

# Workshop on **RELAXATION, STRESS RELEASE, MEDITATION**



## 放鬆、壓力釋放及冥想工作坊

Date 日期: 20-22 / 03 / 2019

Time 時間: 17:20 - 18:20 student-focus

18:30-19:15 staff/faculty-focus

Venue地點: UM Library -- 2027

### Stress!!! You can do something about it!!

Wednesday to Friday, March 20, 21, 22 come at either 17:20 or 18:30 for a relaxation/meditation experience up the escalator at UM Library, Room 2027 (*please arrive a little early*). FREE to all -- bring a friend.

Learn by Doing: Relaxation & “cleaning” followed by meditation using the Heartfulness method. You can come Wednesday only to try it but, if you wish to continue and establish a meditation practice as part of your daily routine, please plan to attend the Thursday and Friday sessions, as well. You are then eligible to join our Wechat group and attend group meditations and “cleaning” sittings held weekly.

For more information or to register, please write to Prof. Kim Hughes, email: [kim4meditation@gmail.com](mailto:kim4meditation@gmail.com).

### 壓力，你可以解決！

歡迎各位同事同學參與於2019年3月20日至22日(星期三至星期五)17:20-18:20 (面向學生) 或18:30-19:15 (面向職員或教師) 舉辦的壓力釋放及冥想工作坊，地點為澳大圖書館2027室。費用全免，另可帶同一位朋友。

**實修體驗：**內容包括放鬆練習、清心以及用滿心體系的方法冥想。如只想體驗，可參與星期三課堂，但如果讓冥想成為日常生活的一部分，建議繼續參與星期四及星期五的課。完成連續三次冥想后可加入我們的微信群組及參與每星期的集體冥想以及“一對一”。

如想報名或有任何垂詢，可聯絡 Prof. Kim Hughes，電郵地址：

[kim4meditation@gmail.com](mailto:kim4meditation@gmail.com)