



香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong



Mindfulness
Research
and Training
CUHK Thomas Jing Centre

FREE Online Mindfulness Course

香港中文大學敬靈靜觀研究與培訓中心每週舉辦網上靜觀體驗課程，以幫助參加者減輕壓力，控制情緒及改善個人精神狀況

Theme: How to Practice Mindfulness in Daily Life

* Saturday Lesson, Conducted In Cantonese 粵語主講

What is Mindfulness?

Mindfulness is the awareness that arises from paying attention on purpose, in the present moment, non-judgmentally. It enables us to keep in touch with our experience in the present moment with openness and acceptance and it also allows us to develop more skilful choices and responses.

Tutor : Ms Kwan See Man

- ◆ BSocSc (CUHK) · BSC (HKU)
- ◆ Registered Social Worker
- ◆ RYT-200 Yoga Instructor and Stretching Instructor
- ◆ Completed the following training:
 - 1-Year Foundation course for Teaching MBCT
 - MYmind: Advanced teacher training in Mindfulness training for Youth with ADHD, Youth with ASD and parallel Mindful parenting training
 - Advanced teacher training in Mindful Parenting
 - MiSP .b Foundation



Details

- Date : 18 July 2020, Saturday
- Time : 10:00 – 11:00am
- 60 mins of Visual Mindfulness Course
- Platform : ZOOM video conference

On a first-come,
first-served basis



Registration

- Registration is for this session only. If you are interested to join next week's session, please register again.
- Interested parties please click below link OR register via QR code
<https://cloud.itsc.cuhk.edu.hk/mycuform/view.php?id=551587>
- **Zoom meeting link will be provided via email to successful registrants**

For more information,
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