HATHA YOGA & YIN YANG FLOW

at Stanley Ho Sports Centre

Our Yoga Teacher - Ms. Nadine Bubner

Nadine is originally from Berlin, Germany - has been resident of Hong Kong for 9 years where she completed her Hatha yoga (cert. RYT 200) and cert. Pre Natal yoga teacher training.

Yoga came into Nadine's life during her search for alternative forms of exercise and she has practiced ever since. Working in a stressful business role, she experienced the effects of yoga's calming and introspective qualities.

Enjoying the Triathlon experience while swimming, cycling and running - yoga could prove another time to be an excellent base to support the new needs of her body and mind. Furthermore it inspired her to share her yoga passion and experience by focusing her teaching abilities specifically to athletes and runners.

Hatha Yoga

Links traditional Hatha postures into a sequence of movements that flow naturally from one to the next. This eclectic class will explore variations of sun salutations, standing and seated poses along with body balancing. Connecting the breath with the movement of the body during the "flow" of yoga and deepening into the "stretch" allows energy to flow and provides relaxation for the busy mind.

Date: Every Monday
Time: 8:30 - 9:30am

Yin Yang Flow

Yin/Yang flow Yoga combines the balancing and complementary effects of passive (Yin) and active (Yang) postures. Together this practice cultivates a balance between decisive effort and surrender, movement and stillness and inner will and contemplation. This class is suitable for all levels. Moving with increased focus and intention to more strength building poses and closing with deeply held stretches. You will gain strength, flexibility and develop keen self-awareness as you learn to use your breath to flow.

Date: Every Thursday
Time: 8:30 - 9:30am

Venue: Multi-purpose Room, 2/F, Henry Fok Health & Fitness Complex
HATHA YOGA & YIN-YANG FLOW
At Stanley Ho Sports Centre

REGISTRATION FORM

PERSONAL INFORMATION
Title:  ☐ Prof.  ☐ Dr.  ☐ Mr.  ☐ Mrs.  ☐ Miss  ☐ Ms.
Surname: __________________________  Given Name: __________________________
Date of Birth: __________________________  Gender:  ☐ Male  ☐ Female
(DD/MM/YY)
Category:  ☐ Non-member  ☐ HKU Staff, Students and IHP Sports Members  Membership No.  ____________
Day Time Contact No.: __________________________  Mobile No.: __________________________
E-mail Address: ____________________________________________________________
Mailing Address: ____________________________________________________________
Emergency Contact: (Name) __________________________ (Contact No.) ____________
Do you have any past / present injuries/medical concerns that we need to pay attention to?
☐ Yes  ☐ No  Please describe if you tick “Yes” __________________________

REGISTRATION FEE (please put a ✔ in the box where applicable)

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Package Options</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Hatha Yoga / Flow  – Every Monday 8:30-9:30am</td>
<td>☐ 12 session package for HKU Staff, Students and IHP Sports Members</td>
<td>HK$ 1800.0</td>
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<tr>
<td>Yin/Yang Flow Yoga  – Every Thursday 8:30-9:30am</td>
<td>☐ 12 session package for Non-members</td>
<td>HK$ 2100.0</td>
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<tr>
<td>☐ Single Walk-in Session (upon availability)</td>
<td>HK$ 200.0</td>
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PAYMENT METHODS (payment receipt will only be provided upon request)
1. Cash - available for registrations submitted to our office in person.
2. Cheque - Please make the cheque payable to “The University of Hong Kong” and send it with the registration form to us by post / in-person.
3. Credit Card – Please fill out the payment authorization session below or come to the Office G-03, Henry Fok Health and Fitness Complex during our office hours (Mon. – Fri. 0900-1800).

LIABILITY WAIVER
I hereby affirm that I am in good physical condition to exercise. My participation is purely voluntary and in no way mandated by The University of Hong Kong.
Also, I understand that I can stop training anytime if I have any discomfort or even without any particular reason. In no event shall The University of Hong Kong, its officers, employees, or agents be held liable for any injury, death, or property loss which I may suffer during the activities if caused by either my own negligence, inadequacies in health and fitness or by accident.

Signature of Applicant: __________________________  Date ____________

Credit Card Payment Authorization

Type of Card:  ☐ VISA  ☐ MASTERCARD  ☐ JCB
Name of the Cardholder: __________________________________________________________
Credit Card Number: __________________________________________________________
Expiration Date (MM/YY): ____________ / ____________  CVC Code ____________
(last 3 digits number on the back of the card)
I hereby authorize The University of Hong Kong to charge my credit card in the amount and purpose stated above.
Cardholder’s Signature: __________________________  Date ____________