



# Mindfulness Taster Workshop

## 靜觀體驗工作坊

Mindfulness is the practice of being present and deliberately aware of our inner thoughts and surroundings at every moment. It frees us from the compulsive, re-active patterns of our minds, and allows us to stay calm.

Join this online workshop on Zoom and learn about mindfulness and stress reduction, and practice simple techniques that you can start integrating in your daily life.

**Date:** 4 March 2020, Wednesday

**Time:** 1:00-2:00pm

**Language:** Cantonese

**Enrolment:** <http://bit.ly/2T67JQ1>

**Deadline:** 3 March 2020, 3pm

**Enquiry:** Ms. Yuen Chan (3411-3303 / [ciesdc@hkbu.edu.hk](mailto:ciesdc@hkbu.edu.hk))

**Remark:** This counts as 1 WPDP session.

