



Organised by Shaw College
Student Development Programmes Committee

Healthy Brain Healthy Mind Series:

MINDFULNESS MUSIC MEDITATION 正念音樂禪

雖然呼吸與生俱來，但我們真的懂得呼吸嗎？呼吸及聽覺都並非必然，透過音樂禪，我們將一同學習藉著呼吸、聲音、民族樂器，讓我們有意識地如實覺察當下。

Though we breath every day, we never learnt to be grateful to the chance to breath. 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.

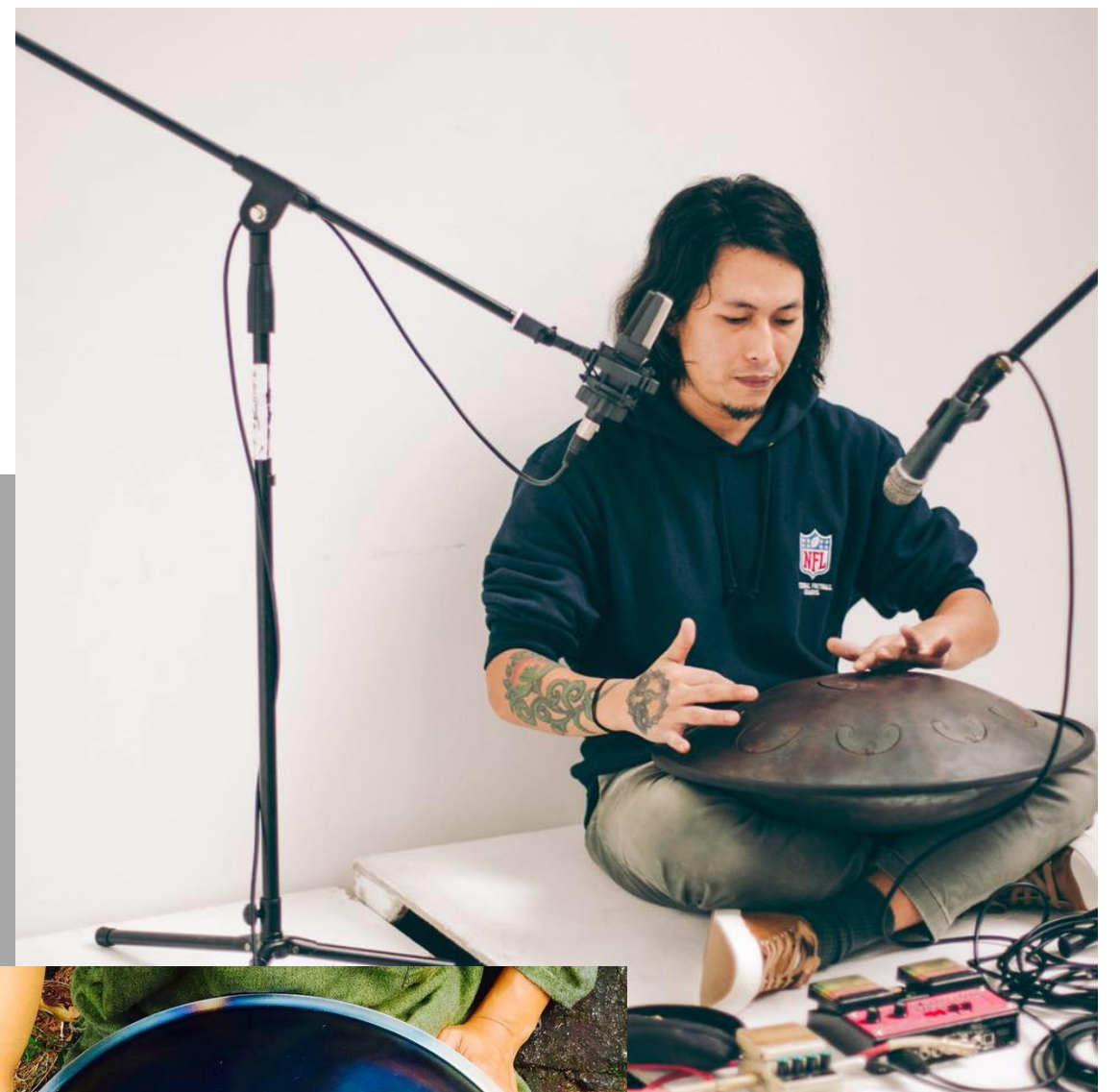
22 Oct 2020 (Thu) | 7:00pm-8:30pm | via ZOOM
\$50 (Refundable upon completion of workshop)
Cantonese (Supplemented with English)

Instructed by HakGwai
(Local musician)

DEADLINE: 18 Oct 2020 (Sun)

ENROLL HERE: <https://bit.ly/3idE40y>

DISCOVER MORE: <https://bit.ly/39n6mIX>



ZENTANGLE WORKSHOP 禪繞畫工作坊

小時候，我們總能隨心繪畫，沒有對錯美醜之分；長大後反而被價值觀限制，對藝術表達卻步。禪繞畫能令人輕鬆地透過藝術抒發情感，專注於簡單的一筆一畫，隔絕外界的煩囂，繼而幫助頭腦及心靈得到平靜。

