

Co-organised by



HKU
LAW



STRETCHING AT WORK

Date: 4 November 2022 (Fri)

Time: 1:00 – 2:00 pm

Format: Zoom

Language: English & Cantonese

Instructor: Ms Jennifer Hui

Fee: Free of Charge

Equipment: Only hand towel is needed

Exclusively for HKU Law Alumni

About the Instructor

Jennifer has been teaching yoga since 2007, she uses Iyengar teaching method to provide different levels/options to help each student to achieve the benefit of the posture. Her teaching direction is to help students to increase the flexibility, maintain good mobility in all joints, build up muscle stability to align the body to the most symmetrical condition. At this online workshop, Jennifer will teach us some techniques for relaxation and tips for good posture at work. You can attend this workshop online at your desk and except a hand towel, no extra equipment is required.

Register Here



Zoom link will be sent to successful registrants in due course

