

Stretch out the stress 練習瑜伽 養心健體

By Michael Gibb 文：鄭智友



Dr Justin Robertson
Justin Robertson 博士



Dr Roger Kwan Wai-hong
關偉康博士



Dr Alexandar Djordjevich
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Under a clear blue Kowloon Tong sky, more than 210 students and staff joined the first ever outdoor CityU Yoga Day organised by the Student Residence Office in early November.

The aim of the event, which featured teachers from India based in Hong Kong, was to raise awareness about the value of yoga as a means of relieving stress and reaching a state of wellness and peace of mind.

Some of the CityU staff participating in the event were yoga old-hands. Dr Justin Robertson, Associate Professor in the Department of Asian and International Studies, and residence master at Hall 10, has been practicing on and off for the past 15 years in Canada, Hong Kong and the UK.

“Yoga is a portable exercise that can be practiced on your own or with others,” he says. “It can be combined with Chinese forms of exercise such as tai chi and qigong. There are so many great teachers around the world, which makes the practice much better and easier.”

He is particularly drawn to headstands. “While roommates may think you are a little odd, I recommend headstands and handstands during exam period to energise oneself,” he says.

Dr Robertson noted that CityU Yoga Day attracted more female than male practitioners.

“I was struck by the 80–20 female–male ratio. Afterwards, I spoke to the teacher who noted that many more men than women practice yoga in India. So we hope to recruit more interested male yoga members to the CityU community,” he says.

Other resident masters were equally enthusiastic. “I would definitely recommend yoga to everyone,” says Dr Roger Kwan Wai-hong, a counsellor based in the School of Continuing and Professional Education who participated in the event.

He has been a residence master in Hall 7 for more than four years. A practitioner of Chinese martial arts for many years, he says Yoga Day was a very positive experience.

“I found it very encouraging to find so many residents taking part,” Dr Kwan says, especially because yoga can have such a positive effect on students’ studies and general well-being, he adds.

“Yoga can be seen at different levels for health improvement but also for self-cultivation which has a higher, nobler motive. To me, yoga follows the basic principle of stretching and relaxing the body. The movements make the body agile and activate the mind. The breathing exercise that is part of the yoga workout helps to balance the body and mind. We learn to work with the thoughts

in our mind by being focused and the body can learn to relax and become effective,” he says.

Whereas some participants such as Dr Robertson and Dr Kwan had tried yoga before, others were total novices.

Dr Alexandar Djordjevich, Associate Professor in the Department of Mechanical and Biomedical Engineering, and residence master of Hall 8, had never been near a yoga mat in his life.

But the experience was positive.

“I really enjoyed the stretching aspect of the yoga session,” he says. “It really was very useful, and something that I need to do!”

One of the guests of honour at the event was Mr Yogaraj CP, an Indian-born yoga teacher working in Hong Kong who recently set a world record for performing 40 hours of yoga non-stop, demonstrating more than 1,500 different yoga positions, called asanas.

He was joined by Professor Horace Ip Ho-shing, Vice-President (Student Affairs); Dr Raymond Chan Kwok-hong, Dean of Students; Dr David Cheng Xing, Associate Vice-President (Global Services); Mr Wilson Lam Kin, Director of Student Residence Office; plus a host of other VIPs including Mr Prashant Agrawal, Consul General of India, diplomats and business leaders. ●

11月初的九龍塘，碧空如洗，逾210名學生與教職員齊聚一堂，參加由學生宿舍處首次舉辦的城大瑜伽日活動。

這次活動由在香港工作及生活的印度籍導師帶領，旨在幫助大家深入了解瑜伽的價值，紓緩壓力，強身健體，靜心養性。

參加活動的一些教職員已修習瑜伽多年。亞洲及國際學系副教授Justin Robertson博士是第十座宿舍舍監。過去15年來，他曾斷斷續續在加拿大、香港及英國練習過瑜伽。

他說：「瑜伽是一項簡單易行的運動，可以單獨或多人同時練習；亦可以結合太極拳或氣功等中國養生功法。世界各地都遍佈瑜伽大師，使得瑜伽練習更加容易入門、有益身心。」

Robertson博士尤其喜歡練習瑜伽的頭倒立式。他說：「考試期間不妨練習頭倒立式和手倒立式，有助振奮精神，雖然練這種瑜伽姿勢可能令室友覺得奇怪。」

Robertson博士留意到，參加城大瑜伽日的女士要比男士多：「男女比例達到二比八，實在令我吃驚。後來我跟導師提起此事，他說在印度，練瑜伽的男士數目遠超女士；所以我們希望能夠在城大吸引更多男士對瑜伽產生興趣。」

其他舍監對瑜伽的熱心也毫不遜色。專業進修學院講師關偉康博士也參加了這次瑜伽日活動，他說：「我肯定會向大家推薦瑜伽。」

關博士擔任賽馬會群萃堂（第七座）舍監逾4年。他練習中國武術多年，認為瑜伽日的體驗很不錯。

他說：「見到這麼多舍友參與，我非常欣喜。」他補充道，瑜伽對學生的學業和身心健康都大有益處。

他又表示：「看待瑜伽的境界可高可低，從小處而言可強身健體，從大處而言可修心養性。就我自己來說，練瑜伽符合舒展與放鬆身體的原理。瑜伽動作能夠使身體敏捷，心靈活躍。瑜伽中的呼吸練習有助平衡身心，使我們的注意力集中，身體亦會逐漸放鬆，充滿活力。」

瑜伽日的參與者之中，部分已略懂瑜伽，比如Robertson博士和關博士，但也有許多新手。

機械及生物醫學工程學系副教授Alexandar Djordjevich博士是第八座宿舍的舍監，這是他第一次接觸瑜伽。他認為感覺良好：「我很享受瑜伽課程中的伸展動作，真的很有用，而且是我應該做的！」

Yogaraj CP 先生是參加瑜伽日的嘉賓之一。他是一位瑜伽名師，出生於印度，現時在香港任瑜伽導師。不久前，他連續40小時不停地表演瑜伽，展示了逾1,500個瑜伽的不同體式，創下世界紀錄。

參加瑜伽日活動的嘉賓還有：副校長（學生事務）葉豪盛教授、輔導長陳國康博士、協理副校長（環球事務）程星博士、學生宿舍處處長林健先生，以及幾位外交人員包括印度駐港總領事Prashant Agrawal先生，與商界領袖等貴賓。●



Mr Yogaraj CP demonstrates different yoga positions.

Yogaraj CP先生表演不同的瑜伽體式。