Healthy Brain Healthy Mind Series:

**MINDFULNESS**
**NAGOMI PASTEL ART WORKSHOP**

日本和諧粉彩靜心工作坊

Through the artistic texture of Nagomi Pastel Art, you can live in the present, calm your mind and body, and express your emotions with or without any experience in painting.

20 Jan 2020 (Mon) | 6:30pm-9:00pm
G/F, Multi-Purpose Learning Centre, Huen Wing Ming Building, Shaw College
$100 ($70 Refundable)
Cantonese (Interpretation can be provided)

DEADLINE: 13 January 2020 (Monday, 5:00pm)
ENROLL HERE: https://bit.ly/2QwY4PU

**Sound & Conscious:**
**HANDPAN EXPERIENCE WORKSHOP**

聲音與覺知:手碟體驗工作坊

Instructed by local musician HakGwai, the workshop will not only give you a taste of playing handpan, but also a journey achieving self-awareness and internal peace by conscious breathing and feeling the sound around you.

17 Feb 2020 (Mon) | 7:00pm-9:00pm
G/F, Multi-Purpose Learning Centre, Huen Wing Ming Building, Shaw College
$100 ($70 Refundable)
Cantonese (Interpretation can be provided)

DEADLINE: 3 February 2020 (Monday, 5:00pm)
ENROLL HERE: https://bit.ly/2Qy8hLJ
DISCOVER MORE: https://bit.ly/39n6mIX

ENQUIRY
Ms. LEUNG Yan-ning 阿梁
Tel: 3943 1549 / E-mail: yanningleung@cuhk.edu.hk