



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

Mindful Yoga for Beginners

Connect with Your Body & Mind

Enhance Your Mental & Physical Strength

23 Sep & 7 Oct (Thu)

4:45-5:45pm

2/F Dance Room of SMC

Cantonese supplemented
with English terminology

Registration: <https://bit.ly/3BWhh3w>

