



F1WPD014W

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Workshop / Introductory

# Mindfulness: Yoga Therapy and Singing bowl workshop

Registered yoga teacher and singing bowl therapist of Unique Development Centre



**Application Deadline**

**10 Nov 2022**

**12:00 n.n**

## **Intended Learning Outcomes**

Upon completion of the programme, participants should be able to:

1. identify basic meditation techniques;
2. apply mindful techniques to manage emotions and/stress.;
3. be more aware of mind-body connection.



## ◆ Introduction

Mindfulness is a state of active, open attention to the present. This state is described as observing one's thoughts and feelings without judging them as good or bad. Mindfulness practice allows us to adjust our life, internal experience and manage our emotions. Mindfulness can be done in different forms to achieve the same effect.

This workshop will use different size of singing bowls to create specific rhythmic patterns and vibrational sound harmonics. Using the principle of "resonance", the body can enter a state of relaxation. Cooperating with yoga therapy, participants can listen to their inner voice, enhance their self-control and balance their emotion.

## ◆ Schedule

Session	Date	Time	Venue
1	23 Dec 2022 (Fri)		
2	28 Dec 2022 (Wed)	10:00 a.m. – 12:00 n.n.	HKAGE
3	29 Dec 2022 (Thu)		

## ◆ Target Participants

- P4 to P6 HKAGE student members only in 2022/23 school year
- Class size: 20
- Student members should wear proper sportswear (sports attire and trousers) and bring your own towel and water to join the workshop

\* First-come-first-served.

## ◆ Medium of Instruction

Cantonese

## ◆ Pre-requisite

As basic yoga techniques will be taught in this workshop, members should have good health conditions to meet the requirements of a general Physical Education class.

## ◆ Certificate

An e-certificate will be issued to participants who have attended and completed all 3 sessions of the workshop.