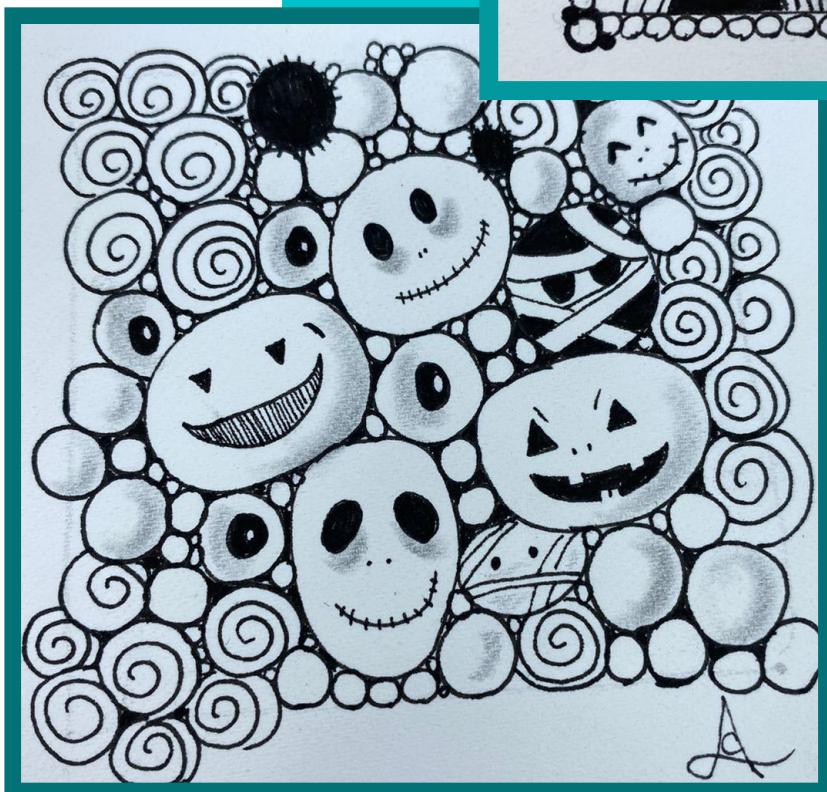
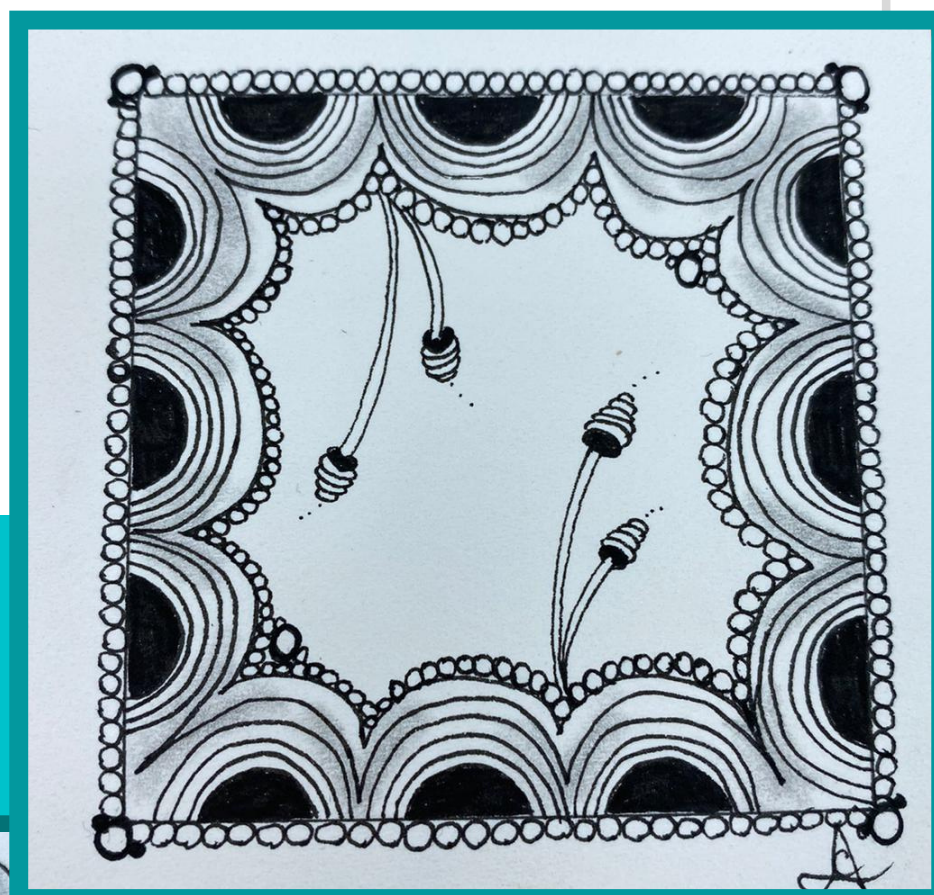
There was never right or wrong when we were drawing as a child; however, as we grow, we are limited by different values and soon became afraid of expressing through art. Zentangle aims to let people express their emotions without pressure. By focusing on drawing simple lines, we allow ourselves to be free from troubles, thus achieving peace within our minds.

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: 18 Oct 2020 (Sun)

ENROLL HERE: <https://bit.ly/3cNw5WY>



查詢 ENQUIRY

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