

Organized by:

香港浸會大學
HONG KONG BAPTIST UNIVERSITYCOLLEGE OF 國際學院
INTERNATIONAL EDUCATION

Co-Organized by:

newlife·330

新生·身心靈

MINDFUL
CAMPUS

Mindful X Dreamcatcher

靜觀 X 捕夢網

Dreamcatcher is a traditional Indian handicraft that symbolizes good dream. With the practice of mindfulness, when you concentrate on making the dreamcatchers, you are aware of your emotions, thoughts and body sensations during the process. You may send your blessing to yourself and others by giving the dreamcatchers to your family or your friends.

Date: 29 May 2019 (Wednesday)

Time: 1:30pm - 4:00pm

Venue: Podium Activities Room, 5/F, Shek Mun Campus

Quota: 20

Language: Cantonese

Application: Through the QR Code OR <http://bit.ly/2XQG6K5>

Enquiry: Guidance Counselor Ms. Cat Chan

(3411 3347 / catchan2018@hkbu.edu.hk)



名額有限，先報先得！

All students are welcome! First-come-first-served!

Mindful Campus is a new SDC project of AY2019-2020 which is sponsored by CIE.

Mindfulness is the practice of being present and deliberately aware of our inner thoughts and surroundings at every moment. Observing our body sensation and emotions and being focus and open, it frees us from the compulsive, re-active patterns of our minds, and allows us to stay calm. To be mindful is to live here and now, and pleasant with what is.

「當下·自在·靜觀校園」

靜觀就是靜心觀察生活每一刻，觀察身體的感受和情緒，培養一份專注覺察力和開放的心，有助逐漸消除負面的思想，從容面對生活的壓力，達致「活在當下，樂得自在」的效果。