



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

Online Mindfulness Course

CUHK Thomas Jing Centre for Mindfulness Research and Training organizes WEEKLY online mindfulness course, to help participants to reduce stress, control emotions and improve their mental states.

Theme:

Mindfulness Practice and the Breed of Kindness

*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 : 4 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=539598>
- **Zoom meeting link will be provided via email to successful registrants**

For more information,
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