

康樂會體適能瑜伽招生

- 一、時間：2026年3月18日起至3月22日，計10堂課；每週一與週三中午12:10 (or 12:15)至13:10 (or 13:15)，計1小時。
(4月6日春假,不安排課程)
- 二、地點：文哲所地下室多用途空間
- 三、師資：郭瓊玲(NIKE 簽約體適能推廣大使；美國運動醫學 ACSM 指導員合格證照；水適能協會常務監事；阿拉達娜古典舞蹈團長)
- 四、課程簡介：以傳統「哈達」(Hatha)，以及熱力四射的「阿斯唐伽」(Astanga) 瑜伽為基礎，再融入現代的運動醫學理論，強調以身體的正當線條為出發點來實施。故對於改善肌肉的不均衡，矯正脊椎的歪斜有極大的助益。
- 五、學費：3,000元。單堂課350元。
- 六、報名方式：
- (一) 以 e-mail 方式報名，請註明：姓名、所別、電話、e-mail、職稱
(眷屬或退休人員亦請註明)。
 - (二) 現場報名。
- 七、繳費方式：現場繳費。
- 八、招生對象：本院員工(含眷屬)。
- 九、備註：上課時，請自備瑜伽墊並著輕便服裝、飲料(水)。另可依需求準備有彈性的小圓球、大小毛巾、舊領帶或無彈性的舊布巾、彈力繩、小枕頭或瑜珈磚，於伸展時輔助之用。

聯絡人：王美雪

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Fitness Yoga Class Enrollment

1. **Schedule:** From Mar.18 to 21 (2026), totaling 10 sessions. Classes are held every Monday and Wednesday, from 12:10 PM (or 12:15 PM) to 1:10 PM (or 1:15 PM), lasting 1 hour each session.
2. **Location:** Multipurpose Room, Basement, Institute of Literature and Philosophy
3. **Instructor:**
Kuo Chiung-Ling
 - NIKE Contracted Fitness Promotion Ambassador
 - Certified Instructor by the American College of Sports Medicine (ACSM)
 - Executive Supervisor, Aquatic Fitness Association
 - Director, Aladana Classical Dance Troupe
4. **Course Introduction:**
Based on traditional Hatha Yoga and the dynamic Ashtanga Yoga, the course integrates modern sports medicine theories. Emphasis is placed on correct body alignment, making it especially effective in correcting muscle imbalances and spinal misalignments.
5. **Fee:** NT\$3,000 (NT350 per class)
6. **Registration Methods:**
 - (1) **Email Registration:** Please provide your name, department, phone number, email, and job title (family members or retirees, please indicate accordingly).
 - (2) **On-site Registration**
7. **Payment Method:** On-site payment
8. **Eligibility:**Open to Academia Sinica staff and their family members
9. **Note:**
Please bring your own yoga mat, wear comfortable clothing, and bring water or a drink. Additionally, you may bring optional props for stretching assistance, such as:
 - Flexible small balls
 - Large or small towels
 - Old neckties or non-elastic cloths
 - Resistance bands
 - Small pillows or yoga blocks

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