



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

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 : Befriending Your Body

*Extra Wed Night Class,
 To be Conducted in Cantonese

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 : Dr. Samantha Yung

- ◆ Registered Clinical Psychologist, HKPS
- ◆ Doctor of Psychology (Clinical Psychology), HKU
- ◆ Certified MBSR Teacher, Mindfulness Centre, Brown University (US)
- ◆ MBCT Teacher (Foundation Training in Teaching MBCT, Oxford Mindfulness Centre, UK & HKCFM)



Details

- Date : 8 July 2020, Wednesday
- Time : 8:30 – 9:30 PM
- 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=543443>
- **Zoom meeting link will be provided via email to successful registrants**

For more information,
 Please contact
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