

MINDFUL SITTING WORKSHOP

Sitting in silence is one way to approach inner peace.

Sometimes when we find peace within ourselves, peaceful energy could be generated in the world.

In this workshop we will learn and practice mindful sitting. There is no prerequisite. Let's try to create and share a collective peaceful energy which nourish each other.

3 April 2023 (Mon)
1:00 pm to 2:00 pm
B5, Ho Tim Building



Guided by Esther HO & Elsa LAU
In Cantonese/Mandarin/English
Open to CU Students

***Free of Charge**

Seats are limited
Scan the QR code to reserve



Peace in oneself
Peace in the world
Workshop
Series

