



“Body & Soul” Tea Party

身心靈午茶饗宴

Dear Members,

It is our great pleasure to invite the Champion Master Sujit Kumar to deliver a speech “Yoga and wellness for women’s health” at Angel Life Pavilion on Wednesday, **12 June 2019**. Master Sujit will introduce us a proper method of Yoga breathing to improve the health of body and regulate metabolism. He loves to provide ways to relieve your health problems related to menopause, indigestion, stress and hormonal imbalance etc..

Right after the lecture, we will have a flora afternoon tea designed by Mrs. Angel Lai, Director of Angel Life Pavilion. The Pavilion is a green building which is operated by Angel Art Gallery with the purpose of promoting art and aesthetic of life through digital innovation and interactive technology. By viewing seasonal flowers, herbs, installation arts, visitors will be able to experience the atmosphere of relaxation, harmony and health.

- Time and Date: 1:30pm-4:30pm, Wednesday 12 June 2019.
- Venue: Angel Life Pavilion 天使生活館 濱江街 16 號 (進口在林安泰古厝對面向前右轉)
No.16, Binjiang Street, Taipei City (Opposite Lin An-Tai Historical House)
 - ◆ MRT Yuanshan station, exit 2, taxi fee about NT\$120
 - ◆ 捷運圓山站 2 號出口，轉搭計程車約 120 元
- Fee: NT\$900 per person 每人費用 900 元
- Dress Code: Smart Casual 服裝：舒適休閒

Look forward to seeing you at the last WTIC activity before the summer vacation!

Best regards,
Vivienne Shen
President, WTIC

R.S.V.P. by Monday, 10 June 2019

Yes, I will attend “ Body & Soul” Tea Party on Wednesday, 12 June, 2019 at 1:30pm to 4:30pm.

Name: (please print)

Mobil: _____

Guest: (please print)

Mobil: _____

Please fax to Ms. Elizabeth Hsieh 謝琬女士 at 02-2361-2053 or
e-mail: elizabeth2802@yahoo.com.tw

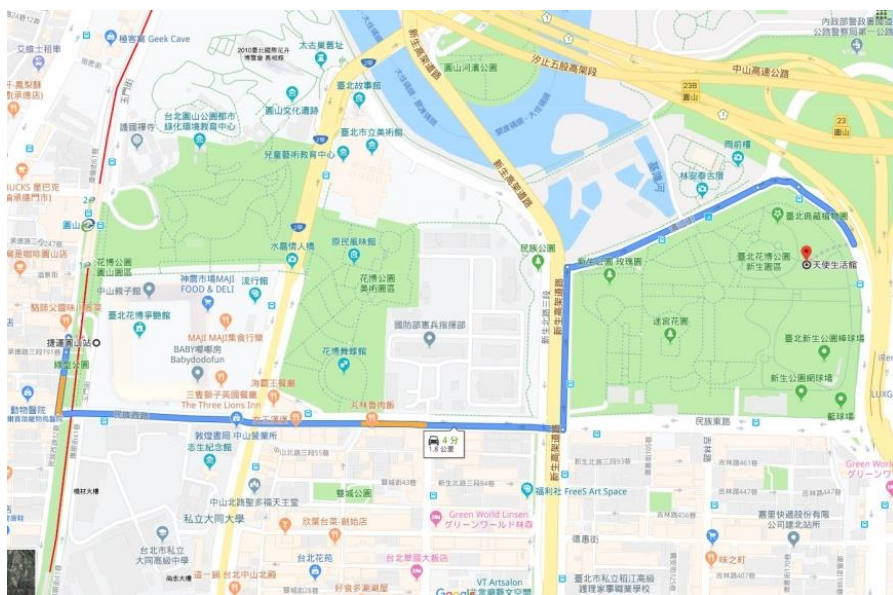
Should you have any inquiry, please contact:

