



香港浸會大學
HONG KONG BAPTIST UNIVERSITY



COLLEGE OF 國際學院
INTERNATIONAL EDUCATION



聯通課程
Co-curricular
Learning



Mindful Campus 「當下·自在·靜觀校園」 2020-2021
「活在當下，樂得自在」

To be mindful is to live here and now, and pleasant with what is.

Mindfulness 101

靜觀初探101

Introductory seminar about the basic concepts of mindfulness with practices

Date: 24 February 2021 (Wed)

Time: 13:00-14:30 (WPDP and CCL)

Format: Zoom

Language: Cantonese

Quota: 50

Registration: <http://bit.ly/3iTTE3d>

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



All AD/UG & SCE students are welcome