹部訓練等等。此課程由淺入深，適合所有人仕。

瑜伽的體位法可促進血液循環，靈活關節，提升力量，增加柔韌度、改善姿勢，減肥收腰，強化身體，鬆弛神經，舒緩壓力，寧神安睡，舒緩痛症(如坐骨神經痛，腰背痛 及肩頸痛等)，改善平衡力。定期練習瑜伽能夠讓身、心、靈達至平衡效果。

導師：Ms. Josephine Cheng (Yoga Alliance 國際認可 500 小時瑜伽導師)

班別：	A 班 (逢星期三)	C 班(逢星期五)
日期：	06/8-22/10/2025 (共9堂) (17/9, 01/10, 15/10除外)	01/8-31/10/2025 (共14堂)
費用：	會員:\$405	會員:\$630
	非會員:\$455	非會員:\$680

時間： 13:00 - 14:00 (準13:05開始)

地點： 富爾敦樓 307 室

截止日期：25/7/2025

備註： 自備瑜伽墊、毛巾

查詢： 關小姐/林小姐 電話：3943 0806 傳真：2603 6363

(辦公時間：星期一至五 上午十一時至下午六時)



### 午間瑜伽(A / C)班

本人擬參加香港中文大學職員協會主辦之午間瑜伽班(A / C)班 (請圈出報讀班別)

付款方法：(請填妥以上表格) **\*\*付款後務必收到本會收據方為作實\*\***

- 繳付支票：連同表格交職協 (支票抬頭：香港中文大學職員協會/Staff Association of the CUHK)；
- 繳付現金：連同表格交職協關小姐/林小姐辦理 (11:00 - 18:00)；
- 銀行入數：恆生銀行帳戶簡稱 STAFF ASSN OF CUHK/帳號 293-282828-002 入數收據連同表格遞交職協：

WhatsApp 9188 8758 或 傳真 26036363 或 電郵 [staff-association@cuhk.edu.hk](mailto:staff-association@cuhk.edu.hk)

**\*\*\*使用銀行櫃檯入帳，將收取\$30 銀行服務費\*\*\***

會員姓名：\_\_\_\_\_ 會員編號：\_\_\_\_\_

部門：\_\_\_\_\_ 聯絡電話：\_\_\_\_\_

現金/支票(號碼：\_\_\_\_\_)日期：\_\_\_\_\_

電郵地址：\_\_\_\_\_



# Staff Association of CUHK

## Noon Yoga Class (A / C)

HATHA YOGA is the basic course of yoga learning, including basic asanas, sun salutation and simple breathing, as well as a series of yoga flow poses, standing poses, abdominal exercises and so on. This course is suitable for everyone, from shallow to deep.

The posture of yoga can promote blood circulation, flexible joints, enhance strength, increase flexibility, improve posture, lose weight and lower waist, strengthen the body, relax nerves, relieve stress, calm the mind and sleep, relieve pain (such as sciatica, low back pain, shoulder and neck pain, etc.) and improve balance. Regular yoga practice balances body, mind and spirit.

**Instructor: Ms. Josephine Cheng** (“Yoga Alliance 500-hour Yoga Instructor”)

**Main Language of Instruction: Cantonese**

Class:	Class A (Wed)	Class C (Fri)
Date:	06/8-22/10/2025 (9 classes) (except 17/9, 01/10, 15/10)	01/8-31/10/2025 (14 classes)
Fee:	Member: \$ 405	Member: \$ 630
	Non Member: \$ 455	Non Member: \$ 680

Time : 13:00 – 14:00 (will start at 13:05 sharp)

Venue : Room 307, John Fulton Centre

Deadline : 25/7/2025

Remarks : Please bring your yoga mat and towel

**Enquiry: Ms Lam Tel: 3943 0806 Fax: 2603 6363**  
(Office Hours: 11:00 am - 6:00 pm/Mon - Fri)



### Noon Yoga Class (A / C)

I would like enroll the Noon Yoga Class **A / C** (please circle the selected class)

**Payment Method** \*\*You must receive a receipt from CUSA after payment\*\* :

- Pay by Cheque:** Please send the cheque (payable to “Staff Association of the CUHK”) with the enrollment form to CUSA (RM 308, John Fulton Centre);
- Pay by Cash:** Please submit the form and pay cash to Ms Kwan/Ms Lam at CUSA office (11:00 – 18:00);
- Bank Transfer:** Hang Seng Bank Account (Short Form/No : STAFF ASSN OF CUHK/024-293-282828-002)

Pls send the bank transfer record with the form to CUSA:

WhatsApp : 9188 8758 OR Fax : 2603 6363 OR Email : staff-association@cuhk.edu.hk

\*\*\*A bank service fee of \$30 will be charged for bank over-the-counter deposits\*\*\*

Name/Family Member : \_\_\_\_\_ Membership no. : \_\_\_\_\_

Dept : \_\_\_\_\_ Tel : \_\_\_\_\_ Date : \_\_\_\_\_

Cash/Cheque/Bank in (No: \_\_\_\_\_) Email : \_\_\_\_\_