



香港浸會大學  
HONG KONG BAPTIST UNIVERSITY



COLLEGE OF 國際學院  
INTERNATIONAL EDUCATION



Mindful Campus Project  
「當下·自在·靜觀校園」計劃

# Mindful Yoga for Beginners

Connect with Your Body & Mind

Enhance Your Mental & Physical Strength

28 Oct & 11 Nov (Thu)

4:45-5:45pm

2/F Dance Room of SMC

Cantonese supplemented  
with English terminology

Registration: <https://bit.ly/3lbN9vA>

