

'ZEN ART DAILY' X 'MAKEZEN' SERIES

# PHOTOGRAPHY X MEDITATION WORKSHOP

To experience Mindfulness from Photography  
Mindfulness is to feel and present the moment without judgement

Time (Venue):

Class A: 19 February 2022 (Sat) 10am-1pm (Sir Run Run Shaw Hall)

Class B: 19 February 2022 (Sat) 2pm-5pm (Sir Run Run Shaw Hall)

Class C: 21 February 2022 (Mon) 10am-1pm (Shaw College)

Class D: 21 February 2022 (Mon) 2pm-5pm (Shaw College)

Target: CUHK Students, Staff & Alumni

Quota: 4 classes, 40 persons per class

Fee: \$100 (Refundable upon completion of programme for undergraduate students)

Online Application



Deadline: 26 January 2022 (Wed)

Enquiries: Ms. Ada Tsui, Shaw College (adatsui@cuhk.edu.hk / 3943 1549)

主辦單位  
Organisers



香港中文大學逸夫書院  
Shaw College, The Chinese University of Hong Kong



香港中文大學藝術行政主任辦公室  
The Office of the Arts Administrator  
The Chinese University of Hong Kong



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