TOTAL RELAXATION WORKSHOP

it's okay to take a break.

sometimes when we take a rest, we can find peace in ourselves, and then peaceful energy could be generated in the world.

in this workshop we will do nothing but relax. no need to prepare or bring anything. let's have some quite moment with your body, and your heart.

Oct 31 (Mon), 2022
1:00 to 2:00 PM
B5, Ho Tim Building

Guided by Esther Ho & Sarah Luk
In Cantonese/Mandarin/English
Open to CU students