ZENTANGLE WORKSHOP

禅繞畫工作坊

ZEN TANGLE WORKSHOP

虽然呼吸与生俱来，但我们真的懂得呼吸吗？呼吸及听觉
都并非必然，透过音乐禅，我们将一同学习著呼吸、声音、民族乐器，让有意识地如实觉察当下。
Though we breathe every day, we never learnt to be grateful to the
chance to breathe. Similarly, our hearing seems to be taken for
granted. Through music meditation, we will learn the way of
breathing and focusing on the present, with the use of tribal music instruments.

2 Nov 2020 (Mon) | 7:00pm-8:30pm | via ZOOM
$100 (Tools included; $50 refundable upon
completion of workshop)
Cantonese (Supplemented with English)
Instructed by Ms. April Chan
(Certified Zentangle Teacher)

DEADLINE: 13 Oct 2020 (Mon)
ENROLL HERE: https://bit.ly/3cNw5WY

WORKSHOP ON HELPING SOMEONE WITH MOOD DISORDERS

What is depression?
What is anxiety disorder?
How can I fight the blues?
How can I help my friends when they need me?

Date: 10 & 17 Nov 2020 (Tuesdays)
Time: 4:00pm-5:30pm
Venue: via Zoom
Trainer: Ms. Bonnie Leung (Student Development Counsellor, Wellness & Counselling Centre, OSA)
Language: Cantonese (Supplemented with English)
Deposit Fee: HK$50 (Refundable upon completion of both sessions)
Application Deadline: 26 Oct 2020 (Mon)

ENQUIRY: MS. LEUNG YAN-NING (3943 1549 / YANNINGLEUNG@CUHK.EDU.HK)