

康樂會瑜珈班招生

時間：自 114 年 10 月 02 日至 114 年 12 月 30 日止(3 個月共 25 堂)

每週二、四中午 12:10 ~ 13:10

地點：綜合體育館三樓籃球場

**** (如遇疫情停課，不會退費，會於下期評估降低費用)**

課程簡介：

哈達瑜珈，強調體位法的練習，使身體從頭到腳都得以練習，改善身體不正確的姿勢，消除腰酸背痛，肩頸僵硬，進而達到身體與心靈舒服暢快的感覺。結合呼吸的調整，增加身體的含氧量，讓你更有活力去面對每天的挑戰。雕塑身體曲線，使身材更均勻，充滿信心，是很適合現代人來練習的瑜珈。

師資：張嘉惠老師（哈達瑜珈老師）

費用：**900 元**

報名：現場報名並繳交費用（繳費後領取上課證）

* 團購瑜珈墊一張 **730 元**（若有需要，請**提前**以 email 告知）

* 新生歡迎**免費體驗**一堂課。

*** 身體有特殊情況者，請於報名前事先告知。**

瑜珈班聯絡人：杜淑卿

E-mail：bmi.vy@ibms.sinica.edu.tw

Kangle Club Yoga Class Enrollment

Duration: From Oct. 2, 2025, to Dec. 30, 2025 (3 months,
25 sessions in total)

Schedule: Tuesdays and Thursdays, 12:10 PM - 1:10 PM

Location: 3rd Floor Basketball Court, Gymnasium

(Note: No refunds if classes are suspended due to an epidemic; the cost will be evaluated and adjusted for the next session)

Course Description:

Hatha Yoga focuses on practicing asanas (postures) to engage the body from head to toe. It improves poor posture, alleviates back pain, and relieves shoulder and neck stiffness, promoting a sense of physical and mental well-being. By integrating breath adjustments, it increases the body's oxygen levels, giving you more energy to tackle daily challenges. It helps sculpt body curves, improves body proportion, and boosts confidence, making it ideal for modern practitioners.

Instructor: Chang Jia-Hui (Hatha Yoga Teacher)

Fee: NT\$900

Registration: Register on-site and pay the fee (a class pass will be issued after payment)

*Group purchase of yoga mats: NT\$730 each (please notify us in advance by email if needed)

*New students are welcome to a free trial class.

*If you have any special physical conditions, please inform us before registration.

Contact for Yoga Class: Ivy Tu

E-mail: bmivy@ibms.sinica.edu.tw