



香港中文大學職員協會

午間瑜伽班 (A / B / 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)	B 班(逢星期四)	C 班(逢星期五)
日期：	05/6-28/8/2024 (共13堂)	06/6-29/8/2024 (共12堂) (13/6除外)	07/6-30/8/2024 (共13堂)
費用：	會員:\$585	會員:\$540	會員:\$585
	非會員:\$635	非會員:\$590	非會員:\$635

時間： 下午1時05至1時50分 (準時1時05分開始)

地點： 富爾敦樓 307 室

截止日期： 24/5/2024

備註： 自備瑜伽墊、毛巾

查詢： 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, B, 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 / B / C)班 (請圈出報讀班別)

付款方法：

1. 郵寄支票 支票抬頭「香港中文大學職員協會」，連同訂購表寄中大職協會址 (富爾敦樓 308 室) 或

2. 銀行入數 恆生銀行帳戶名稱/號碼：STAFF ASSN OF CUHK/293-282828-002

請將銀行入數收據紀錄及報名表格交予職協：(避免銀行收費，請勿於銀行櫃檯存款)

WhatsApp：9188 8758 或 傳真：2603 6363 或 電郵：staff-association@cuhk.edu.hk

3. 繳付現金 請交回富爾敦樓 308 室職協會所林小姐辦理。

查詢電話：2603 6600 / 傳真：2603 6363 / WhatsApp：9188 8758 (11:00 am - 6:00 pm Mon-Fri)

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 / B / 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 B (Thurs)	Class C (Fri)
Date:	05/6 - 28/8/24 (13 classes)	06/6 - 29/8/24 (12 classes) <i>(except 13/6)</i>	07/6 - 30/8/2024 (13 classes)
Fee:	Member: \$585	Member: \$540	Member: \$585
	Non Member: \$635	Non Member: \$590	Non Member: \$635

Time : 13:05 - 13:50 (will start at 13:05 sharp)

Venue : Room 307, John Fulton Centre

Deadline : 24/5/2024

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 / B / C)

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

Payment Method :

- Pay by Cheque** Pls send a crossed cheque (payable to “Staff Association of the CUHK”) to Room 308, John Fulton Centre OR
- Bank Transfer** Hang Seng Bank Account Name/No. : **STAFF ASSN OF CUHK/293-282828-002**
Pls send us the payment record and enrollment form by : **(DO NOT MAKE PAYMENT AT BANK COUNTER)**
WhatsApp : 9188 8758 OR Fax : 2603 6363 OR Email : staff-association@cuhk.edu.hk
- Pay by Cash** Pls pay cash to Ms. Lam at CUSA office (RM 308, John Fulton Centre).

Name/Family Member : _____ Membership no. : _____

Dept : _____ Tel : _____ Date : _____

Cash/Cheque (No: _____) Email : _____