



香港浸會大學  
HONG KONG BAPTIST UNIVERSITY



COLLEGE OF 國際學院  
INTERNATIONAL EDUCATION



精神健康週Mental Health Week 2021

# 「靜觀 X 心靈樽」 - 330 工作坊

## Mind Jar 330 Workshop

When we are aware of our needs, feelings and thoughts, we are able to take good care of ourselves. In the interactive art workshop, together with the mindfulness practice, we bring our attention and awareness to the here and now. This will be a refreshing experience of enhancing our body-mind-spirit well-being.

在繁忙的生活中，能夠覺察到自己的需要，才能好好的照顧自己。

透過互動形式的工作坊，配合靜觀，讓我們的心帶回當下一刻，學習靜觀的態度，關懷自己的需要，是一次提升身心靈健康的新鮮體驗。

**Date:** 3 March 2021 (Wednesday)

**Time:** 12:45-2:15pm

**Venue:** SMC 1014, Shek Mun Campus

**Language:** Cantonese

**Fee:** Free of Charge

**Registration:** <http://bit.ly/3k6Biww>

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

**All AD/UG & SCE students are welcome**



You may be also interested:

Mind Jar Library Exhibition @ SMC 4/F on 1 -19 March 2021

