

# SFH更要動！

## 椅子瑜珈舒緩SFH的腰痠背痛

### Chair Yoga for Study from Home

在家學習經常坐，開始有腰痠背痛的情況嗎？一齊做瑜珈放鬆身心吧，無需要瑜珈墊，你只需要一張椅子，初學者也能參加！

**Do you have physical tension because of sitting for too long during study from home? Practice yoga with us and relax your body and mind. You only need a chair. Beginners can also join!**

**Week 9: 23 March 2022 (Wed) 1pm-2pm  
Zoom**

Apply Here




<https://bit.ly/3GiF8NI>



WPD Factor:

### Physical Fitness & Emotional Health

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Image: Freepik.com