



# Relaxation of Body and Mind Workshop

## 身心鬆弛工作坊

Throughout the workshop, you will experience and learn

- ※ some useful relaxation exercises
- ※ different ways to free your mind
- ※ to take good care of yourself and your friends

Date: 18 March 2020, Wednesday

Time: 1:00-2:00pm

Venue: Online learning through Zoom

Target: All CIE students

Language: Cantonese

Fee: Free of charge

Enrolment: <http://bit.ly/38BKLoc>

Deadline: 17 March 2020, 1pm

Enquiry: Ms. Yuen Chan ([ciesdc@hkbu.edu.hk](mailto:ciesdc@hkbu.edu.hk))

Remark: This counts as 1 WPDP session.

