



# Coming Soon!

書院將於下學期舉辦以下靜心活動，帮大家放鬆心情、減減壓


- |        |                |
|--------|----------------|
| 1/22   | 壓力及情緒管理工作坊     |
| 2/22   | 巴士禪活動          |
| 2-3/22 | 禪攝影工作坊/ 比賽/ 展覽 |
| 3-4/22 | 禪修工作坊          |
| 6/22   | 暑期禪修營          |

The following mindfulness programmes are coming in Term 2 for students to relax and calm the mind.

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|--------|---|
| 1/22   | Stress and Emotional Management Workshop              |
| 2/22   | Mindful Bus Tour                                      |
| 2-3/22 | Mindful Photography Workshop/ Competition/ Exhibition |
| 3-4/22 | Mindfulness Workshop                                  |
| 6/22   | Summer Mindfulness Retreat                            |

請密切留意活動宣傳!

**PLEASE STAY TUNED TO THE  
PROGRAMME PROMOTION!**

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 Weekly Highlights

