You are the one who get your troubles off. The meditation practice may help you to be aware of the cause of these troubles, and observe how they get transformed in your mind. Ultimately, your ability to cope with adversity can be enhanced.

Date: 6 Feb - 26 Mar 2020 (Thursdays, 8 sessions)
Time: 7:00PM - 9:00PM
Venue: Mindfulness Corner, LG401, Wen Lan Tang, Shaw College
Instructor: Ven. Tsam Yuen (Alumnus of Shaw College)
Fee: $160 (Shaw Students; $120 is refundable upon attendance of 75% or more)
$320 (Shaw Staff and Shaw Alumni; Non-refundable)
Enrollment period:
1 - 27 Jan 2020 (Students of Shaw College)
20 - 27 Jan 2020 (Staff and Alumni of Shaw College)
Enquiry: Ms. LEUNG Yan Ning (3943 1549/yanningleung@cuhk.edu.hk)