One Day Meditation Workshop

Date: 19 March 2017 (Sun)
Time: 9:30am to 4pm (Lunch time: 1-2pm)
Venue: Mindfulness Corner, LG401, Wen Lan Tang, Shaw College
Language: Cantonese
Quota: 20 students/ alumni/ staff
Fee: $100 deposit*, a vegetarian lunch is included
*Deposit is refundable after you attended the workshop

Enrolment: https://goo.gl/6qWHqz
Enrolment Deadline: 16 March 2017 (Thur)

Enquiry: Ms. Eugene Chan
(39438597/ eugenechan@cuhk.edu.hk)

Rundown

9:30am - 11am  Tea Zen by guest speaker (法鼓山香港分會茶禪組義工)
11:30am – 1pm  Introduction to Meditation and practice by Hong Kong Vipassana Meditation Centre
1pm – 2pm  Lunch
2:30pm – 4pm  Photography Meditation by Ms. Agnes Chan (陳惠芬)