Lily Yeh 葉芳菲 at 0989-530682

Teresa Zhang 劉希敏 at 0920-062101

親愛的會員們，

謹訂於六月十二日(周三)下午一點三十分於天使生活館，邀請印度瑜珈冠軍大師 Sujit Kumar 為大家講授「瑜珈與女性健康」。其中包括更年期，消化不良，泌尿和生殖系統的不適，壓力和荷爾蒙不平衡等健康問題。Sujit 大師將向我們介紹運用正確的瑜珈呼吸方法，以改善身體健康和調節新陳代謝。在演講之後，特別由天使生活館賴館長為大家精心設計新鮮花草下午茶。誠摯地邀請會員們和您的朋友踴躍參加。簡易地圖如下給您參考。





Introduction of Master Sujit Kumar

Master Sujit Kumar was born in Jamshedpur of North India. He has been practicing yoga since the age of 5. He has participated in numerous competitions in all India and got numerous awards, including six consecutive years of “Champion of Champion” of North Province India, and the highest award “Yoga Arjuna” in 2006. Until today there is no one breaks his such glorious record in his province. To keep studying is the must-have of a great teacher.

Master Sujit has over 17 years of various teaching experiences in India, Hong Kong and Taiwan, now he is still eager to learn and improve himself. Every year he goes back to India at least twice to practice and communicate with all kinds of Yoga Masters, including in Bihar School of Yoga Rikhiapeth and Svyasa Yoga University India.

Master Sujit has his unique insights about Yoga, so called “Master Sujit's Living Yoga”: he lives in Yoga, and his Yoga practice is living. He always emphasizes: “Yoga is not only practicing different postures on the mat, but it is also deeply related to our daily life.”

For years, Master Sujit upholds the spirit of “Sthira Sukam Asanam” (Stay in a posture steadily and comfortably), to design asana practice sequences according to each theme of class and different conditions of students. He is dedicated and patient to host various body health issue’s workshops and Yoga Teacher's Training Course to share all what he learns and knows about Yoga's essence. He commits himself to deliver this ancient wisdom all over the world, to make more people to get a well balance of body, mind and soul.

Sujit 老師簡介

Sujit 老師生於印度東北部的哲雪菩(Jamshedpur)，5 歲開始學習瑜珈，隨後巡迴印度各城市參加瑜珈競賽，拿下多項獎座榮耀，包括連續六年獲得印度東北省瑜珈冠軍中的冠軍，以及 2006 年榮獲印度瑜珈比賽中的最高榮譽頭銜「Yoga Arjuna」。至今無人打破他創下的光輝紀錄。

即使已在印度、香港與台灣累積了長達 17 年的教學經驗，Master Sujit 仍不間斷進修精進。他維持每年回印度進修至少兩次，與各地不同派別領域的瑜珈大師學習交流。包括印度比哈省 Bihar School of Yoga、以及 Svyasa Yoga University。

Master Sujit 對於瑜珈哲學的領會也有他個人的獨特風格，生活裡有瑜珈、瑜珈裡有生活，逐漸發展出一套「Master Sujit 的生活瑜珈」哲學，這種生活哲學正是瑜珈人最高境界的領略。他常強調：「瑜珈不僅是坐在墊上練習各種不同的體位法而已，瑜珈的修練更是與我們的日常生活息息相關。」

多年來，他一直秉持著「Sthira Sukam Asanam」(體位法練習的目的，是讓身體維持在一種穩定、舒適的狀態下)精神，針對不同的主題與學生的身體狀況，以簡單易懂的體位法編排課程內容。他持續地舉辦各式瑜珈工作坊、瑜珈師資訓練課程等，傳授他在瑜珈世界中學習體悟到的各種收穫，並致力於將瑜珈這個古老印度哲學傳播到全世界，讓更多人能達到身、心、靈平衡的境界。

天使生活館 *Angel Life Pavilion*

The Pavilion is a green building which is operated by Angel Art Gallery with the purpose of promoting art and aesthetic of life through digital innovation and interactive technology. By introducing seasonal flowers, herbs, installation arts, negative ions and phytoncides, visitors will be able to experience relaxation, harmony and health.



位於台北花博新生園區內的「天使生活館」以庭園花草妝點出美不勝收的四季風情，綠建築營造自在悠然的休憩空間，結合裝置藝術以及多媒體互動，引人瞬間融入文化藝術氣息，館內提供的精緻餐點，使食物不僅是滿足口腹，而是視覺味覺的雙重饗宴。來一場忘卻塵囂，療癒身心的清新下午茶吧！

