



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

# Stretch Away Stress

Yoga stretching and mindfulness practices to relieve exam stress

25 November 2021 (Thu)

4:45-5:45pm

2/F Dance Room of SMC

Cantonese & English

Registration: <https://bit.ly/3ktV3j7>



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