

Mindful

TO BE MINDFUL IS TO LIVE HERE
AND NOW, AND PLEASANT WITH
WHAT IS

Campus

Free of Charge!
All Students are Welcome!



Level 1 - Mindfulness 101 靜觀初探101

- introductory seminar about the basic concepts of mindfulness
- pre-requisite for Advanced Mindfulness Workshops

Date: (Choose 1) 7 Oct 2020 (Wed) 13:00-14:30 (WPDP)

15 Oct 2020 (Thu) 15:30-17:00 (WPDP/CCL)

Venue: SMC701

Quota: 50 for each session



Level 2: Advanced Mindfulness Workshops

- experience more mindfulness practices

A. Mindfulness for Well-being 靜觀身心放鬆工作坊

Date: 29 Oct 2020 (Thu) 15:30-17:00

Venue: SMC 502B (TBC)

Quota: 15

B. Mindful Jar 靜觀心靈樽

Date: 4 Nov 2020 (Wed) 12:45-14:15

Venue: SMC 502B (TBC)

Quota: 20

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

First Come First Serve

More advanced workshops to come!!!

Making your Coffee 330,
Zentangle by Thread,
Mindful Eating,
Mindful Stretching

MINDFUL
CAMPUS

Enquiry: Yuen Chan (3411 3303/ ciesdc@hkbu.edu.hk)

